



BRIBIE DISTRICT LITTLE ATHLETICS

2024 – 25 SEASON
HANDBOOK



BRIBIE DISTRICT LITTLE ATHLETICS

SPONSORS & SUPPORTERS

Bribie District Little Athletics is a non-for-profit organisation, and we appreciate the assistance of the Bribie District Community. This support allows us to improve the Little Athletics experience for our members, volunteers and families.

SPONSORS



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BRIBIE DISTRICT LITTLE ATHLETICS

SUPPORTERS



THANK YOU TO OUR SPONSORS & SUPPORTERS



CENTRE MANAGERS WELCOME

Hello!

We would like to welcome you to season 24/25 at Bribie District Little Athletics - in what is our Centre's 8th season.

For those returning - we hope that you continue to build on your personal bests from last season. For new athletes - we can't wait to see you experience Little Athletics for the first time, and we hope you set many personal bests throughout the season.



This handbook will hopefully guide you and give you any information you may need. If you still have questions, please reach out to any of our committee members.

Many of us are also totally new to the Committee and are still learning all things Little Athletics so please be patient with us. We don't have all the answers but are always willing to try and help. Bribie District Little Athletics is run entirely by volunteers who are mainly parents and guardians and without your help we just wouldn't be able to operate on a Friday night. There are many roles that you can do throughout the season to obtain those all-important "help nights" and again if you are unsure, please ask, we really won't bite!!

The most important part of this experience for our athletes is to "Be Your Best"! It's not about the flashy medals or the colour trophy you end up with at the end of the season,

- ✓ it's being able to participate in this sport as a family,
- ✓ it's the smiles from the under 6 athletes as they zig zag their way through the 100m sprint
- ✓ it's the Under 11 athlete that has managed to clear the High Jump bar for the first time doing the Frosby Flop,
- ✓ It's about getting out there being active and having a go....

This is FAMILY, FUN and FITNESS, and this is our Little Athletics.

We wish you a fantastic season at Bribie District Little Athletics.

Kind Regards,

Brendan Smith
Centre Manager



CENTRE COMMITTEE

The committee is a group of passionate and dedicated volunteers who donate their time to ensure the Centre operates to meet all LAQ and legal obligations during the season. If you would like to be a part of the committee, please speak to a current member. Our management committee meets once a month to discuss all matters, and all members are welcome to attend the meetings or submit agenda items.

Any of our committee can be contacted through our email bdlac17@outlook.com and the best way to keep up to date with all centre news is through our Facebook page. Please ensure you like and follow our page facebook.com/BribieDistrictLittleAthletics

MANAGEMENT COMMITTEE POSITIONS

Centre Manager:	Brendan Smith	0413 583 100
Assistant Centre Manager:	Kayleen Waters	
Secretary:	Kylie Holloway	
Treasurer:	Melanie Medcalf	
Registrar & Records Officers:	Ash Hibberd & Jessica Mannion	



BRIBIE DISTRICT LITTLE ATHLETICS

COMMITTEE POSITIONS

Team Manager – Seniors:	Kayleen Waters
Team Manager – Juniors:	Bec Brose
Officials Officer:	Hazel McDonnell
Tiny Tots Coordinators:	Melanie Medcalf & Wendy Nevin
Uniform Officers:	Wendy Nevin & Chloe Jane
Grounds Keeper:	Brendan Smith
Chief Recorders:	Ash Hibberd & Jess Mannion
Inclusion & Wellbeing Coordinator:	Julz Bluhdorn
Grants & Fundraising Coordinator:	Brendan Smith
Coaching Coordinator:	Damian Gallaher
Social Media Coordinator:	Melanie Medcalf
Program Officer:	Brendan Smith
Volunteer Coordinator:	Julz Bluhdorn
Canteen Coordinators:	Ryan Higgison & Melissa Smith

GENERAL COMMITTEE MEMBERS

Shayne Law
Merinda Law
Ryan Waters

Lawrie Murray
Luke Reeve
Brad Taylor

Roxanne Sweatman
Ross Pallentine



WELLBEING & INCLUSION AT BRIBIE DISTRICT LITTLE ATHLETICS

At Bribie District Little Athletics, we believe that every athlete and their family have the right to be treated with fairness and dignity, in a safe, respectful and supportive environment free from bullying, harassment, discrimination and violence. With the support of Little Athletics Australia, we are committed to nurturing diversity, inclusion and equity within Little Athletics.

What does this look like?

Inclusion is:

- ✓ Everyone is welcome in the athletics community, and we show this by listening to each other and being kind
- ✓ Everyone is valued because they are different and unique
- ✓ Everyone can participate and have fun
- ✓ Everyone can achieve and learn new skills

How can I include everyone?

We each have a role to include our peers at little athletics and we can do this by:

- ✓ Treating everyone with kindness
- ✓ Listening to each other and showing an interest in them
- ✓ Reaching out to other athletes especially if they are new to the centre
- ✓ Being friendly to your peers
- ✓ Encouraging and giving genuine compliments
- ✓ Thinking about other people's feelings when making decisions
- ✓ Offering help
- ✓ Making reasonable modifications to events if required
- ✓ Allowing access to appropriate equipment

If you have any concerns about someone being excluded or being treated unfairly, please speak up and see one of the committee members or centre manager, or our dedicated Wellbeing and Inclusion Coordinator.

We are here and committed to supporting all of our Little Athletes, volunteers and wider community.

Further advice and information is available through:

- ✓ White Cloud Foundation - 3155 3456 - whitecloudfoundation.org
- ✓ Headspace.com
- ✓ Bullying. No way – bullingnoway.gov.au
- ✓ Racism. No way – racismnoway.gov.au
- ✓ Kids Helpline 1800 55 1800
- ✓ Lifeline 13 11 14



WHAT IS LITTLE ATHLETICS?

