



KINGSWAY LITTLE ATHLETICS CENTRE (INC)

**KINGSWAY REGIONAL SPORTING COMPLEX CNR SPORTING & SPECTATOR
DRIVE, MADELEY PO BOX 128, KINGSWAY 6065**

2019/2020 HANDBOOK

Affiliated Clubs

**BALLAJURA GREENWOOD LANDSDALE WANNEROO WOODVALE
KINGSWAY WINTER CLUB**

www.kingswaylac.com.au Email: admin@kingswaylac.com.au



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PLEASE NOTE THE FOLLOWING IMPORTANT CHANGES FOR 2019/20

1. Toilets in the new building are for committee members and officials only.
2. This is a modified copy of our Greenbook. A full version of our “Greenbook” is available online. Hard copies can be order through the office at a cost of \$3.00.
3. Centre Championships dates are
 - Programme 1: February 22nd, 2020
 - Programme 2: February 29th, 2020
4. U6 athletes are now included in junior category for all centre awards.
5. Amendment to the Centre Pentathlon Points System for all Centre Awards.
6. 2019/20 LAWA Rules of Competition are available on the LA WA website:
 - www.walittleathletics.com.au
 - <https://kingswaylac.com.au/Rules-of-Competition>
7. Time allowed for each Field event trial has been changed back from 30 seconds to 1 minute. This will be introduced at Kingsway this season to prepare our athletes for all State Events.
8. Red and white flags will be introduced at Kingsway this season to prepare our athletes for all State Events.
9. Navy blue shorts with the Kingsway logo will be compulsory for state events in 2020/21
10. All volunteers are required to sign on at the office each week. Reports will be issued to the clubs each week to ensure those volunteers that are rostered on did actually assist on the day.
11. Changes to the number of athletes that will naturally qualify at Zone Championships (quarter finals for the LAWA State Track & Field Championships) from 5 down to 2 and all others will be ranked and the top 16 selected based on their rankings.
12. Introduction of the new Tiny Tots program for 3 & 4 year olds. A parent or guardian is required to stay with their tiny tot.
13. The 4 x 200m Relay will be run entirely in lanes.

PLACEMENT OF REGISTRATION NUMBERS & TAG



**PLEASE KEEP YOUR NUMBERS FROM THIS SEASON FOR
NEXT YEAR**

KINGSWAY URGENTLY NEEDS YOUR HELP!

For Kingsway LAC to run smoothly and efficiently during the 2019 – 2020 season the following positions are now required to assist.

Equipment Officers

Meeting (Arena) Managers

**Referees x 4 (Throws, Vertical Jumps,
Horizontal Jumps)**

Timekeepers

Starters & Starters assistants Trackside Recorders

Contact Melody Velthuysen

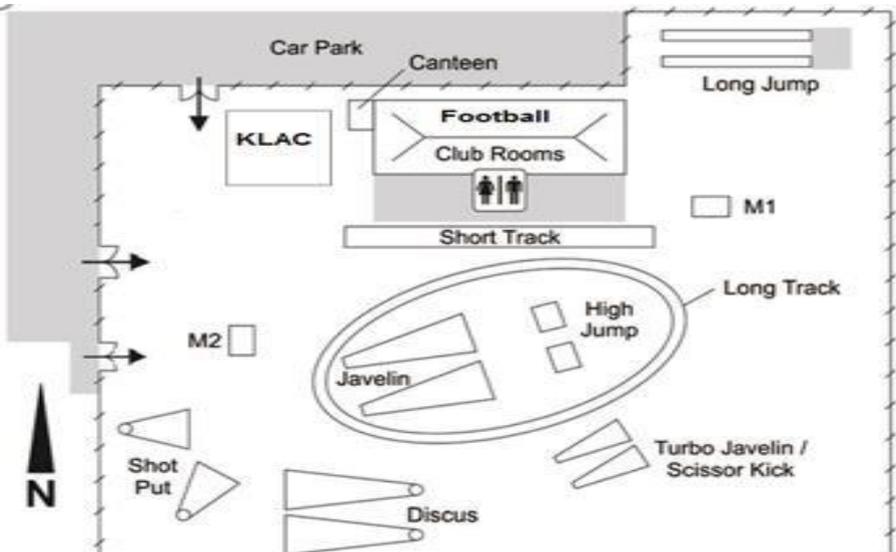
For more information

officials@kingswaylac.com.au

WHERE ARE WE?



