



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**

## Welcome to Ocean Grove Barwon Heads Little Athletics Club!

Ocean Grove Barwon Heads Little Athletics Club (OGBHLAC) is open to all children aged between 5-15 years who want to come down to Landy Field (South Geelong) and have some fun on Saturday mornings over the summer and winter little aths. season.

### Enrolments/Registrations

The first competition day for the season at Landy Field will be on **Saturday 5<sup>th</sup> October 2019**.

Check the 'Age Calculator' below to determine what age group your child is in.

## AGE GROUP CALCULATOR

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
<b>JANUARY</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
<b>FEBRUARY</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
<b>MARCH</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
<b>APRIL</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
<b>MAY</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
<b>JUNE</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
<b>JULY</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	U6
<b>AUGUST</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
<b>SEPTEMBER</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
<b>OCTOBER</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
<b>NOVEMBER</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	
<b>DECEMBER</b>	U16	U15	U14	U13	U12	U11	U10	U9	U8	U7	U6	

Age groups for the 2019-20 season are based on how old the athlete is as of the 31st December 2019.

From the 1st January 2020, an athlete must have turned 5 before being able to register.

All registrations are carried out online through [www.lavic.com.au](http://www.lavic.com.au) (approx. \$190 for the summer & winter season).

Our information session for new athletes, and 'bring a friend' day is earmarked for **Sunday 15<sup>th</sup> September 2019 (4pm-5pm) Barwon Heads Village Park.**

OGBH club uniform (singlet, T-shirt or crop-top) can be purchased through the club. The cost is \$30 per top. The kids should wear navy blue athletics shorts / bike shorts.

Optional Hoodies are available for \$45.

**Note:** If you find that when you collect your uniform that it is the wrong size, don't worry – you can change it on the day of collection.

### ***Registration Policy***

Geelong Little Athletics Centre (GLAC) and its affiliated clubs have a no refund policy. If the athlete is unsure that they will want to compete for the season or if they are likely to have a clash with another commitment, then before registering and paying, they should take advantage of registering for 2 free TRY OUTS available to NEW ATHLETES who have never been registered. As a TRY OUT the athlete can compete in all of the events offered for that age group for that week and then choose whether or not to pay and become a member (by 5pm the following Monday).

Understand that once registration and payment has been made there are no refunds available.

To be a fully registered athlete able to receive points for competing, the athlete must (have registered and) be paid online by 5pm of the Monday before the competition. Athletes who pay after 5pm Monday but before the Saturday competition will not be guaranteed competition points for the following Saturday. Note that the time and date of payment is recorded on the online electronic registration database and is sent to the Centre and Club Registrars.

New members - Please note Proof of birth must be presented to the GLAC Centre Registrar in order to approve your registration (this should not be presented to the Club Registrar). If documents are to be sighted at the Competition office in person, it will need to be the week before an athlete wishes to commence competition (not on the day they want to commence).

### ***Tryouts***

The GLAC (Geelong Little Athletics Centre) provides 2 x tryout sessions during the season for those families who are unsure or who just want to tryout on the day to see if it's for them. (Previously registered athletes - no tryouts allowed). The process for this is to register at [www.lavic.com.au](http://www.lavic.com.au) (It is the same process as registering but a deferred payment is available until you have decided to definitely join). For the tryout session the child can just wear a t-shirt and shorts of their choice. (During tryout phase no parent duty is required unless you have an 'ontrack' child U/6 or U/7). Refer to [www.geelonglac.com.au](http://www.geelonglac.com.au) for 'ontrack' info.

### ***Parent Duty/Roster***

It is a **requirement** that parents of athletes are rostered to volunteer duty every **1 in 3 weeks**. This involves duty from **8.15am until completion** of the track or field events. Our main parent duty is High Jump and for your first duty day, we will explain the rules of High Jump and show you what is involved (The rules of High Jump can also be found in the OGBH Handbook). For your first duty please arrive 10mins early so we can do some fast track training and on-going assistance. **There will be a parent duty master roster available during the first few weeks to fill out and choose the dates that suit you.** Existing members' parents can cover the first couple of weeks until the roster is complete. Parents contacts (ie email/phone contacts) will be provided to all parents. Once allocated, if parents can't make their duty or won't be attending that week

of competition, then it is up to them to swap or change duty and not the responsibility of the club on the day. Parents with younger siblings/toddlers have to make appropriate arrangements for their well-being, as toddlers are not allowed on the track or field during competition (*refer to GLAC code of conduct*). The club can help out with filling a duty due to unforeseen circumstances, but it is a requirement that we provide a number of volunteers to help each week and it isn't easy to find someone at the last minute. **If you are already a member or are registering as a new member and know the days you can be rostered please contact/ email them through to the Roster Co-ordinator.**

### **Important Notice regarding the upcoming Region and State Relay Championships**

Regional and State Relay Championships are held early in the season:

- Regional Relays in Landy Field, Geelong on 23 November, 2019.
- State Relays at Casey Fields on 14 December, 2019.

Geelong Little Athletics Centre (GLAC) selects teams for U9 to U15 athletes. The events are 4x100m relay, 4x200m relay and a medley relay (2x100m, 1x200m, 1x400m). There are often a couple of teams submitted in each event in popular age groups so more kids get to participate. Relay Teams are selected by the coaches and managers. Performances from the first few weeks of competition are used to select the relay teams. It is a good team outlet in a largely individual sport. If you would like your child to be considered for relays, ask who the team coach or manager is for your child's age group and let them be aware of your child's interest.

Each team often does some training in the lead up to the events to practice baton changes etc. These sessions vary with each age group.

On both competition days, GLAC has some officiating responsibilities that we have to do. If you have a child involved, there is a clear expectation that you will have a job on the day. Volunteer early so you get a job you're happy with.

The other thing to be aware of is that uniform for these days is the Geelong Little Athletics (GLAC) uniform (not the regular Ocean Grove Barwon Heads club uniform). It is strictly enforced, so check it out in the GLAC handbook. Make sure your child complies with the logo rules and correct shorts colour. There may also be a one-off GLAC fee (previously \$10) to cover administration cost this season.

**Questions?** By visiting our Facebook or Team App. web-based platforms, many of your questions and enquiries can be answered.

Team App. : [OGBH Little Athletics](#) Facebook: [@OGBHLittleAthletics](#)

Club contacts are also available on our webpage [www.ogbhlac.org.au](http://www.ogbhlac.org.au)