Little Athletics is a sport for children 5-16 years originating in Victoria in the 1960s for those too young to compete in senior Athletics. The events are specially modified to suit the ages and abilities of children. Bribie District Little Athletics Centre also runs a Tiny Tots program which is a play-based program set up for the **3-5-year-olds** of registered athletes at BDLAC. Little Athletics is a good foundation for all sports as it offers young people activities and skills that will stand them in good stead for their sporting future.

The motto of Little Athletics is “**Family, Fun and Fitness**”. This motto highlights we are a community activity involving the whole family on a weekly basis. Family involvement is vital for the success of Little Athletics. Registered athletes participate in a range of track and field events, with family (parents, grandparents and siblings) participating as officials, recorders, coaches or committee members. Participation is fun, as the level of competition is whatever the family wants it to be – whether participation is on Friday nights only, during training sessions, or at various competitions and carnivals. Regardless of ability each child is encouraged to **improve their own personal performances**, not necessarily be the best in the age group. By participating in weekly competition nights, children are contributing to their own active lifestyle. Family members also get fresh air and are active as they assist with activities.

WET WEATHER UPDATES

Athlete safety is our number one priority when making a decision on our field or weather conditions. We will communicate a cancelled night via a post on our Facebook page (Please like and follow our page to ensure you are up to date on everything happening during the season). We will attempt to make a decision on the weather no later than 1 hour before the commencement of competition night. Please appreciate that we cannot control the weather and will always err on the side of caution for the safety of our athletes and families.

PARENTAL SUPERVISION POLICY

It is a requirement of Bribie District Little Athletics Centre that a parent/guardian must remain at the Sports Grounds (around the hall or field, not in the car park) to supervise their athlete at all training sessions, competition nights, and any other BDLAC events. Under no circumstance (regardless of their age) should an athlete be left on the grounds unattended. We are not able to administer medical assistance.



PARENTAL SUPERVISION POLICY

It is a requirement of Bribie District Little Athletics Centre that a **parent/guardian must remain at the Sports Grounds (around the hall or field, not in the car park) to supervise their athlete at all training sessions, competition nights and any other BDLAC events.**

Under no circumstance (regardless of their age) should an athlete be left at the grounds unattended.

Any parent/guardian who is unable to attend on a particular night and has made arrangements with another parent to be the supervisor for their children should notify BDLAC via email, text message or in person to avoid a telephone call.

If an athlete is identified to be unsupervised, they will be withdrawn from the activity and will remain on the sideline until their parent/guardian has returned to the sports grounds.

A Committee member will attempt to contact the Parent/guardian of any unsupervised athlete to understand the situation.

I _____ (insert name) have read and understood the parental supervision policy.

Athlete number/s: _____

Signature: _____ Date _____



BRIBIE DISTRICT LITTLE ATHLETICS

SEASON CALENDER

Sign On Day

Friday 16 August 2024

Sign On Day

Sunday 18 August 2024

Orientation Night

Friday 23 August 2024

Orientation Night

Friday 30 August 2024

Competition Night 1

Friday 6 September 2024

Competition Night 2

Friday 13 September 2024

Competition Night 3

Friday 20 September 2024

Competition Night 4

Friday 27 September 2024

Competition Night 5

Friday 4 October 2024

Competition Night 6

Friday 11 October 2024

Competition Night 7

Friday 18 October 2024

Competition Night 8

Friday 25 October 2025

Competition Night 9

Friday 1 November 2024

No Comp Night – Regional Relays

Friday 8 November 2024

Competition Night 10

Friday 15 November 2024

Competition Night 11

Friday 22 November 2024

Competition Night 12

Friday 29 November 2024

Competition Night 13

Friday 6 December 2024

Competition Night 14 – Christmas Party

Friday 13 December 2024 -

Competition Night 15

Friday 17 January 2025

Competition Night 16

Friday 24 January 2025

Competition Night 17

31 January 2025

No Comp Night – Regional Champs

Friday 7 February 2025

Competition Night 18

Friday 14 February 2025

Competition Night 19

Friday 21 February 2025

Competition Night 20

Friday 28 February 2025

Competition Night 21

Friday 7 March 2025

Competition Night 22

Friday 14 March 2025

Competition Night 23

Friday 21 March 2025

Competition Night 24

Friday 28 March 2025



BRIBIE DISTRICT LITTLE ATHLETICS

CENTER CARNIVALS

Please always check the LAQ website or our Facebook page to confirm competition dates and venues.

