



Ocean Grove Barwon Heads Little Athletics Club (Inc.)
Bop Bop Karrong Barwon Heads (Kornoo),
Barwon Heads Village Park,
Geelong Road (East),
Barwon Heads, VIC 3227

Postal Address:
PO Box 231, Ocean Grove, VIC 3226

ABN: 12 328 350 227

About Us

Ocean Grove/Barwon Heads Little Athletics Club was established in 1971, and has an outstanding record of personal achievements and team spirit. Little Athletics is not about becoming a champion although many of our children aspire to this height. It is about doing your best, developing good skills, building self esteem, becoming and staying fit and most of all having fun and building friendships with other athletes.

What's in it for parents?

A chance to get up early on a Saturday morning (not what we call fun, but rewarding), spending time with your child/children, encouraging and supporting them as they grow both physically and emotionally. A chance to interact socially with other parents and become involved in a friendly community club. A chance to learn new skills, by being an official, assisting on competition days and helping at training – the children enjoy seeing parents participating. Coaching training is available to those interested. Please ask about course for this or subsequent season. Athletics is a family orientated sport and we strongly encourage parental support for all the children.

How to get through a morning at Landy Field!

- Arrive for an 8.15am start. Athletes will start to be called to first events by 8.20am.
- Watch where you park as parking inspectors patrol the area regularly.
- Bring a comfy chair or picnic rug as there is little seating and not much shade in the area where we are located.

LANDY FIELD MAP



- Umbrellas or hats are recommended as we follow the “Sun Smart Policy.”
- Ensure your child has adequate fluid, water is best – avoid sugar drinks.
- O.G.B.H. area is at the west end of Landy Field next to the Competition Office.
- Children need to be in correct uniform and have their identification patches on every week.
- Encourage your child/children to warm up prior to competing and cool down after their events.
- Check duty roster.
- Fees must be paid before competing.
- Pick up any information/newsletters from bus shelter when paying fees.
- Children are called to events over the loud speaker. Each event is called atleast twice.
- It is your responsibility to listen and send children to their event on time.
- The events run even if all children are not present.

HINT: *Find other children in your child’s age group and either arrange a buddy system or keep an eye on the other children’s location and send your child when they move to an event.*

- If you or your child has a problem with the running of an event or are unsure about the rules of an event please DO NOT approach the officials of that event yourself. Speak to a committee member of the Club to address the matter according to GLAC policy, as outlined in the GLAC Handbook. This needs to be done straight away, after the event.
- Check **ResultsHQ** for your child’s results from the previous week.

Duty

- Each year the Clubs involved at G.L.A.C. are allocated an event, and other duties which they are responsible for running for the entirety of that season. OGBHLAC’s is largely High Jump.
- If you are on duty, report to the Roster Co-ordinator/s when you arrive for 8.15am. There will be a roster with the duty you are asked to assist with during that program.
- If you have young children arrange for them to be supervised while you are on duty.

While on duty

- Children are not permitted on the infield with you while on duty.
- Duty usually lasts for at least 3-4 hours.
- Whilst on duty you must be careful not to coach the children or call out what could be considered coaching e.g. “Go Jim” (Okay) “lift your knees Jim”. (coaching)
- Positive responses are always encouraged, “Great Try” or “Well Done”.
- Children generally compete in five (5) events per morning: three(3) track and two (2) field.
- You may leave after completion of your child’s last event, unless on duty.
- The finish time varies from week to week but is usually around midday.
- If you are unsure about anything please just ask the committee members.

Officiating and setting up duty

- All parents are expected to be involved in officiating on a roster basis, approx. one (1) week in three (3). You need to see the Official's Coordinator if you want to choose which week you are rostered, otherwise a week will be allocated.
- If you are unable to do your rostered duty: please attempt to swap with someone from the list provided or contact the Roster Co-ordinator/s as a last resort.

Setting up Duty: Setting up and packing up equipment for the centre

- The centre has purchased several shade structures for protection from the elements, and clubs are scheduled to assist in putting these structures up to ensure the program is up and running on time.
- Many hands make light work but unfortunately it is often left to the same few people who work hard every week. Each week club's members/parents on duty are in charge of collecting and setting up equipment for their own area and returning it at the end of the program.

Wondering What Events are Available?

Track Events

70 Metre Sprint
U8 – U12 B & G's

100 Metre Sprint
U8 – U16 B & G's

200 Metre Sprint
U8 – U16 B & G's

400 Metre Sprint
U8 – U16 B & G's

800 Metre
U8 – U16 B & G's

1500 Metre
U11 – U16 B & G's

60 Metre Hurdles
U8 – U12 B & G's

80 Metre Hurdles
U8 – U13 B's
U8 – U14 G's

90 Metre Hurdles
U14 B U15 – U16 G's

100 Metre Hurdles
U15 – U16 B's

300 Metre Hurdles
U13 – U16 B & G's

1100 Metre Walk
U9 – U10 B & G's

1500 Metre Walk
U11 – U16 B & G's

Field Events

Long jump
U8 – U16 B & G's

Triple Jump
U8 – U16 B & G's

High Jump
U8 – U16 B & G's

Discus
U8 – U16 B & G's

Shot Putt
U8 – U16 B & G's

Javelin
U11 – U16 B & G's

Age Groups

- Children compete in age groups set by LAVIC. These are regulated by their birth dates.
- SEPTEMBER 30th is the cut off date.
- E.g.: If your child turns 10 yrs, Sept. 30th or before, they will compete in U11 age group. If they turn 10 yrs, Oct. 1st or after they will compete in U10 age group. (Talk to officials if unclear)
There are no exceptions to this rule.