KINGSWAY ARENA LAYOUT



CODES OF CONDUCT

Kingsway LAC adheres to the Little Athletics WA Codes of Conduct and Members Protection Policy which can be found at www.walittleathletics.com.au

VOLUNTEER ROLE

Because Little Athletics is a totally voluntary organisation, centres cannot operate without the assistance of parents each week in fulfilling the many and varied duties required. These include officiating at an event; managing an age group; recording results; timekeeping; starting to name just a few. Most centres have parent assistance rosters. Additional assistance is always required on the centre committees and all parents are encouraged to become involved. Little Athletics is one of the few sports where parents can become fully involved in their child's sporting interests.

At Kingsway Little Athletics we understand that just like our athletes, our parents come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone at Little Athletics and there are a number of ways that you can become involved. You may have skills that the centre doesn't even know they need. So if you think you can help with something, let the committee know.

Whatever your experience, don't feel scared about putting your hand up and 'giving it a go'. After all, isn't that what we ask our kids to do?

PARENTAL ROLE

Regardless of whether this is your first involvement as a Little Athletics parent; it is always worthwhile at the start of each season to consider what your role will be over the next six months or so.

Your child is in a sport that provides an opportunity for immediate and long-term benefits. The benefits include: higher levels of fitness; better health; a pleasurable social environment and the satisfaction derived from skilled performances. Little Athletics can provide a launching pad for a life-long involvement in sport, whether it is elite or purely recreational.

Just as important as any of the above benefits is that Little Athletics provides children with the chance to have fun - TO PLAY. Please do not ever lose sight of this!

Unfortunately, all the potential benefits of involving a child in a sport can be quickly lost due to one very important factor - ADULTS.

Do not underestimate the effect that you can have on your child's long-term participation in and enjoyment of sport. By taking a considered, understanding approach, a parent can be their child's most valuable asset.

On the other hand, parents who bribe, threaten punishment, push their children, or hang over the fence screaming, have totally lost a true understanding of Little Athletics. Fortunately, these 'clowns' as Denis Baker in his book, 'Winning is Kids' Stuff' terms them, are few and far between.

You must realise, however, that you don't have to be a 'screamer' to have a subtle negative effect on your child in sport.

All too often, adults attempt to impose their own values on children's sport. Do not assume that children play sport for the same reason that adults do. For example, when surveyed, a large number of children list 'beating opponents' and 'receiving medals and trophies' as last on a ranking of ten enjoyment factors in sport. Children are not little adults and their sport should be free from adult pressures and demands.

Denis Baker has some valuable advice about putting children's sport into perspective:

“Remember, when kids play sport - they are not a team of professionals - don't deprive them of the opportunity to be kids. When you start getting too serious about a kid's game, for heaven's sake walk away. You will inevitably be more worried about what is happening than the kids.”

References: Baker, Denis; 'Winning is Kid's Stuff', 1988 Collins Dove, Victoria Australian Sports Commission, 'Coaching Children', 1992, Australian Coaching Council, Canberra

EQUIPMENT ROSTER

Volunteers are rostered for the setting up & putting away of equipment and tents on all sites at Kingsway on each competition day.

| | |
|------------------------------|--|
| Jumps Setup: | Long Jump, Triple Jump & High Jump site (Consists of setting out mats, rakes, chairs, tapes, spikes, umbrellas and filling chalk containers for each pit, watering & raking 6 Jump pits, sweeping tracks, set up 30m of bunting around jump site) (Consists of setting up 2 High Jump sites (+2 tents) + 2 Scissor Kick sites (+2 tents) (every second week) |
| Throws Setup: | Discus site + Shot Put site Consists of laying 1 Tarp + set up 30m of rope at first Discus site + setting up 6 Tents + ensure sufficient equipment at each site + set up 30m of bunting) Javelin site + Turbo site (every second week) (Consists of setting up 2 Javelin sites (+2 tents) + 2 Turbo sites (+2 tents) (every second week) + set up 100m of bunting around the centre Javelin site |
| Track Setup: | Short & Long track Finish Line Area including Timing Gates (Consists of setting up 4 tents + 4 tables + 2 sets of Timing Gates) Set up bunting at end of Short track Set up tents both marshalling areas (4 tents) Set tents at both the 200m & 100m start lines. Hurdles (put hurdles out next to short track & pack up hurdles) |
| Equipment Team Setup: | Consists of assisting the equipment team to ensure the correct equipment is sent out to all sites. You may be required to load and unload items from the ute, take items out to site and offer general assistance as required. Announcer's Desk + chair + amplifier + connect to main speakers |

Centre Captains:

Ensure the oval is properly marked with blue cones prior to the commencement of Saturday's competition and pack up cones at end of competition.