Coles Spring Carnival
Saturday 21 September 2024 –
Bundaberg

Caboolture Twilight Carnival
Saturday 19 October 2024 – Caboolture
LAC

Coles Summer Carnival
Saturday 26 October 2024 – Nathan

Regional Relays
Saturday 9 November 2024 – Sippy Downs

Caloundra Carnival
Saturday 23 November 2024 – Caloundra
LAC

Jimboomba Carnival
Sunday 24 November 2024- Jimboomba
LAC

Redcliffe Twilight Carnival
Saturday 11 January 2025 – Redcliffe LAC

Algester Carnival
Saturday 18 January 2025 – Algester LAC

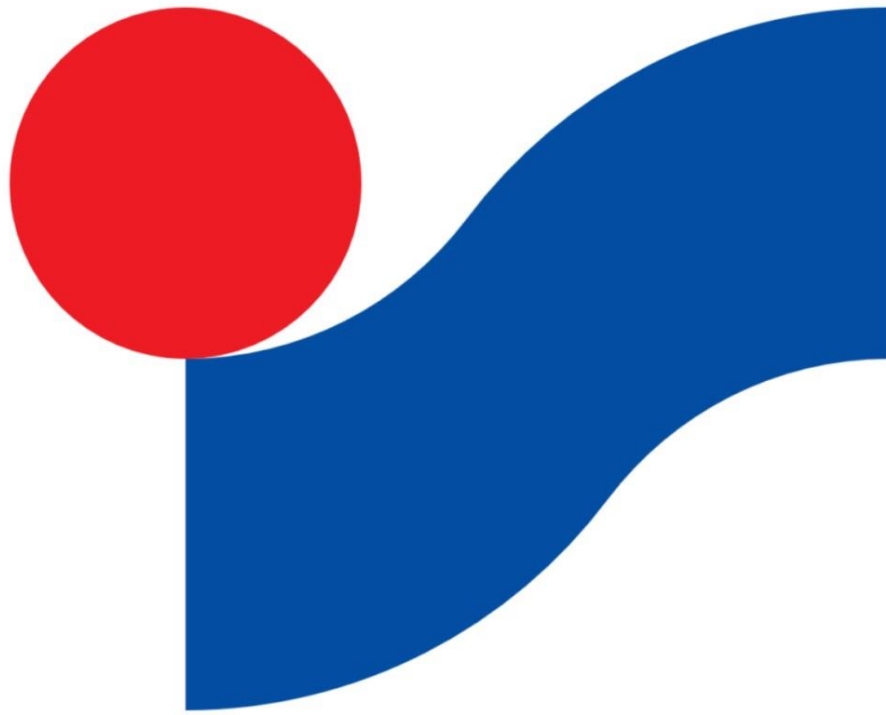
U14 – 15 Development Tour
9 – 20 January 2025 – New Zealand

Regional Championships
Saturday 8 February 2025
Sunday 9 February 2025

McDonalds Combined Events
Championships
Saturday 1 March 2025–
Sunday 2 March 2025 - Nathan

State Championships
21 – 23 March 2025





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BRIBIE DISTRICT LITTLE ATHLETICS

REGISTRATION

The registration fee includes membership to Little Athletics Queensland (LAQ), Bribie District Little Athletics (BDLAC) and covers athletes with insurance at training sessions, during competition season and at any LAQ carnivals throughout the season.

**Please note that once fees are paid to Bribie District Little Athletics these are non-refundable.

REGISTRATION AGE TABLE

Athletes are assigned to a particular age group based on the year they were born as per the Registration Ages Table below.



REGISTRATION AGES TABLE 2024/2025 SEASON

The ages listed below refer to the athlete's age group (eg. 13 means U13)

BIRTH YEAR	AGE GROUP
2021	Tiny Tot
2020	Tiny Tot
2019	U6
2018	U7
2017	U8
2016	U9
2015	U10
2014	U11
2013	U12
2012	U13
2011	U14
2010	U15
2009	U16
2008	U17

TINY TOTS & U6 AGE GROUPS

Three and four olds may register as a Tiny Tot if the Centre runs such a program. Children who are two years old and have not yet turned three are not permitted to join Little Athletics until their third birthday.



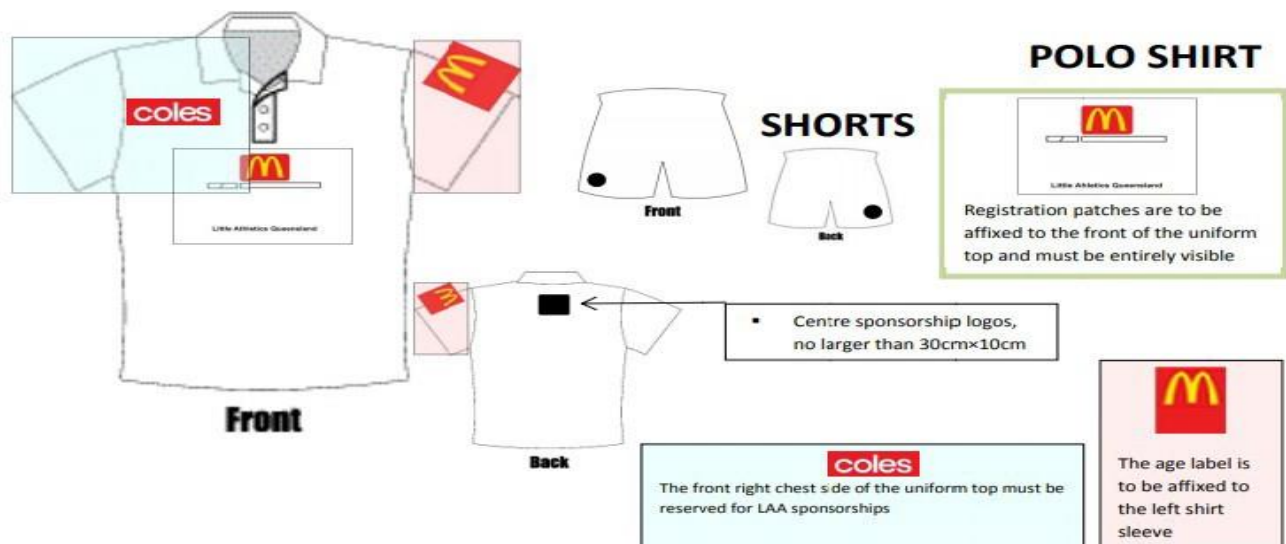
BRIBIE DISTRICT LITTLE ATHLETICS

Athletes will receive the following when registering with the club:

- ✓ Registration Number to be attached to the front of shirt
- ✓ An age label to be attached to the left sleeve of shirt or left leg of shorts/bike pants
- ✓ LAQ Sponsor badge to be attached to right side chest of shirt/singlet/crop top
- ✓ McDonalds Achievement Card
- ✓ BDLAC Handbook (one per family)

