



SUMMER SEASON 23/24



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Presidents WELCOME



The committee would like to extend a welcome to all athletes and their families to the 2023/24 Little Athletics Season. We are looking forward to an enjoyable and successful year for our club and also for the Southern Districts Centre.

This will be our third season since merging the Willetton and Riverton Clubs and our aim is to cater for the sporting and recreational needs of children in the Willetton and Riverton neighbourhoods.

We strive to engage in friendly but spirited competition and place emphasis on participation rather than winning.

Little athletics relies heavily on parent participation due to the number of different events in which children train and compete. Supervision is required not only to equip the athletes with the proper skills but also to ensure that they are training and competing in a safe environment. Prior experience in athletics is not essential as our qualified coaches will provide support and assistance. All that is needed is your willingness to join in.

We will endeavour to keep you all updated regarding all social and competition events on training nights, via email and our facebook page.

Parents participation will be scheduled on a roster basis for this season as this has proven to be very successful for the athletes and helpers.

Our club is striving for this season to be successful and believe that you will see our athletes meet new friends, have fun, train hard and produce personal bests.

I wish all parents and athletes a happy and enjoyable 23/24 season.

Jayson Oakes
President

Go Vikings!

CLUB INFORMATION

Uniforms

Club colours:	Royal Blue and Bright Green
Competition Singlet:	Assorted sizes available
Bottoms:	Navy blue shorts, bike pants or sports briefs
Footwear:	Sneakers, athletics shoes

Training

Training will be held on Tuesday and Thursday afternoons between 4:30 and 6:00pm at Burrendah Reserve, North Oval. Training will commence on Tuesday, 12th September 2023.

Competition

1st date of competition is Saturday 7th October 2023, held at Ern Clarke Athletics Centre, Wharf Street, Cannington. It is advisable that athletes arrive by 7:30am to complete a warm up and stretches. We also ask parents to assist with the set up of our club marquees which provide all families with shade on the day. Marshalling for events at 7:45am.

Whitebook

The Southern Districts centre handbook includes rules and regulations, equipment specifications, competition dates and calendars. It also celebrates last season's competition and trophy winners. Please see link sdlac.org.au/information/handbook

Competition Duties

WRLAC is allocated several sites every Saturday for the season. Parents are rostered weekly to help out, this involves attending the site at your allocated time to assist in the smooth setup, running and pack down. A parent key official will be allocated to each site in case you have any questions.

Weather

Although we compete in the morning, it can get quite hot by lunch time in Summer. It is recommended that parents ensure that their children wear suitable sun protection clothing and SPF 30+ (slip, slop, slap!)



CLUB INFORMATION



Canteen

WRLAC will have the opportunity to host the Canteen on competition days. Approx 3 canteen's will be held and we ask each family to provide a listed canteen item such as cupcakes, jelly cups, muffins or savoury treats. All proceeds from the Canteen go back to our club. We greatly appreciate your time and effort to help out.

Athlete behaviour

Our coaches are voluntary and commit their time each week to train our athletes to become confident and skilled in each event. Coaches will be instructed to issue warnings to children disrupting coaching sessions for misbehavior. Multiple warnings will result in the need for parental supervision of the athlete during training.

Club Captains

Club captains are chosen by the committee at the commencement of the season. Club captains are required to lead the WRLAC athletes on a warm up lap, drills and stretches on competition mornings.

Participation Trophy

To be eligible to receive a Participation Trophy an athlete must attend 75% of Saturday morning competitions, 50% of training at Willetton Riverton LAC training grounds. Please note that consideration will be taken for older athletes with external athletics coaching commitments. An athlete must comply with the above to be eligible for a champion award. In the event of any dispute arising, the committee will make a final decision.

Club Champion Trophies

The champion trophies include boy and girl Junior, Intermediate and Senior trophies. These trophies will be presented to the athletes amassing the highest number of competition points throughout the season.

Perpetual Trophy

This is presented to an athlete selected by our coaches for outstanding sportsmanship.

