



## **Gungahlin Little Athletics Centre (GUNLAC)**

### **SEASON 2024-25 Information for new families**

Gungahlin Little Athletics Centre (GUNLAC) provides a fun and competitive athletics program for athletes aged 5-17 years, based at Amaroo Playing fields in Gungahlin. Little Athletics aims to promote and foster athletics amongst young people, and to do this through friendly competition. The focus on all events is achieving 'personal best' (PB) results. Athletes' results for each event are recorded each week and ribbons are awarded when athletes achieve a given number of personal bests.

#### **Season Dates**

The 2024-25 season gets underway on **Saturday, 19 October 2024**. The season runs from **19<sup>th</sup> October 2024 – 15<sup>th</sup> March 2025**, with a break over the Christmas/New Year period. A full set of season dates is provided on the Club website.

#### **GUNLAC Centre Meets**

Our meets are run across two sessions, with staggered start times based on athlete age groups. Athletes will undertake a 10 min warm up before commencing their meet. From week 2, a 1500m run (U11-U17) and walks events (U9-U17) will be offered between the sessions at 9.45am.

##### **Tiny Tots (U5 age group)**

8.20-8:30am Warmup, 8:30am Start time, expected to finish by 9.15am. Tiny Tots will meet on the Top oval with their guardian.

##### **Junior Session (U6, U7, U8 age groups)**

8.20-8:30am Warmup, 8:30am Start time, expected to finish by 9.45am. Junior session athletes meet on the Bottom oval near the start of the straight track, before moving to their first event.

##### **Senior Session (U9 – U17 age groups)**

9:50-10:00am Warm up, 10.00am Start time, expected finish time 11.30am. Senior session athletes meet on the top oval at their age group basket, before moving to their first event.

***Please note: It is an insurance requirement that all children are accompanied by an adult. Little Athletics is solely run by volunteers so we need your assistance to run the meets each week.***

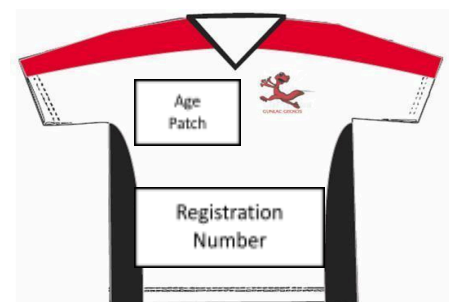
#### **Weekly Event Program**

Each week depending on their age, children participate in a program of 4 or 5 events, consisting of run, jump, throw or hurdles events. The GUNLAC program for U6-17 athletes, detailing the events that each age group will complete, is available throughout the season on the GUNLAC website. A copy of the day's program is placed on the noticeboards, located at the shed. Age Group Managers will also have a copy of the program in their folders.

#### **Uniform**

GUNLAC uniform consists of white club top with red and black panels and black shorts. Shirts/singlets and crop-tops are available through the centre.

The uniform is compulsory at centre meets and an athlete's registration number and age patch must be attached to the t-shirt they are wearing each week. The uniform must also be worn whenever representing GUNLAC, such as competing in Capital Athletics Carnivals, Championships, Summer Series & High Noon meets. The Age patch and individual Registration Number patch must be secured to the front of the shirt either by sewing on, using iron-on hemming tape or securing with safety pins.



If you have multiple athletes in your family please make sure the correct registration number is attached to the correct athlete.

### **Communication**

Email is the primary form of correspondence to GUNLAC members. Email is used to advise information, updates, reminders, circulate newsletters etc. GUNLAC operates a Facebook page which is a great way to stay up-to-date with happenings around the club. The GUNLAC website also houses a wide range of information including dates, weekly results, club records, club contacts, weekly program, event fact sheets, basic events technique information etc.

### **Age Groups**

Age groups are determined by an athlete's date of birth. These age groups are standard across Australian Little Athletics. Accordingly, we are bound to enforce the age group eligibility and DOB range each season. Depending on the number of registered athletes in each age group, we may need to split the age group into two (or sometimes three) groups. These groups are determined by the Age Group Manager and should allow for friends to be together.

### **Age Group Managers**

Age Group Managers are volunteer parents who are responsible for a group of athletes from a specific age and gender at each meet (for example U8 Girls). Often there is more than one Age Group Manager for an age group in order to keep the groups to a manageable size. The role of the Age Group Manager is to take athletes to their events, line them up for track events and coordinate field events (including measuring and recording). While the Manager is responsible for the group they are assisted by other parents. Age Group Managers are not expected to do it alone, but we need a parent to take on the role so that there is someone responsible for each group of athletes. Managers wear a vest with the name of their age group on the back so parents can easily find their athlete's group at the commencement of each meet.

### **Family Assistance**

Little Athletics is run solely by volunteers and we need families to help out each week to run our meets. It also helps to reduce the time taken to complete events and makes everyone's morning more enjoyable! Your Age Group Manager will often request assistance with things like raking the long jump pit, measuring throws, etc. In addition, during the registration process you selected a Duty to undertake on set weeks during the season.

### **Weather**

Every effort is made to conduct meets each week, but in the event that we have to cancel due to bad weather, we will endeavour to have an announcement put up on our Facebook page and the website by 8.15am.

### **Training**

All GUNLAC registered athletes can attend optional training sessions held on Thursday afternoons. The training will focus on improving athletes skills and is included in your registration fee. The training schedule will be on our website and will commence from Thurs, 17 Oct 2024. Please note: These sessions are subject to the availability of enough coaches and attending athletes to run the training.

### **Results**

You can see your athletes results and track their Personal Bests (PBs) by logging into ResultsHQ (<http://resultshq.com.au>) with the login details you used to register your athlete. Results will be available within a few days of each meet happening and athletes will receive a ribbon for achieving multiples of 5 PBs.

### **Capital Athletics Carnival & Championship Dates for 2024-25**

There are a range of other carnivals that your athlete may like to attend during the season. At these events your athlete will get a chance to compete against athletes from other Little Athletics Centres.

**Sun, 24 November 2024 – ACT Relay Carnival**, Woden Park Athletics Centre.

**Sat & Sun, 14-15 December 2024 – ACT Combined Events Championships**, Woden Park Athletics Centre.

**Sun, 16 February, 2025 – U6-U8 Teams Challenge** Calwell Playing Fields.

**Fri-Sun, 21-23 February, 2025 – ACT Littles Championships (U9-U18)**, Australian Institute of Sport.