	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012
JANUARY		16	15	14	13	12	11	10	9	8	7	6	6
FEBRUARY		16	15	14	13	12	11	10	9	8	7	6	6
MARCH		16	15	14	13	12	11	10	9	8	7	6	6
APRIL		16	15	14	13	12	11	10	9	8	7	6	6
MAY		16	15	14	13	12	11	10	9	8	7	6	6
JUNE		16	15	14	13	12	11	10	9	8	7	6	6
JULY		16	15	14	13	12	11	10	9	8	7	6	6
AUGUST		16	15	14	13	12	11	10	9	8	7	6	
SEPTEMBER		16	15	14	13	12	11	10	9	8	7	6	
OCTOBER	16	15	14	13	12	11	10	9	8	7	6	6	
NOVEMBER	16	15	14	13	12	11	10	9	8	7	6	6	
DECEMBER	16	15	14	13	12	11	10	9	8	7	6	6	

Any boy or girl may register as a 'Competitive Member' during the Registration Year upon attaining five (5) years of age. Athletes who are 4 cannot register /participate until they have turn 5

Competition

- Weekly inter club competition is usually held Saturday mornings at Landy Field, South Geelong over a fifteen week period with a 4 week break over Christmas.
- Start time is 8.15 am. Parents are advised to aim to be there by 8 am unless otherwise specified the previous week.
- Each time a child competes in an event they collect points for their Club and themselves, regardless of their placing. Participation is important and encouraged.
- These points are collated and go toward the overall club aggregate. Children also receive individual points/Personal Bests (PB's) towards the Centre and O.G.B.H. Club presentations.
- Encouragement awards and Personal Best awards are given out through the season by the Club. Club record awards are also given out, when a record is equalled or broken.
- Try-outs are available for two weeks to see if children are interested in doing Little Athletics, registration needs to be organized and paid for week 2, to allow children to compete the following week. (Please speak to Club Registrar or Treasurer to fill in paperwork.)

The Program

- This generally works on a three weekly rotation of two (2) field events and three (3) track events.
- The program tells you what events your child will be participating in each week so they have the opportunity to experience a full range of athletic events.
- Order and times of events may vary from week to week.
- Refer to your GLAC Handbook or go to www.geelonglac.com.au for more information.

G.L.A.C. Handbook

- This handbook is available through the Club. There is one handbook for every registered family. This should be obtained ASAP, and has lots of important and interesting information, including the weekly program. Alternatively, visit www.geelonglac.com.au

Registration patches

- All children will be supplied with a Identification 'Patch'. These have the child's name, age group and registration number. ***This patch must be worn while competing.*** Children will be unable to compete without their patch on.
- Patches need to be kept in good order. (HINT: *Take off before Washing!!!!*)
- If you lose it please see Club Officials at Bus shelter – a small charge may apply.

Weekly Results

- To follow your child's progress, weekly results will be available from the **ResultsHQ** website.

Landy Field Rules

- Observe cross-over's (between the orange witches' hats). These are the only places children and adults are allowed to cross to field events. Parents should observe their children from the 'OUTER FIELD ONLY'. The inner field is exclusively for use of officials and children competing in their events.
- The G.L.A.C. Handbook has a section on Code of Behaviour for officials, parents, spectators and little athletes. All members of Ocean Grove Barwon Heads Little Athletics Club are expected to uphold these standards.
Eg: Walk - Athletes not attempting to walk properly or cheating (running etc) may be taken off during the event by the Chief Walk Judge.

First Aid

- It is important to have Ambulance cover when children participate in any sport.
- If a child is injured seek assistance ASAP and notify Club/Centre Officials. G.L.A.C. First - Aider is generally located near the canteen and is available to assist with minor injuries, sprains, scrapes etc. but G.L.A.C. policy is that they will call an ambulance if serious injury occurs.

Fundraising and Sponsorship

- Like all non-profit organisations this is an essential part of the club's existence.
- If you have a business or work for a company/organization that may be interested in sponsoring the club, please speak to the Treasurer or Fundraising Co-ordinator. The club also runs a number of fundraising events during the year and through your support we can strengthen our financial position. Finances will be allocated to the improvement and purchase of: - ground hire, equipment for training, personal best and encouragement awards, trophies and coaching.
- We ask you to consider using our sponsors, when you are looking for products and services. We thank them for their commitment to junior sport in our local community.

Going on holidays?

- Separated families living in different areas?
- Did you know your children can compete at another centre in Victoria?
- Take their uniform and patch and they are eligible to compete.
- Ask for the results to be written down and bring them back to the club.
- Contact Registrar for more details.