Season CALENDAR



2023/24 Season Calendar

Day	Date	Time	Venue	Host	Event
Sat	7/10/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 1
Sat	14/10/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 2
Sat	21/10/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 3 Club March Pass + Captains + Winter Awards
Sat	28/10/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 1
Sat	4/11/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 2
Sat	11/11/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 3 Coles Community Round
Sat	18/11/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 1
Sat- Sun	18 + 19/11	7.30 AM	WAAS	AthWest	State Combined Event - Under 11+ Multis
Sat	25/11/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 2
Sat	2/12/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 3
Sat	9/12/2023	7.30 AM	Ern Clark	SDLAC	Regular Program 1
Sat	16/12/2023	7.30 AM	WAAS	AthWest	State Relay Championships Event - Under 9+ Track & Field
Sun	17/12/2023	9.00 AM	Ern Clark	SDLAC	Regular Program 2
CHRISTMAS BREAK					
Fri	12/01/2024	5:00 PM	Ern Clark	SDLAC	Twilight - Regular Program 3
Sat	20/01/2024	7.30 AM	Ern Clark	SDLAC	Extended Program 1**
Sat	27/01/2024	7.30 AM	Ern Clark	SDLAC	Extended Program 2**
Sat	3/02/2024	7.30 AM	Ern Clark	SDLAC	Centre Championships Day 1 ** (Medals Day)
Sat	10/02/2024	7.30 AM	Ern Clark	SDLAC	Centre Championships Day 2 ** (Medals Day)
Sat- Sun	17-18 Feb	TBA	TBA	AthWest	Zones (U7-U15)
Thurs-Sun	22 - 25 Feb	TBA	WAAS	AthWest	WA State T&F Champs Born in 2011 or earlier U13+
Fri - Sun	8-10 Mar	TBA	WAAS	AthWest	WA State T&F Junior Champs Born in 2011 or later U9 - U13
Sat	16/03/2024	TBA			SDLAC Wind Up
Sat	23/03/2023	TBA	WAAS	AthWest	Junior Challenge U7-U9 more details to come from Aths West

** Championships two week program to be used

For information on the Athletics West events please refer to athleticswest.com.au or our White Book

CALENDAR OF EVENTS



OCT 28 HALLOWEEN



PARENTS NOVEMBER KNOCKOUT

NOV 4-25

NOV 11 COLES COMMUNITY ROUND



PCH FESTIVE VIBES

DEC 17



JAN 20 CRAZY HAIR DAY



SDLAC WIND UP

MAR 16



Competition PROGRAMS



P1 - BOYS

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
70M	70M	100M	100M	100M	200M	100M	100M	100M	100M
300M	300M	SHOT PUT	800M	800M	800M	400M	400M	400M	400M
VORTEX	DISCUS	L/JUMP	TURBO JAV	SHOT PUT	SHOT PUT	1500W	1500W	1500W	1500W
L/JUMP			HIGH JUMP	L/JUMP	L/JUMP	DISCUS	DISCUS	JAVELIN	JAVELIN
						T/JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP

P1 - GIRLS

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
70M	70M	100M	100M	100M	200M	100M	100M	100M	100M
300M	300M	SHOT PUT	800M	200M	800M	400M	400M	400M	400M
VORTEX	DISCUS	L/JUMP	TURBO JAV	800M	DISCUS	1500W	1500W	1500W	1500W
L/JUMP			HIGH JUMP	DISCUS	T/JUMP	SHOT PUT	SHOT PUT	JAVELIN	DISCUS
						L/JUMP	L/JUMP	HIGH JUMP	T/JUMP

P2 - BOYS

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
60MH	60MH	60MH	60MH	60MH	80MH	80MH	80MH	90MH	100/110MH
DISCUS	200M	500M	200M	200M	1500M	1500M	200M	400M	200M
L/JUMP	SHOT PUT	TURBO JAV	DISCUS	TURBO JAV	JAVELIN	JAVELIN	1500M	1500M	1500M
			L/JUMP	HIGH JUMP	HIGH JUMP	HIGH JUMP	JAVELIN	SHOT PUT	SHOT PUT
							T/JUMP	L/JUMP	L/JUMP

P2 - GIRLS

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
60MH	60MH	60MH	60MH	60MH	80MH	80MH	80MH	80MH	90/100MH
DISCUS	200M	500M	200M	400M	1500M	1500M	200M	200M	200M
L/JUMP	SHOT PUT	TURBO JAV	DISCUS	SHOT PUT	SHOT PUT	DISCUS	1500M	1500M	1500M
			L/JUMP	L/JUMP	L/JUMP	T/JUMP	JAVELIN	DISCUS	JAVELIN
							T/JUMP	T/JUMP	HIGH JUMP