Lead all athletes on a warm up lap, finishing with dynamic stretching and mobility exercises at 7.15am.

Deliver water to officials during weekly competition when not competing.

Start Set-up at 6:45am.

All clubs are expected to provide helpers to adjust the hurdles when they need to be changed for the various age groups during competition and then to remove them from the track when the hurdle events are finished.

Walks Roster

All clubs are to supply Walk Judges on the programmes where walks are to take place.

Kingsway LAC will help train the Walk Judges from your club if you don't already have Walk Judges.



CALENDAR OF EVENTS 2019 / 2020

| 2019 | | | |
|----------------|------------|-----------|--|
| OCTOBER | Fri – Mon | 5 – 8 | <i>LAA U15 AIS Camp</i> |
| | Sat | 12 | Program 1 - Kingsway |
| | Sat | 19 | Program 2 – Kingsway |
| | Sat | 26 | Kingsway Opening Ceremony Club Relays / Fun Day |

| | | | |
|-----------------|------------|-----------|---|
| NOVEMBER | Sat | 2 | Program 1 – Kingsway |
| | Sat | 9 | Program 2 – Kingsway |
| | Sat | 16 | Program 1 – Kingsway (PCH fundraising day) |
| | Sun | 17 | <i>LAWA Junior Athletics Carnival – Ern Clarke Athletic Centre (Tiny Tots, U6 – U8)</i> |
| | Sat | 23 | Program 2 – Kingsway |
| | Sat | 30 | Program 1 – Kingsway |

| | | | |
|-----------------|------------|-----------|--|
| DECEMBER | Fri | 6 | <i>Relay team run off training event</i> |
| | Sat | 7 | Program 2 |
| | Sat | 14 | <i>LAWA & AWA State Track and Field Relay Championships – WA Athletics Stadium</i> |
| | Fri | 20 | Program 1 – Kingsway (Twilight) |

XMAS BREAK

2020

| | | | |
|----------------|------------|-----------|---|
| JANUARY | Sat | 11 | Program 2 – Kingsway |
| | Sat | 18 | Program 1 – Kingsway |
| | Fri | 24 | Program 2 – Kingsway (Twilight) **reminder – Centre Champ online nomination close** |

| | | | |
|-----------------|------------|----------|-----------------------------|
| FEBRUARY | Sat | 1 | Program 1 – Kingsway |
| | Sat | 8 | Program 2 – Kingsway |

| | | | |
|--|------------|-----------|--|
| | Sat | 8 | <i>LAWA State Combined Event Championships: Day 1 @ WA athletics stadium</i> |
| | Sun | 9 | <i>LAWA State Combined Event Championships: Day 2 @ WA athletics stadium</i> |
| | Sat | 15 | Zone 3 – State Championships Heats & Quarter Finals - Day 1 |
| | Sun | 16 | Zone 3 – State Championships Heats & Quarter Finals - Day 2 |
| | Sat | 22 | Kingsway Centre Championships Day 1 – 7.30am start |
| | Sat | 29 | Kingsway Centre Championships Day 2 – 7.30am start |

| | | | |
|--------------|------------|----------|---|
| MARCH | Sat | 7 | 8.30 - 10am - Kingsway State team training & breakfast 10.15 - 11.45am - Kingsway LAC AGM & trophy presentations |
| | Fri | 13 | <i>LAWA State Track & Field Championships - WA Athletics Stadium – Day 1</i> |
| | Sat | 14 | <i>LAWA State Track & Field Championships - WA Athletics Stadium – Day 2</i> |
| | Sun | 15 | <i>LAWA State Track & Field Championships - WA Athletics Stadium – Day 3</i> |

| | | | |
|--------------|-----|----|--|
| APRIL | Sat | 18 | <i>Australian Little Athletics Championships (ALACs), Canberra ACT</i> |
| | Sun | 19 | <i>Australian Little Athletics Championships (ALACs), Canberra ACT</i> |

KINGSWAY LITTLE ATHLETICS HAS ITS OWN APP

Download our app now and stay up to date with all the latest information! Install the Kingsway Little Athletics on your Smartphone or tablet now! Follow these steps:

1. Download Team App from the Apple or Google Play store.
2. Sign up to Team App. You will be sent an email to confirm registration.
3. Log into the app and search for Kingsway LAC
4. Choose your applicable access group(s)
5. If you don't have a smart phone, go to kingswaylac.teamapp.com to sign up and view this app online.



