

Williamstown Little Athletics Centre

Parent/carer information session

October 4, 2023

WLAC would like to acknowledge the Bunurong People of the Kulin Nation as the Traditional Owners of the land on which we meet, and pay our respects to Elders past, present and emerging

Agenda

- About Us
- Registration
- Communication
- Child Safety and Inclusion
- Season Calendar/Program
- On Track
- External Events
- Training
- PB Program
- Uniforms
- Duty Roster
- WLAC Roles
- Questions





About Us

- Little Athletics' philosophy is fun, fitness, and family.
- We offer sprints (50m-400m), middle distance races, hurdles, long jump, triple jump, high jump, shot put, discus, and javelin as well as modified events for the youngest athletes (i.e. vortex and turbo javelin), making athletics a great foundational sport.
- WLAC was the 9th Little Athletics centre to establish in Victoria in 1967.
- More than 440 members from 5 to 17 years of age (40 per cent growth last year).
- Summer track and field competition is Saturday mornings, and occasionally Wednesday evenings, at the Newport athletics track.
- Winter cross-country season.
- External events (combined, relays, region carnivals, states).

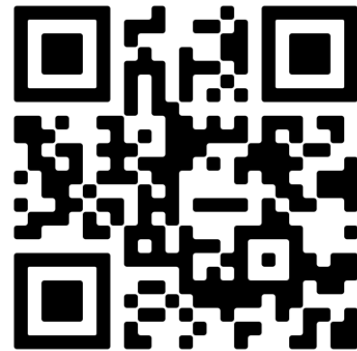
Registration

- All registration is done via Little Athletics Victoria's portal: [Membership - Little Athletics Victoria \(lavic.com.au\)](http://lavic.com.au)
- Fees \$180 (\$120 for Under 6s). Discounts for families.
- Includes summer track and field, winter cross-country, insurance, optional mid-week training sessions, PB awards, medals & trophies, Centre Championships.



Communication

- Primary method is [Team App | Find |](#) (weekly newsletter, program, events etc).
- Join Season 23/24 access group.
- Facebook and Instagram (used for engagement vs information).
- Website www.willylac.com.au



A screenshot of a mobile application interface for Williamstown Little Athletics. The top half shows a group photo of children in blue and yellow athletic gear. Below the photo is a circular profile picture with the team's logo. The text below the profile picture reads "Williamstown Little Athletics" and "1321 members • Williamstown,". The bottom section, titled "Features", contains three buttons: "My Details" with a blue circle icon containing "RU", "Statistics" with a bar chart icon and a green "Admin Feature" tag, and "Management" with a group of people icon and a green "Admin Feature" tag. The interface also shows standard mobile UI elements like a back arrow, a timer (1:17), and a settings gear.

Season Calendar

- Starts Saturday, October 7.
- Christmas break mid-December to mid-January
- Twilight events Wednesday, December 13 and Wednesday, January 24.
- Saturday, March 2 is Centre Championships (final meeting for the season).
- Sunday, March 24 is AGM and Presentation



Program

- Under 6 On Track: 8:30am sharp to 9:30am (conducted on the back straight).
- Under 7/Under 8: 8:30am sharp to 10am
- Under 9 upwards: 10am to 12:30pm approx.
- 4-5 events each week, track and field. Athletes encouraged to participate in all events.
- Saturday, March 2 is Centre Championships (final meeting for the season).
- Sunday, March 24 is AGM and Presentation
- Season calendar and program is on TeamApp
- Results recorded at Results HQ www.resultshq.com.au/



On Track

- Modified program for Under 6 athletes.
- Game-based.
- Gradually introduces children to the skills and events of athletics through a progressive “simple to complex” model.
- Opportunity to participate in athletic events as the season progresses.
- Opportunity to participate in Centre Championships and receive a medal.



Culture

Fun, fitness & family...

- Winning is secondary to 'having a go' and aiming for a 'personal best'.
- Children develop at their own pace and should be supported and celebrated wherever they are on their 'journey'.
- Foster enjoyment in the sport so children are more likely to continue to participate in the longer term.

[\(1\) Facebook](#)

Video

[Home](#)[Live](#)[Reels](#)[Shows](#)[Explore](#)[Saved Videos](#)[Following](#)

When your mates cheer you on and you get a PB in HJ. Awesome jumping Tom, 1.10m, and awesome supporting from the boys Under 10...