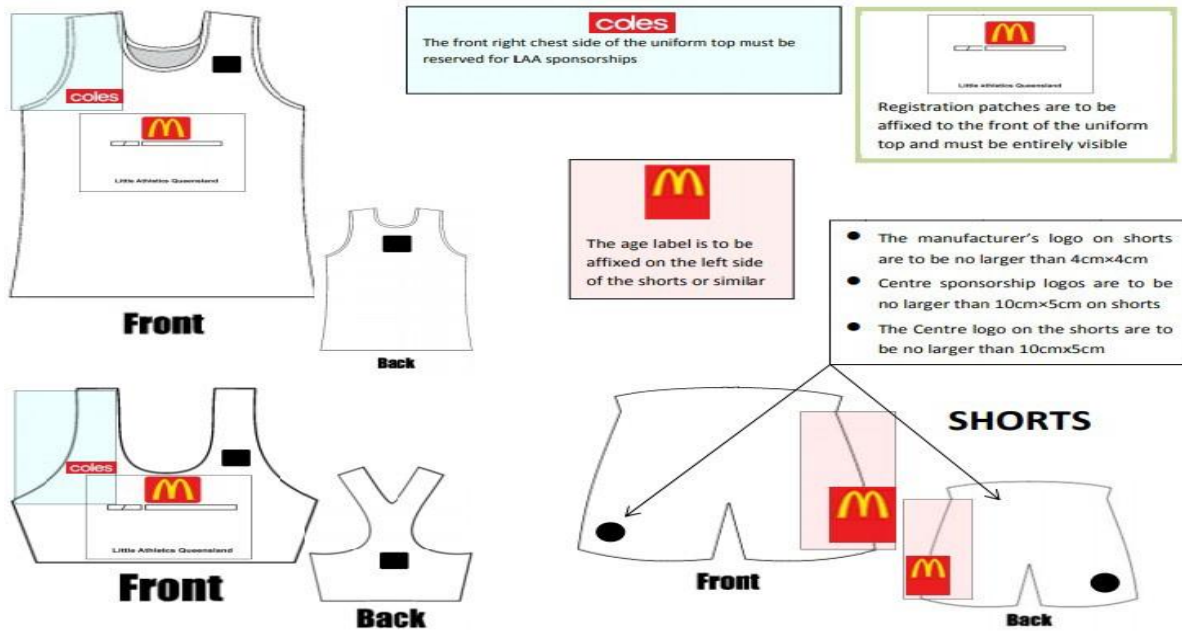
The BDLAC Uniform is **COMPULSORY** at all centre competition nights and for all competing athletes at the Regional and Association level. Registration numbers should be attached to the front of the polo shirt or singlet. Most people sew these numbers on as they are required for the entire season at all levels of competition. The athlete's name must be clearly marked in the box provided. The age label pocket should be sewn on the left-hand sleeve leaving the top open to allow for tickets to be placed in it. If the athlete is wearing a singlet, the pocket should be sewn on the left-hand side of the shorts. The COLES sponsorship badge should be sewn onto the right-hand side of the top. If you are unsure, please speak to a member of the committee for advice.

Full uniform, including all badges and numbers, must be worn when competing at all LAQ Association competitions.



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SINGLET & CROP TOP



FOOTWEAR

Suitable footwear must be worn by all athletes in all events. In accordance with LAQ policy, enclosed footwear is compulsory for athletes participating in all events.

Spike shoes can only be worn by certain age groups.

- U11 age groups and above in events run entirely in lanes, jumps and javelin. Discus and shot put require normal footwear or throwing shoes. Spike shoes are not permitted to be worn at Relays track events unless competing in a U13-17 age group.
- U13 - U17 age groups may wear spikes in all track events (excluding walks).

All athletes are required to remove spiked shoes from their feet and carry spiked shoes between events. Failure to do so may result in the athlete missing out on centre points for that evening.

PARENT HELP REGISTER

Officials and Marshalls should register their athletes' names and athlete registration numbers with our Volunteer Coordinator prior to the start of the competition. In the event of arriving late and you wish to help, a task can still be found for you. Please ensure you register your name and athlete registration number with a committee member, otherwise there will be no record of your assistance. It is the responsibility of the helper to ensure the family name and the registration number are recorded correctly with the Volunteer Coordinator before commencing allocated duties.



TRIAL NIGHTS

For all new athletes, we offer a trial period before paying the registration fees in full. This is to ensure that you and your child/children are familiar with the concept and are sure that you would like to join BDLAC. These trial nights come at a small fee of **\$10 per child per night, with a maximum of 2 trials per athlete**. The trial fees will be deducted from your registration fees when you register in full.

OPEN HOURS

Committee members will be at the grounds each Friday as per the calendar of events from 3:30 pm to pack up.

If you need assistance after these hours, please send us an email or message us via messenger. Please consider Committee members are volunteers and have full-time jobs, families and other general life commitments so we may not be able to respond to your enquiry as quickly as you would like but we will respond.

WEEKLY COMPETITIONS

Our weekly Friday evening competitions commence at 4:45pm beginning with the centre manager passing on important information to athletes and parents. This will be followed by a warm-up for the athletes to prepare them for the competition which will consist of 4-5 events depending on age group. An Age Marshall will oversee each age group ensuring that times/distances are recorded for each athlete's performance. Parent helpers are required each competition night to help measure, record, retrieve etc to ensure the smooth and efficient running of the age groups. Please ask how you can get involved to ensure the smooth running of each age group.

Please access your results through the Results HQ program. An email with login details will be sent to you after registration is complete. If you have any questions or difficulties, please see the Registrar. The Centre Recorder will endeavour to get all BDLAC results entered by the end of the weekend. If you have any queries regarding times/distances recorded, please see our Recording Officer.

We have a six-week program to ensure that the athletes get to compete in all events relevant to their age groups. Please note that programs are subject to change depending on the number of athletes in each age group.



PB BELL

On our competition nights, athletes will be able to ring the 'Personal Best' bell when they achieve a new PB, this way everyone is able to cheer on and celebrate with them.

AGE MANAGERS

The Age Manager has one of the most important roles in Little Athletics. You are responsible for caring for and nurturing our young athletes. Your role is to provide a supportive environment in which athletes can learn and develop. An athlete's enjoyment of the sport will depend upon their experience at our Centre, and you have the ability to ensure that this experience is a positive one. We appreciate that Age Managers are volunteers, and we thank you for taking on this significant role. Here are a few tips to help you along the way.