Need help? Contact: Technical – Wayne
Email: technical@kingswaylac.com.au

Have you joined the Kingsway Little Athletics Facebook page?

Kingsway Little Athletics @kingswaylac



Have you joined the Kingsway athletics families group?

Follow us on Facebook.

EXECUTIVE COMMITTEE

| POSITION | Name | Phone | Email |
|---|-------------------|--------------|--|
| Chairman | Rebecca Miller | 0418 172 160 | chairman@kingswaylac.com.au |
| Secretary | Vacant | | admin@kingswaylac.com.au |
| Treasurer & Vice Chairman | Danni Dix | 0400 223 307 | treasurer@kingswaylac.com.au |
| Registrar | Carol Hale | 0418 431 964 | registrar@kingswaylac.com.au |
| General Committee #1 Records & Ranking | Helen Hahn | 0472 544 212 | results@kingswaylac.com.au |
| Technical Officer (Equipment) | Shane Miller | 0418 906 931 | equipment@kingswaylac.com.au |
| Technical Officer (Electronics) | Wayne Collins | 0457 992 300 | technical@kingswaylac.com.au |
| Officials | Melody Velthuysen | 0452 211 332 | officials@kingswaylac.com.au |
| Inclusion Coordinator | Amanda Collins | 0438 992 322 | inclusion@kingswaylac.com.au |
| Winters | Al Price | 0403 823 311 | winters@kingswaylac.com.au |
| Senior Liaison Officer | Allan Savage | 0421 494 056 | ajscoach@hotmail.com |
| | | | |

Program 1:

| | | | | | | | |
|------------|--------|------|-------|------|--------|--------|---------|
| U6 | 70m | 100m | 300m | Long | Shot | | |
| U7 | 70m | 100m | 300m | Long | Shot | | |
| U8 | 70m | 100m | 500m | Long | Shot | | |
| U9 | 70m | 100m | | 400m | Discus | High | Shot |
| U10 | 70m | 100m | | 400m | Discus | High | Shot |
| U11 | | 100m | 1500m | 400m | Discus | High | Long |
| U12 | | 100m | 1500m | 400m | Shot | Triple | Javelin |
| U13 | 200m H | 100m | 1500m | 400m | Shot | Triple | Javelin |
| U14 | 200m H | 100m | 1500m | 400m | Shot | Triple | Javelin |
| U15 | 300m H | 100m | 1500m | 400m | Discus | High | Long |
| U16 | 300m H | 100m | 1500m | 400m | Discus | High | Long |
| U17 | 300m H | 100m | 1500m | 400m | Discus | High | Long |



Program 2:

| | | | | | | | |
|------------|------|------|------------------|---------|---------|--------|---------|
| U6 | | 200m | 60m mini H | | Vortex | Discus | Long |
| U7 | | 200m | 60m mini H | | Vortex | Discus | Long |
| U8 | | 200m | 60m H | | Turbo | Discus | Long |
| U9 | 800m | 200m | 60m H | 700m W | Turbo | Long | |
| U10 | 800m | 200m | 60m H | 1100m W | Turbo | Long | |
| U11 | 800m | 200m | 80m H | 1100m W | Shot | Triple | Javelin |
| U12 | 800m | 200m | 80m H | 1500m W | High | Long | Discus |
| U13 | 800m | 200m | 80m H | 1500m W | Discus | Long | High |
| U14 | 800m | 200m | 80m H 90m H | 1500m W | Discus | Long | High |
| U15 | 800m | 200m | 90m H 100m H | 1500m W | Javelin | Triple | Shot |
| U16 | 800m | 200m | 90m H 100m H | 1500m W | Javelin | Triple | Shot |
| U17 | 800m | 200m | 100m H 110m H | 1500m W | Javelin | Triple | Shot |

Note: Parents are responsible for ensuring their children remain away from the equipment car and quad bike whilst it is in the process of setting up and storing away equipment at the beginning and end of competition. Although all care will be taken by Kingsway officials, no responsibility for injuries will be accepted

SPONSORSHIP:



KINGSWAY LAC Needs You!