[...](#)

Child Safety & Inclusion

- LAVic is committed to acting in children's best interest and keeping them safe, and actively works to empower children. We value diversity and do not tolerate any discriminatory practices.
- As part of registration, you agree to our 'Code Of Conduct'. [LAVic Code of Conduct](#).
- All abilities welcome.
- Child Safety Officers Rohan Chiu and Sarah Chibnall.
- All committee members/coaches have WWC.
- Child Safety policy and Behaviours of Concern policy are available on the Williamstown Little Athletics website.



Child Safety & Inclusion (cont)

Use of Language and Tone of Voice

Language and tone of voice used in the presence of children should provide clear direction, boost their confidence, encourage and affirm them and not be harmful.

Do

Use clear, direct, age-appropriate language.

Use words, tone of voice, facial expressions and body posture to communicate calmness and respect.

Focus on a child's positive behaviour to build self-confidence, as well as competence.

Use language that is encouraging and supportive and that promotes a fun and inclusive environment.

Address a situation when negative language or tone is being used by a child, parent/guardian or other person and reinforce that it is not appropriate.

Photographs of Children

To ensure the protection of a child's image and identity, it is essential that:

- the respective parent or guardian has provided prior written approval for any photographs to be taken or video footage to be captured
- the context of the photo or video is directly related to participation in your sport
- the child is appropriately dressed and posed
- the image or video is taken in the presence of other personnel.

Do

Ensure the context in which you are taking photos or videos of children is directly related to their participation in your sport and will only be used for official purposes.

Obtain permission from the child's parent/guardian before taking any photos or videos.

Store images (digital or hard copy) in a way that prevents unauthorised access by others.

Make sure images (digital or hard copy) are destroyed or deleted as soon as they are no longer required.

Speak up if you see someone acting suspiciously.

External Events

- November 18-19: LAVic Commonwealth Bank Region Relay Carnivals (entries close October 30). Must be able to commit to training and states.
- December 16: State Relay Champs.
- January 20-21: LAVic State Combined Champs.
- February 10-11: Coles Regional Carnival (Williamstown hosting).
- March 9-10: LAVic State Track and Field Champs.
- Strict uniform requirements.





Training

- Mondays, Tuesdays and Thursdays. 4:30pm – 6pm approx.
- Details of sessions and times will be posted to TeamApp at the start of the week.
- Not compulsory but recommended for skills development.
- Our coaches are parent volunteers with coaching qualifications. Can refer professional coaches.
- Junior coaching squad works with Under 7s and 8s on a Saturday morning to support appropriate technique and skills development.



PB Program

- WLAC celebrates PBs (personal best performances) to foster a culture of 'improvement' over 'winning'.
- PBs are tallied and athletes receive a prize when they reach PB milestones (Under 7-8 at 4, 8, 12, 16, 20 PBs and Under 9+ at 5, 10, 15, 20, 25 PBs).
- Special PB Days with the PB Gong and prizes.
- PB certificates at the end of the season.



Uniforms

- Can be purchased on competition days via EFT.
- Price list is on TeamApp.
- Minimum requirement is top (singlet or t-shirt or crop) and shorts (running shorts or bike shorts).
- Additional items include hoodies/socks/hats.
- Always wear a registration patch (for recording results).
- Coles patch to be sewn on right side above logo.



Duty Roster

- Parent volunteers are essential to the running of Williamstown Little Athletics. No volunteers = no competition.
- Condition of registration that each family will complete at least five duties during the season.
- Duties range from team managers, starters, canteen helpers, assisting at events (ie, measuring, raking), setting up, and packing up.
- You do not have to be an athletics expert to help at events!
- If your circumstances make it difficult to do Saturday competition duties, please reach out early as there are many jobs that can be done during the week (e.g. picking up supplies from Coles).
- Families of children competing at external events will have to perform a duty.

It Takes a Village...

We need:

Starters

Chief Officials

Age Group Managers

Canteen Sub-committee Members

No experience required.

To find out more contact us at
williamstown@lavic.com.au or
williamstownpresident@lavic.com.au





Questions ???