The Basics for Being a Good Age Manager

- ✓ The number 1 thing for an Age Manager to remember is that you must **MAKE IT FUN**. These 3 words contain possibly the most important piece of advice that can be given to an Age Manager. Make sure that you and the parents are also enjoying yourselves.
- ✓ Ensure that you are well-organised and promote maximum participation. Keep the athletes busy! Do not, however, 'force' any athlete to take part in an event.
- ✓ Ensure you stay until the last event has been recorded for your Age Group. All athletes should have the opportunity to participate in all events on the night.
- ✓ Focus upon the athlete's efforts and individual performances rather than the overall outcome of the event. In Little Athletics, a personal best is more important than first place!
- ✓ Ensure that all athletes receive equal time and attention. Praise all achievements.
- ✓ Be fair, considerate and honest, and be a positive role model.

Tips for Effective Supervision

- ✓ Ensure that all children are within sight and/or hearing at all times, preventing activities from going on behind your back. If the group is too big, ask for assistance.
- ✓ Never leave the group unattended and ensure that children know that they should never leave the group without letting you know.
- ✓ Move around purposefully. Don't remain static. Be mobile, visible and involved.
- ✓ Acknowledge good behaviour with positive messages e.g., complement the group if they organise themselves quickly; positively reinforce a participant who is paying attention.



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- ✓ In the case of misbehaviour, an effective verbal reprimand showing a 'no-nonsense' approach may be all that is needed. Such a reprimand should be clear, calm, firm, not harsh or a put-down.

As stated earlier the role of Age Manager is an important one, but it also can be one of the most rewarding roles in Little Athletics. If you need help or assistance, please remember to ask. It is a requirement that no athlete be left on our oval on their own during the night therefore there will be lots of parents/caregivers around. Please ask for their help. This will ensure the smooth running of your age group. Most of all - make sure that you and the athletes have fun!!!

TINY TOTS

Tiny Tots is for children aged 3 - 5 years old. It's a fun-based program focusing on developing gross motor skills, fitness and balance and is heaps of fun. All exercises incorporate running, jumping, and throwing with the aim of getting them ready for little athletics for ages 5 and up. The Policy was framed after due consideration of the National Guidelines for the involvement of children in Athletics. Centres are allowed the option of providing a Tiny Tots program for children three and four years old. The parent/guardian of the Tiny Tot athlete must be present while the child is participating. Activities: No times, no places, and no measurements. All activities are in accordance with Queensland Little Athletics Association (QLAA) programs.



EQUIPMENT

All the equipment belongs to the centre, and therefore may only be used under the supervision of the committee, coaches and age managers and should be returned to the shed after each training session/competition night. For safety reasons, please report any damaged/faulty equipment to the Equipment Officer or other Centre Committee Members.



LITTLE ATHLETICS CODE OF ETHICS

Little Athletics is primarily a fun activity for young children who wish to participate in healthy competition with their friends. To benefit our athletes, the code of ethics has been put into place and every person, adult or child is expected to adhere to it:

- ✓ Do not criticize, abuse or scream at athletes.
- ✓ Accept decisions of all officials or referees as being fair and ruled upon in an impartial manner.
- ✓ Support other athletes in their endeavour to achieve the best they can.
- ✓ Encourage children in a positive manner as development is not the same in all therefore, some children may take time to show ability or improvement.
- ✓ Bear in mind all committee and helpers are volunteers giving up their time to help run our Centre.

BEHAVIOUR CODE

All athletes are to conduct themselves in a proper manner always both at the Centre and when representing BDLAC in competitions outside our Centre. BDLAC will not tolerate verbal or physical abuse by any athlete, parent or official. This Centre endorses the LAQ Zero Tolerance policy. The LAQ Zero Tolerance policy for parents, athletes, coaches and officials is available on the LAQ website www.laq.org.au

It is not whether you win or lose, but how you play the game. If anyone has a complaint regarding an athlete, parent or official, we request the matter is reported to either the Centre Manager or Assistant Centre Manager as soon as possible. Although endorsing the LAQ Zero Tolerance policy, BDLAC may vary the consequences depending on the severity of the behaviour and the breach of the LAQ Code of Conduct. Serious violations may result in LAQ involvement and could possibly include further restrictions or limitations regarding the involvement within our centre, or exclusion from our Centre and or competition/s

Bribie District Little Athletics Centre aims to enforce the LAQ Code of Conduct allowing athletes, parents and officials to enjoy being a part of BDLAC and the greater Little Athletics community.

DISCIPLINE POLICY

Athletes should note that persons displaying unacceptable behaviour, which may cause danger and disruption to others, will be stopped from further participating in their competition and no points will be allocated. Should the executive committee decide the behaviour warrants, the athlete may be dismissed from any further competition within the centre. Unacceptable behaviour, which may be reported when the athlete is representing Bribie District Little Athletics at another venue, could also result in dismissal from the centre. It may also be noted that should dismissal occur, no refund of fees will be given.



PROHIBITIONS

The following are prohibited on the Sandstone Point Oval during competition times:

- ✓ Parking of cars; except for the Canteen Convenor or Committee members performing maintenance or towing of equipment
- ✓ Dogs
- ✓ Smoking: Qld Government policy prohibits smoking within 10 metres of any competition or spectator areas during any competition. Therefore, smoking is prohibited at the Sandstone Point Oval and spectator boundaries.
- ✓ NO Alcohol/drugs are permitted to be consumed within the BDLAC boundaries
- ✓ Riding of bikes/scooters
- ✓ Throwing stones or any other projectiles, including any equipment e.g., javelin, shot put or discus when not supervised
- ✓ Crossing the track whilst an event is in progress
- ✓ Abusive language will not be tolerated by any athlete or parent at any time

LAQ CARNIVALS AND COMPETITIONS

McDonald's Regional/State Relays Athletes from U7 to U17 age groups may nominate for entry to this carnival with the Recording Officers and Team Manager arranging athletes into track teams based on performance. Please only nominate for this carnival if you can attend both regional and state relay days.

