



Collingwood Little Athletics 2018/19 Season Information



PRESIDENT: Paul Ryan
REGISTRAR: Carolyn McCabe
SECRETARY: Kep Turnour
TREASURER: Linda Simpson

GEORGE KNOTT ATHLETICS TRACK
HEIDELBERG ROAD, CLIFTON HILL
EMAIL: info@clac10.org.au
FACEBOOK: www.facebook.com/CLAC10

This is a brief introduction to Collingwood Little Athletics Centre (CLAC) for all families.

Club Overview:

Collingwood Little Athletics Club last year celebrated its 50th year and was the 10th little athletics club to be registered in Victoria. The club has seen many great athletes pass through its doors and provides a supportive family-friendly and fun environment, catering to children of all abilities aged 5 – 15 years old.

LAVic Registration Portal Open:

When: From Monday, 20th August 2018

Where: <http://www.lavic.com.au>

CLAC Welcome Day (Skills Clinic, Uniform Sales, Bib Collection, BBQ):

When: Saturday 8 September 2018 from 10.00am to 12 noon

Where: George Knott Reserve and Athletics Track, Clifton Hill

First Club Competition Day:

When: Saturday 6 October 2018, commencing 8.30am (to approximately 11.30am)

Where: Tom Kelly Athletics Track, Rieschiecks Reserve, 123 George Street, Doncaster East

Doing a Trial:

CLAC runs a 'Come and Try' program that allows children to try athletics, before you decide to register. Any child can come to a maximum of two competition days before they must register in order to continue.

Competition Periods:

Our official summer season runs from October to March each year, subject to school holidays. Our winter (cross country) season runs from April to July each year, with school term breaks in this period.

Annual Club Membership Provides Access To:

- Club and interclub based competition for all U6 – U16 athletes during both summer and winter seasons
- Seasonal skill development at club and association level for all U6 – U8 athletes
- Year round club training and development (Tuesdays 5-6 pm) with Athletics Australia qualified coaches
- Access to Little Athletics Victoria Junior Development Squad training (qualification dependant)
- Regional and state based competition for U9 – U16 athletes (entry/qualification dependant)

Track Upgrade & Availability

City of Yarra has kindly funded a major upgrade to the George Knott Reserve athletics track. Works commenced in early 2018 but were not completed prior to winter. The track is currently open for training in flat shoes only, but will re-close on 16th September to enable completion of resurfacing & marking. This is anticipated to take 6-8 weeks, subject to suitable weather conditions.

As a result, **we will commence our 2018-19 summer season at the Doncaster Little Athletics venue, relocating back to our own track at George Knott Reserve ASAP** once it re-opens. However given project completion is weather dependent **this may not be until January 2019.**

Age Groups

For the 2018-19 season, age groups are determined based on your child's age as 31 December 2018 (previously 30 September). LA Vic is scheduling skills clinics for those athletes transitioning two age groups.

Season Calendar

The 'Season Calendar', including Regional and Little Athletics Victoria events, is available on the CLAC website and via Team App. Regular newsletters include reminders about upcoming events and any changes to dates and times. Team App is the preferred communication method for the club.

Starting and Finishing Times and Events

Saturday Morning Program	Friday Twilight Program
8.30am warm up and volunteer registration	5.30pm warm up and volunteer registration
8.45am start	5.45pm start
11.30am finish (may be earlier)	8.30pm finish (may be earlier)
Under 6-7: 2 events plus On Track Under 8: 3 events plus On Track Under 9-16: 5 events	Under 6-7: 1 event plus On Track Under 8: 2 events plus On Track Under 9-16: 4 events
For athletes U11+, Javelin competitions commence at 7.45am on Saturdays when scheduled, with registration at 7.30am. For athletes U9+, Walks competitions commence at 8.00am on Saturdays when scheduled.	

Competitions are scheduled to last between 2 to 3 hours, depending on the age group, number of events programmed, and availability of volunteers to run events. Scheduling aims to have younger age groups finish as early as possible.

Training

CLAC provides athlete coaching/training for those who wish to participate on **Tuesday nights from 5.00pm – 6.00pm commencing 14th August** and running throughout the season, subject to school holidays. Updates on training are provided periodically via Team App.

Uniforms

Club singlet: Available for purchase at the club following registration. The singlet can be worn with or without a plain white t-shirt underneath.

Plain black shorts: No logos or pockets. Plain black leggings are permitted at weekly CLAC competitions (but not for walks or at Region or State events). Shorts are available for purchase at the club, or you can purchase at any discount, department or sports store.

Sponsor's bib: Showing the athlete's name, age and registration number is required to be pinned to the front of the singlet every week. The bib has a bar code sticker for electronic timing. Bibs are provided by the club following registration. Please ensure you remove the bib from the singlet prior to washing and ensure you re-attach. You must have your bib with you each week to participate. They are not easily replaceable and we will charge a replacement fee if the volume of replacement requests warrant it.

Sun smart and hydrated: Remember to bring a hat and sunscreen. Please also bring your own water bottle. We ask you to label your children's hat, bottle and clothing for easy identification to avoid a large 'lost and found' unclaimed pile by the end of the summer season.

FAQ's

Weather Policy

HOT Club competition days will be called off if the Bureau of Meteorology (BOM) temperature for Melbourne exceeds 38°C at the commencement of, or during, the program.

WET Club competition days will proceed, however the program may change to a Wet Weather Program, dependent upon conditions.

The Competition Manager will be responsible for making decisions regarding the conducting of events, based on the weather conditions. Competition Days will only be cancelled or abandoned if weather conditions are extreme as per LAVic Policy. Check Team App for updates if you are uncertain.

Do we have to buy the uniform?

Yes, it is expected that all registered athletes wear the club uniform.

What does my child wear if they are doing a 'Come and Try'?

Children doing a trial may wear comfortable sports gear until they complete full registration.

What do we do when we arrive on a competition day?

Athletes – check your event program posted on the clubroom wall or via Team App & listen for announcements.

Parents – please sign up as a volunteer. If you are doing a trial come and see us in the clubhouse to complete the administration and receive a temporary identification bib.

Where do we get the weekly results?

Results are available online at www.resultshq.com.au. We aim to upload these as quickly as possible after competition days. Full instructions on how to access Results HQ are provided on the CLAC website under the 'Results' tab.

What is the 'On Track' Program?

This is a weekly skills development program for Under 6's, 7's and U8's. Athletes in these age groups also compete in one to three events each week. Parent volunteers are needed to assist in the running of these programs, and training materials are available.

Do parents have to volunteer?

YES or the events will not start on time or may have to be cancelled. We email a request for volunteers each week so please sign up in advance. Otherwise see the volunteer coordinator out the front of the clubrooms when you arrive and sign up as an Age Group Coordinator or to assist with an event.

I don't know anything about athletics so how can I help?

Volunteering is the best way to learn. Each event will have an official who can provide instruction and support. You can also volunteer to assist with the BBQ, timing events, setting up and packing up. **Please help - each competition is more likely to start on time and finish on time if there are always enough volunteers.**

Is it okay to drop off my child and then come back when the event is over?

NO. We require all children attending CLAC to be in the care of a responsible person at all times.

What happens if athletes forget to wear their bib? What happens if the bib is lost?

Please see a committee member at the registration desk and they will be able to assist you prior to the competition start time. New bibs are able to be ordered on competition days (or via email to the Registrar) and will be available at the commencement of the following competition day. A charge may apply.

We hope to see you at Collingwood Little Athletics!