Do you own a Business?

Or

Know some else that owns one?

Are you interested in promoting your Business?

Your Advert could be here!

We have

Bronze, Silver and Gold sponsorship

Available packages

In excess of 500 people have just read this page

This Handbook is distributed to all Athletes.

**KLAC Admin for more information
admin@kingswaylac.com.au**

KINGSWAY LITTLE ATHLETICS CENTRE (KLAC) SPONSORSHIP PACKAGES

Thank you for taking the time to consider sponsoring **Kingsway Little Athletics Centre (KLAC)**.

We believe there are a number of benefits available to you through sponsorship of, and involvement with our Centre:

1. Be involved with a popular and fast growing junior sport in Australia which promotes family fun and a healthy, active lifestyle;
2. Position your organisation with an attractive demographic: all of our athletes are aged between the ages of 5-17 years, and with families and extended families exposure is significant.
3. Gain access to year-round advertising, as KLAC shares the facilities at the Kingsway Sporting Complex with cricket, football and baseball clubs (Gold package option only).

There are several ways you can support our club:

1. Donate money to become an Official Centre Sponsor
2. Offer our team members a discount on merchandise or services
3. Donate products or services
4. Provide volunteer support at Training or Competitions

Kingsway Little Athletics Centre (KLAC) facts

- Main Centre Activities: Junior Track and Field Athletics
- Founded: 1977/78
- Location: Kingsway Sporting Complex
- Membership: circa 500-600 Athletes, aged 5 to 17years
- Kingsway LAC is one of the largest Little Athletics centres in Western Australia with hundreds of athletes competing each weekend throughout the season.
- Kingsway LAC is one of the strongest centres in WA, our athletes regularly taking out top awards at State events

Sponsorship Levels:

These are general guidelines. We gratefully accept contributions and support of any level and will work with your organisation to provide adequate recognition for your contributions.

GOLD COMMUNITY PARTNER

- Company listed on Sponsors Board (to be displayed in the new building)
- Company logo on KLAC caps for athletes competing at State events (if sponsorship commences before start of season)
- Company branding and message on KLAC Facebook Page with link to sponsor's website
- KLAC plaque with company name and logo displayed for your business premises.
- 1 Full Page Advert in Kingsway LAC Hand book and on the KLAC website
- Prominent signage on fence at KLAC competition grounds

Contribution: \$2500

SILVER COMMUNITY PARTNER

- Company listed on Sponsors Board (to be displayed in the new building)
- Company branding and message on KLAC Facebook Page with link to sponsors website.
- KLAC plaque with company name and logo displayed for your business premises.
- Half-page advert in KLAC Hand book and logo on KLAC website

Contribution: \$1000

BRONZE COMMUNITY PARTNER

- Company branding and message on KLAC Facebook Page with link to sponsors website.
- KLAC plaque with company name and logo displayed for your business premises.
- Logo displayed in KLAC Handbook

Contribution: \$500

MERCHANDISE/DISCOUNTS

We are also happy to accept product/services donations. We can also set up product booths at Saturday Competitions and raffle off donated merchandise to raise much needed funds. This provides a win/win situation as our Centre generates funds and your product/service receives exposure to hundreds of junior athletes and their families each weekend throughout the athletics season.

If your organisation is unable to provide a monetary or product donation we are also interested in member discounts. We actively encourage our members and friends/families to support our sponsors!

Our Facebook page and Contact Information

The KLAC facebook page is regularly updated with information and photos. Consequently it attracts a high numbers of viewers and is therefore an attractive opportunity for advertising.

We are always open to creative ideas!!! If you have a creative sponsorship idea for our club, please contact us.

If you would like to discuss any of the sponsorship opportunities further please contact any of the following Committee members:

| | | |
|-----------------|----------------|-----------------|
| President: | Rebecca Miller | m. 0418 172 160 |
| Vice President: | Danni Dix | m. 0400 223 307 |

Thank you for your interest and we hope to hear from you in the near future,

Kingsway Little Athletics Centre Committee 2019 – 2020.