Regional Championships are the only means by which an athlete can qualify to compete at the State Championships. Athletes in the U7 and U8 age groups are unable to advance to the State Championships but receive a participation medal for attending on the day. McDonald's State Championships

are only open to athletes between U9 and U17 years, who have qualified through Regional Championships. The State Championships will this season be held at QSAC Nathan.



CARNIVALS

BDLAC encourages you to attend as many carnivals as possible. The experience and competition gained from these carnivals will help improve your performances. Should you decide to attend a carnival, you must wear the correct centre uniform and compete in your own age group. When attending carnivals, it is encouraged all athletes sit together as a team and support each other during events. Watch our Facebook page for upcoming carnivals and closing dates for nominations.



McDONALDS ACHIEVEMENT LEVELS

The McDonald's achievement levels are calculated from the averages of performances attained by LAQ athletes over the years. Green level is within the reach of 100% of children with a little application and has achieved a good level of performance. The red level represents a very good performance but is still achievable level represents an excellent performance achievable by about 20% of Little Athletes. Levels for each age group and all events are detailed on the pink (Girls) or blue (Boys) Achievement Cards. To receive a McDonald's Achievement Award Certificate, an athlete must reach the relevant level in all events applicable to their age group in three event groups. For example, a U13 athlete would be awarded a Green level certificate if they were to equal or better the Green level times and distances in (1) Hurdles: 80m Hurdles and 200m Hurdles, (2) Sprints: 100m, 200m and 400m and in (3) Throws: Discus, Javelin and Shot Put. Any event group combination can be used to meet the criteria, providing the levels in three event groups are attained.

The McDonalds Achievement Trophies are presented at the end of the season to all athletes who qualify against the participation, volunteer nights and financial criteria set out in this Handbook. Achievements are only taken from the date of Registration. **Performances from trial nights are not included in the determination of achievement certificates or trophies.**



AWARD ELIGIBILITY

Each athlete will receive at least one trophy at the end of the season providing attendance and parental assistance criteria have been met.

- ✓ The athlete must attend and participate in **at least 70% of Friday competition nights** during the season. This is including returning to at least 4 competition nights following the Christmas break. Attendance is officially recorded when an athlete participates in a minimum of 3 events on a competition night. The attendance requirement may be considered for exemption by the Centre Management Committee in the event of long-term illness/injury. A parent/guardian must communicate in writing to BDLAC, with any supporting evidence of the absence, to be considered for exemption.
- ✓ The athlete's family **must have volunteered a minimum of twelve times (12)** throughout the BDLAC season. One Volunteer session is considered to be one (1) entire Friday afternoon from 4:45 pm until the role is completed, 1 working bee, 1 allocated time slot session for a BDLAC event outside of a Friday night and 1 event at a LAQ Regional Carnival. The volunteer requirement may be reduced for those who register later in the season. The Centre Management Committee must be notified in writing if a family anticipates they will not be able to meet this requirement, along with any supporting evidence. Depending on circumstances the Committee **may** decide on a revised number of nights for the family to meet. Help nights also include helping BDLAC at events outside of our Friday Competition nights eg. Sausage sizzles, and LAQ competitions.
- ✓ Athletes must be full financial members to receive a trophy.



BRIBIE DISTRICTS LITTLE ATHLETICS CENTRE AWARDS

Most Improved Athlete Award

This is a LAQ Award presented to a Little Athlete each year who has shown the greatest degree of personal improvement. It is based on Personal Achievement in a range of events recorded at the Centre level over a nominated 10-week period. Points are awarded for athletes exceeding Personal Bests at the centre level.

The Bribie District athlete with the highest point score wins the Most Improved Nominee Award and is nominated for the State Award. The athlete with the highest point score in the state wins the Most Improved State Award.

Eligibility Criteria

One boy **or** girl from any age group with the highest point score over the nominated 10 weeks

Most Improved Athlete Award 2023/2024: Oliver Calkin

George Harvey Award

The George Harvey Award is presented each year to one girl and boy in Queensland who best demonstrates they embrace the ideals of Little Athletics. Eligibility for the award is not restricted by athletics as demonstrated on the track and field. The Bribie District Athlete nominated for this award will receive a nomination trophy.

Eligibility Criteria

The athlete nominated by the BDLAC committee will have been a regular attendee of Centre and Regional competitions and will have demonstrated a willingness to participate in the full range of Little Athletic events. They will have been involved in Little Athletics for a minimum of 5 years and will currently be in the U15-17 age groups. The athlete should have been an ambassador for Little Athletics and proud of their involvement in the sport and promoted it amongst their peers.

Required Attributes:

- ✓ Leadership: Is an example to others and shows a desire to assist in the skill development of others
- ✓ Respect: Is always courteous showing regard for fellow athletes and officials and accepts the judges' decisions
- ✓ Perseverance: Performs with a determination to attain personal goals even if difficulties and setbacks are encountered



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- ✓ Sportsmanship: Abides by a code of fair play and is gracious in victory and defeat
- Enthusiasm: Irrespective of ability, displays a keenness to become involved in all activities

BDLAC George Harvey Nominee 2023/2024: Bianca Damrow

Pumicestone Award

The Pumicestone Award is a Centre award presented to a non-committee member/family who is nominated by the Volunteer Co-Ordinator and endorsed by the BDLAC Committee. Ali King, MP for Pumicestone, is the sponsor and presenter of this award in recognition of the commitment of the recipient for their contribution to the Bribie District Little Athletics community.

Eligibility Criteria

A commitment to assisting BDLAC in performing duties well over and above what is generally required. The award recipient would have regularly assisted at the Centre and at Regional and LAQ carnivals.

Pumicestone Award 2023/2024: Rebecca Brose

Family Certificates of Appreciation

Rather than charging a Parent Levy, families are required to help at least 12 times during the season for their child to be eligible for a trophy. This method is to make it equitable for all families and ensure we have enough volunteers each Friday night enabling the program to run quickly and efficiently. Certificates are awarded each year to those families who meet these volunteer criteria.

