

Welcome to the 2016/17 Summer Season of Little Athletics!

Mount Barker and Districts Little Athletics Centre would like to welcome everyone to the start of the 2016/17 season.

Unfortunately, due to Mother Nature we were unable to hold our Family Fun Day on Sunday, 16 October. Don't despair we will be holding this event later in the Season.

If you are new to us this season, please feel free to ask one of the Committee Members in a Blue Shirt for any information.

To register your little athletes, please visit <http://mbdlac.org.au> and click the link 'register now' to create a new registration. If you had already registered with our Centre last season, please click the link 'register now' and then click on the 'log in' button on the top right.

Little Athletics, like most sporting groups, relies upon volunteer support. Our weekly meets can only function with the support of the Committee, all of whom are volunteers. But it doesn't stop there, Parents of all little athletes are needed to assist each week in the roles of chaperoning, timekeeping, cooking the bbq and helping at the different events. Without this parent support, running fun and successful meets week by week is not possible. We thank you in anticipation of your willingness and eagerness to help make your child's experience at 'little aths' the best it can be.

In line with the philosophy of Little Athletics Australia wide, our centre encourages participation before competition. That is, we do not focus on elitism or winning to the detriment of everyone 'having a go'.

Little Athletics promotes family fun and fitness and we encourage all family members to get involved.

Once again, welcome to the 2016/17 season. We hope you all enjoy a great season with Mt Barker and Districts Little Athletics Centre

Come & Try

Newcomers are allowed to do two Come & Try sessions before they have to do a full registration. Available to ages 3–U17 years old.

Register for a Come & Try online at

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=20295&OrgID=21425>

Register for the full Season including Cross Country Season at:

<https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=10427>

BBQ Roster

Our canteen/BBQ is our main source of fundraising with all proceeds returning to the centre. Please support it.

Helping out on the BBQ involves setting up, cooking, serving and clean-up.

We require 3-4 helpers from the following Age Groups on the dates below

21 October	-	Copson, Gale & Wyatt-Read Families
28 October	-	U6G and U10B
4 November	-	U7B and U9G
11 November	-	U8G and 12+B
18 November	-	U9B and U11G
25 November	-	U10G and U8B
2 December	-	U11B and U7G
9 December	-	U12G and U6B
16 December	-	U6G and U10B



How to Help at Little Athletics

Little Athletics is a sport that is heavily reliant on parents and volunteers to assist each week so our great athletes can participate in events successfully!

To ensure our new parents and/or individuals feel confident to help at our Centre, Little Athletics SA have produced a '*How to Help at Little Athletics*' Parent Handbook. The handbook aims to provide basic information about all the events that make up the weekly program at most Centres.

To view the handbook, please click the link below:

<http://salaa.org.au/Centres/Parent-Handbook>

Information about each event can also be found in each Age Group folder.

State Carnival (TT-U8 & U9-U12)

20 November 2016



This event is a one-day program this year, with younger athletes participating in the morning, followed by the U9-U12 athletes in the afternoon.

For each Centre with 16 or more competing athletes, the aggregate points for the Centre will be calculated and divided by the number of competing athletes. The Centre with the highest score as calculated above will be presented the LASA Cup.

Location: SA Athletics Stadium, Railway Terrace, Mile End.

Entry Fee: TT-U8 (\$5.00 per athlete) and U9-U12 (\$10.00 per athlete)

Entry is open to athletes in the Tiny Tots to Under 12 age groups who are registered with Little Athletics SA.

Tiny Tots - Under 8

The Tiny Tots will participate in a Tiny Tots session, while each of the U6-U8 age groups will participate in a set rotation of events, where the athletes will receive coaching and have their performance recorded.

Under 9 - Under 12

Most standard events will be offered for each age group throughout the day, with each athlete able to nominate a maximum of 5 events.