Ten-Year Participation Pin

Presented to athletes by LAQ with a total of 10 years of participation in Little Athletics within Australia. The ten years is not required to be continuous.



Senior Sports Girl & Boy Awards

This award is presented to the best & fairest male and female athletes from the U13-U17 age groups based on performances across the full range of their events and other criteria.

Eligibility Criteria

The winner of this award has:

- ✓ the highest total of points based on McDonald's achievement levels
- ✓ demonstrates a high degree of sportsmanship
- ✓ abides by all BDLAC rules and is respectful of other athletes and officials

Senior Sports Girl & Senior Sports Boy Award 2023/2024 : Mikayla Waters and Bentley Reeve

Junior Sports Girl & Boy Awards

This award is presented to the best & fairest male and female athletes from the U9-U12 age groups based on performances across the full range of their events and other criteria.

Eligibility Criteria

The winner of this award has:

- ✓ the highest total of points based on McDonald's achievement levels
- ✓ demonstrates a high degree of sportsmanship
- ✓ abides by all BDLAC rules and is respectful of other athletes and officials Junior Sports

Girl & Junior Sports Boy Award 2023/2024: Emily Hunt and Oliver Calkin

State Competitor Award

Athletes are presented with a State Competitor Award when they qualify to compete at the State Championships through outstanding performances at Regional Championships. These awards are proudly sponsored and presented by Cr Brooke Savige.

Eligibility Criteria

Athletes who come 1st-4th at Regional Championships or achieve a State qualifying to time or distance can compete at the State Championships.



BRIBIE DISTRICT LITTLE ATHLETICS

congratulations to the following athletes who qualified for the state Relays and/or state Championships in the 2023/24 season:

Grayson Green	Kieran Dowling	Lennox Gallaher
Alby Ryan	Lacey Hibberd	Eva Thams
Ivy Glynn-Armstrong	Annabelle Scott-Hay	Henry Pallentine
James Reeve	Charlotte Holloway	Bella Woods
Reece Berezwick	Seamus Hand	Tyler Richardson
Braxton Smith	Nate Holloway	Juilette Paliza
Bentley Smith	Zara Cotterill	Sarah Hunt
Samantha Kippen	Mikaya Waters	Kayne Richardson
Myles Miller	Jack Slater	Jasmine Wallin
Hayden Berezwick	Mackeelee Smith	Cassie Wallin
Logan Tickle	Ella Slater	Isaiah Brady
Ryan Waters	Bianca Damrow	



AGE CHAMPION AWARDS

At the end of each season an age champion for each age group, boy and girl, will receive a trophy to recognise their season's performances. This award is for participation and performance during the Friday night competition only.

Points are allocated as follows:

- ✓ One (1) point for attendance (the completion of 3 events on a Friday competition night = 1 point)
- ✓ Three (3) points each time an athlete achieves a Personal Best (PB) in any event
- ✓ One (1) points each time an athlete equals a Personal Best (PB)

The athlete in each group with the most points at the end of the season is awarded Age Champion.

Age Champions 2023/2024 Season

AGE	GIRLS	BOYS
Under 6	Paige Hunt	Thomas Hamlin
Under 7	Sophia Sweatman	Leonel Thams
Under 8	Brooklyn Foxley	Doug Rose
Under 9	Eva Thams	Lennox Gallaher
Under 10	Emily Hunt	Riley Ashcroft
Under 11	Charlotte Holloway	Oliver Calkin
Under 12	Savannah Sweatman	Tristan Holloway
Under 13	Autumn Miller	Braxton Smith
Under 14	Juliette Paliza	Bentley Reeve
Under 15	Mikalya Waters	Miles Miller
Under 16	Jasmine Wallin	Brock Smith
Under 17	Mackeelee Smith	Ryan Waters
Under 20 Award		Riley Kippen



CENTRE RECORDS SET IN 2023/24 SEASON

BOYS

EVENT	DATE	RESULT	NAME	AGE
High Jump	02-02-24	0.71	Thomas Hamlin	U6
60m	13-10-23	12.61	Thomas Hamlin	U6
Discus	29-09-23	14.68	Hunter Harwood	U7
Vortex	23-02-24	20.28	Leonel Thams	U7
Shot Put	23-02-24	6.13	Jed Timms	U8
Turbo Javelin	01-03-24	16.07	Lennox Gallaher	U9
Shot Put	02-02-24	6.30	Alby Ryan	U9
Long Jump	24-11-23	3.34	Lennox Gallaher	U9
800m	17-11-23	3:03.00	Harrison McGrath	U10
Shot Put	08-03-24	8.17	Kade Hibberd	U11
700m Walk	24-11-23	4:45.87	Jack Szczodruch	U11
100m	06-10-23	14.26	Orlando Paliza	U11
700m Walk	15-09-23	4:45.65	Denzel Law	U12
Long Jump	23-02-24	4.82	Braxton Smith	U13
700m Walk	17-11-23	4:27.64	Ayden Mills	U13
70m	10-11-23	9.81	Braxton Smith	U13
400m	20-10-23	1:08.76	Braxton Smith	U13
Javelin	20-10-23	26.53	Braxton Smith	U13
80m Hurdles	13-10-23	14.86	Seamus Hand	U13
High Jump	06-10-23	1.35	Seamus Hand	U13
Discus	15-09-23	41.53	Braxton Smith	U13
Triple Jump	15-09-23	10.01	Braxton Smith	U13
Shot Put	08-09-23	11.44	Braxton Smith	U13
Triple Jump	01-03-24	10.73	Bentley Reeve	U14
Javelin	01-03-24	20.86	Bentley Reeve	U14
70m	10-11-23	9.72	Bentley Reeve	U14
1500m Walk	01-03-24	8:59.45	Jack Slater	U15
700m Walk	23-02-24	4:23.95	Myles Miller	U15