For more information and Registration please visit

<http://www.salaa.org.au/Championship-Events/state-carnival-tt-u8-u9-u12>

Nominations Open: Monday 10 October 2016

Nominations Close: Sunday 6 November 2016

There are no qualifying standards for this event

SA State Classic (PB Day)

11 December 2016



The SA State Classic (PB Day) is an opportunity for all athletes to compete at the SA Athletics Stadium in their favourite track and field events. The event will be using a structured program this year, with events scheduled for each age group. Athletes can choose up to 5 events to compete in and there will be NO restriction on the split of track/field events, as in previous years. This means an athlete may choose to compete in only track or field events or a combination of both split however they like.

Location: SA Athletics Stadium, Railway Terrace, Mile End

Entry Fee: \$5.00 per athlete

Entry is open to athletes in the Tiny Tots to Under 17 age groups who are registered with Little Athletics SA before Sunday 27 November 2016.

For more information and Registration please visit

<http://www.salaa.org.au/Championship-Events/sa-state-classic-pb-day>

Nominations Open: Monday 24 October 2016

Nominations Close: Sunday 27 November 2016

There are no qualifying standards for this event

Training

Running training over summer will be held at Mt Barker High School on Monday and Wednesday from 5 pm to 6.15 pm and if you are really keen on Saturday morning you can also attend the Mount Barker Park Run at 8am.

Our Running Coach, David Fryer can be contacted on 0435 123 077

Centre Handbook

Our Centre Handbook will be distributed with your registration pack. The Handbook includes a great deal of information about our Centre. Our website also has useful information and our facebook page gets updated regularly so keep an eye out particularly for cancellation of meets.

Safety Rules

Chaperones, parents and athletes please follow these simple rules:

- Athletes are expected to display good behaviour and courtesy towards their fellow athletes at all times during the meets;
- Do not cross areas that have been bunted off;
- Athletes waiting for running events - wait on the outside of the circular track or on the cricket pitch side of the straight track;
- Before crossing any running track, make sure a race is not in progress - avoiding a collision with a runner;
- Stand well clear of all starting and finishing lines - give other competitors a fair go;
- At Long Jump only one athlete to jump or be in the pit at any one time. Wait for officials to indicate the next jumper. Stand well clear of all run ups;
- At Discus and Shot Put there is to be only one athlete inside the circle at any one time. Waiting athletes are not to play with the spare shot put or discus;
- At Javelin - JAVELINS ARE EXTREMELY DANGEROUS. No person is allowed in the javelin landing area whilst an athlete is throwing. All javelins to be left stuck in the ground standing up when not in use. The event must always be supervised by an official;
- At High Jump make sure no other person is on any mat during the event. Keep run up area clear of spectators.

Cross Country

During the winter we had a number of athletes participating in Cross Country. A small contingent braved the winter conditions to participate at the Cross Country Championships held by Salisbury East Little Athletics Centre. Congratulations to three of our athletes Kodi Parkinson (U11B), Aimee Hacquoil (U11G) and Bradley Hilton (U13B) on winning a Gold Medal for their age groups.

Serious Stuff

At Mt Barker & Districts Little Athletics Centre we are governed by the policies of South Australian Little Athletics Association (SALAA). All children must be accompanied at all times by a parent/guardian. Please be aware, under SALAA policy and insurance agreements, Little Athletics is not and can never be, a drop and go sport. At the beginning of each night each child needs to be signed in by a parent or guardian.

Help us raise some money with the help of Health Partners

Help us to raise money for some much needed extensions to our High Jump mats. Our mats need to be a larger size for the safety of our athletes - your children.



Get \$10 for 10 minutes!*

It's easy, simply call Health Partners for a quote to compare your health cover, it only takes 10 minutes

Health Partners will then donate \$10 towards new equipment for our Centre

Don't forget to mention Mt Barker & Districts Little Athletics

*For full terms and conditions, visit <http://www.healthpartners.com.au/Promotions/LittleAthletics>

Call 1300 113 113 and talk to our team

Sponsors

Please support our various sponsors. Without them we could not survive. To view their contact details please visit our website.



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