BRIBIE DISTRICT LITTLE ATHLETICS

Triple Jump	23-02-24	10.97	Myles Miller	U15
Long Jump	09-02-24	5.09	Myles Miller	U15
100m Hurdles	13-10-23	18.07	Myles Miller	U15
300m Hurdles	13-10-23	48.05	Myles Miller	U15
1500m	06-10-23	5:27.86	Myles Miller	U15
High Jump	15-09-23	1.60	Myles Miller	U15
200m	15-09-23	26.90	Myles Miller	U15
800m	15-09-23	2:34.85	Myles Miller	U15
100m	08-09-23	13.07	Myles Miller	U15
70m	08-09-23	9.39	Myles Miller	U15
Shot Put	20-10-23	14.02	Hayden Berezwick	U16
400m	01-03-24	54.69	Ryan Waters	U17
100m	02-02-24	12.03	Ryan Waters	U17
70m	02-02-24	8.89	Ryan Waters	U17
Long Jump	17-11-23	5.95	Logan Tickle	U17
110m Hurdles	13-10-23	20.03	Logan Tickle	U17
300m Hurdles	13-10-23	51.81	Logan Tickle	U17
Triple Jump	13-10-23	11.04	Logan Tickle	U17
1500m	06-10-23	5:08.51	Ryan Waters	U17
200m	29-09-23	24.79	Ryan Waters	U17
800m	29-09-23	2:19.56	Ryan Waters	U17
High Jump	15-09-23	1.60	Ryan Waters	U17
100m	09-02-24	23.01	Riley Kippen	U20
70m	02-02-24	16.67	Riley Kippen	U20
Shot Put	24-11-23	7.22	Riley Kippen	U20
Long Jump	17-11-23	1.72	Riley Kippen	U20
Discus	20-10-23	9.29	Riley Kippen	U20



CENTRE RECORDS SET IN 2023/24 SEASON

GIRLS

EVENT	DATE	RESULT	NAME	AGE
High Jump	08-03-24	0.80	Scarlett Reeve	U7
300m	08-09-23	1:16.09	Scarlett Reeve	U7
700m Walk	13-10-23	4:25.04	Charlotte Holloway	U11
700m Walk	08-12-23	4:15.48	Ruby Pallentine	U12
Shot Put	20-10-23	8.42	Bella Woods	U12
1500m Walk	22-09-23	10:20.00	Ruby Pallentine	U12
70m	15-09-23	9.93	Bella Woods	U12
1500m	17-11-23	6:17.61	Kaleigha Woods	U13
700m Walk	17-11-23	4:47.59	Autumn Miller	U13
800m	10-11-23	3:00.96	Kaleigha Woods	U13
400m	20-10-23	1:12.79	Kaleigha Woods	U13
200m	29-09-23	29.60	Kaleigha Woods	U13
400m	24-11-23	1:12.99	Mikayla Waters	U15
1500m	17-11-23	6:38.23	Mikayla Waters	U15
1500m Walk	01-03-24	11:35.25	Ella Slater	U17
400m	01-03-24	1:16.54	Cassie Wallin	U17
700m Walk	23-02-24	5:30.25	Ella Slater	U17
Discus	02-02-24	17.03	Bianca Damrow	U17
Long Jump	17-11-23	3.70	Ella Slater	U17
Shot Put	20-10-23	8.40	Bianca Damrow	U17
300m Hurdles	13-10-23	1:03.48	Ella Slater	U17
100m Hurdles	13-10-23	21.55	Ella Slater	U17
Triple Jump	13-10-23	8.55	Ella Slater	U17
Javelin	29-09-23	21.81	Ella Slater	U17

This is a summary of the centre records broken in the 2023/2024 season. A full set of centre records is available for viewing upon request.



TROPHY CRITERIA

Each athlete will receive at least one trophy at the end of the season providing the following criteria have been met:

1. The individual athlete must attend and participate in **at least 70% of Friday competition nights** during the season. Participation is officially recorded when an athlete participates in a minimum of 3 events on a competition night

2. The individual athlete must return and participate in at least 4 competition nights following the Christmas break.

NOTE - The attendance requirement may be considered for exemption by the Centre Management Committee in the event of long-term illness/injury. A parent/guardian must communicate in writing to BDLAC, with any supporting evidence of the absence, to be considered for exemption.

3. The athlete's family **must have volunteered a minimum of twelve times (12)** throughout the BDLAC season. This requirement may be reduced for those who register later in the season. The Centre Management Committee must be notified in writing if a family anticipates they will not be able to meet this requirement, along with any supporting evidence. Depending on circumstances the Committee **may** decide on a revised number of nights for the family to meet. Help nights also include helping BDLAC at events outside of our Friday Competition nights eg. Sausage sizzles, and LAQ competitions.

4. Athletes must be a full financial member to receive a trophy

_____ (insert name) have read and understood how athletes achieve a trophy.

Please list your athlete/s registration numbers: _____

Signature: _____

Date: _____



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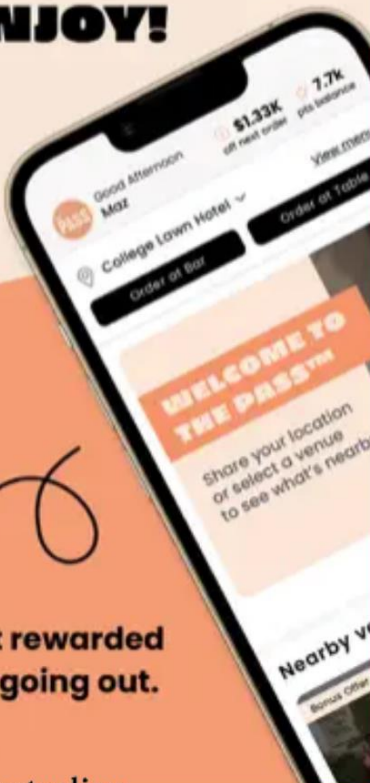


HOW TO JOIN

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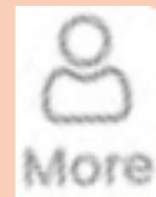


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