P3 - BOYS

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
70M	70M	70M	70M	70M	100M	200M	200MH	200MH	300MH
100M	100M	200M	400M	200M	400M	800M	800M	800M	800M
SHOT PUT	VORTEX	DISCUS	700MW	1100MW	1100MW	SHOT PUT	SHOT PUT	DISCUS	DISCUS
	L/JUMP	HIGH JUMP	SHOT PUT	DISCUS	DISCUS	L/JUMP	L/JUMP	T/JUMP	T/JUMP

P3 - GIRLS

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
70M	70M	70M	70M	70M	100M	200M	200MH	200MH	300MH
100M	100M	200M	400M	1100MW	400M	800M	800M	800M	800M
SHOT PUT	VORTEX	DISCUS	700MW	TURBO JAV	1100MW	JAVELIN	JAVELIN	SHOT PUT	SHOT PUT
	L/JUMP	HIGH JUMP	SHOT PUT	HIGH JUMP	JAVELIN	HIGH JUMP	HIGH JUMP	L/JUMP	L/JUMP
					HIGH JUMP				

What time should I arrive?

7:15am if you are on duty as you will need to assist setting up your site. 7:30am at the latest if you are not on duty. Warm up with your club. This is a great habit for your children to get into each week and will follow the same format as at training.

What time can I leave?

If you are on rostered duties, you can leave as soon as the last event has run through your site and everything is packed away in the equipment shed. This will vary from week to week. If you aren't on duty, you can leave whenever you like. The athletes do earn points for each event they complete, however it's at your discretion as to how many and which events they compete in.

What should I bring?

- Chairs/picnic rug to use under our tents.
- Drink bottles and light snacks to keep the kids going. There is a weekly canteen and coffee van.
- Hats and sunscreen – slip slop slap!

There is a minimum 20 minutes rest time between each event, so some children also bring colouring/activities to do when not hanging with their mates.

Rules of competition

- Have fun and try your best
- DO NOT climb the fence, always enter the arena through a gate.
- Remember that everyone on site is a parent volunteer, always be kind.
- Be a good sport, encourage and celebrate everyone, regardless of which club they are from.
- Treat all athletes as you would like to be treated. Do not interfere with any other athlete.

What is the format of the day?

The "First Call" is made at 7:45am and this is for the majority of the age groups. After the first calls, calls will be made as a site becomes available and this may vary from week to week. These are marked off on a large board at the announcers tent. One cross = first call, two crosses = event in progress, three crosses the event is completed.

Competition FAQ'S



What to do when you are called:

If it's a field event (Jumps and Throws)

Under 12 head to the Marshalling area, under the big tree at the end of the buildings and wait for a Parent Marshall to come and get you and take you to your event

Over 12, make your way safely to your allocated event site.

If it's a track event (running or walks) make your way to the starting point on the track and wait for the Track Marshalls to sort you into your lanes. For the first few weeks during first attempts of an event, athletes will be put into alphabetical order. Once you are competing for a second time at the event, you will be put into order according to results. Parents are welcome to follow their athlete and watch from the outside of the arena.

Who should I speak to if I have a question?

Your Club Manager is your first point of call for all enquiries. They are a wealth of knowledge and if needed will make contact with the Arena Manager.

If there is equipment broken at your site, please see our Equipment Manager who is usually floating around the equipment shed.

How do I access my athlete's results?

You can log into ResultsHQ.com.au and see all your athletes' results. Some of these are automatic, others are entered manually but all will be double checked again at the start of the week. If you think there has been an error, please don't enter the results room and approach the volunteers. Please see your Club Manager to action. A star next to your athletes result will indicate they have received a PB (tip: Turn your phone horizontal to see these easier when in the full event results).

Competition FAQ'S



Weekly Competition Uniform & Bib:

It is compulsory for all athletes to wear our competition singlet with athletics bib (below) attached with navy blue bottoms along with appropriate footwear for track and field events such as running sneakers.

This season all athletes will receive new bibs from Athletics West provided to you by our Registrar - Nicolle Thompson prior to the first competition date. If you register late and do not receive your bib, please see Nicolle on the first day of competition.

State Event Uniforms & Bib

If you are competing in a state event representing our centre, a Southern Districts competition singlet is required. This can be purchased at Saturday competition. You will need to transfer your competition bib onto the SDLAC singlet for competition.



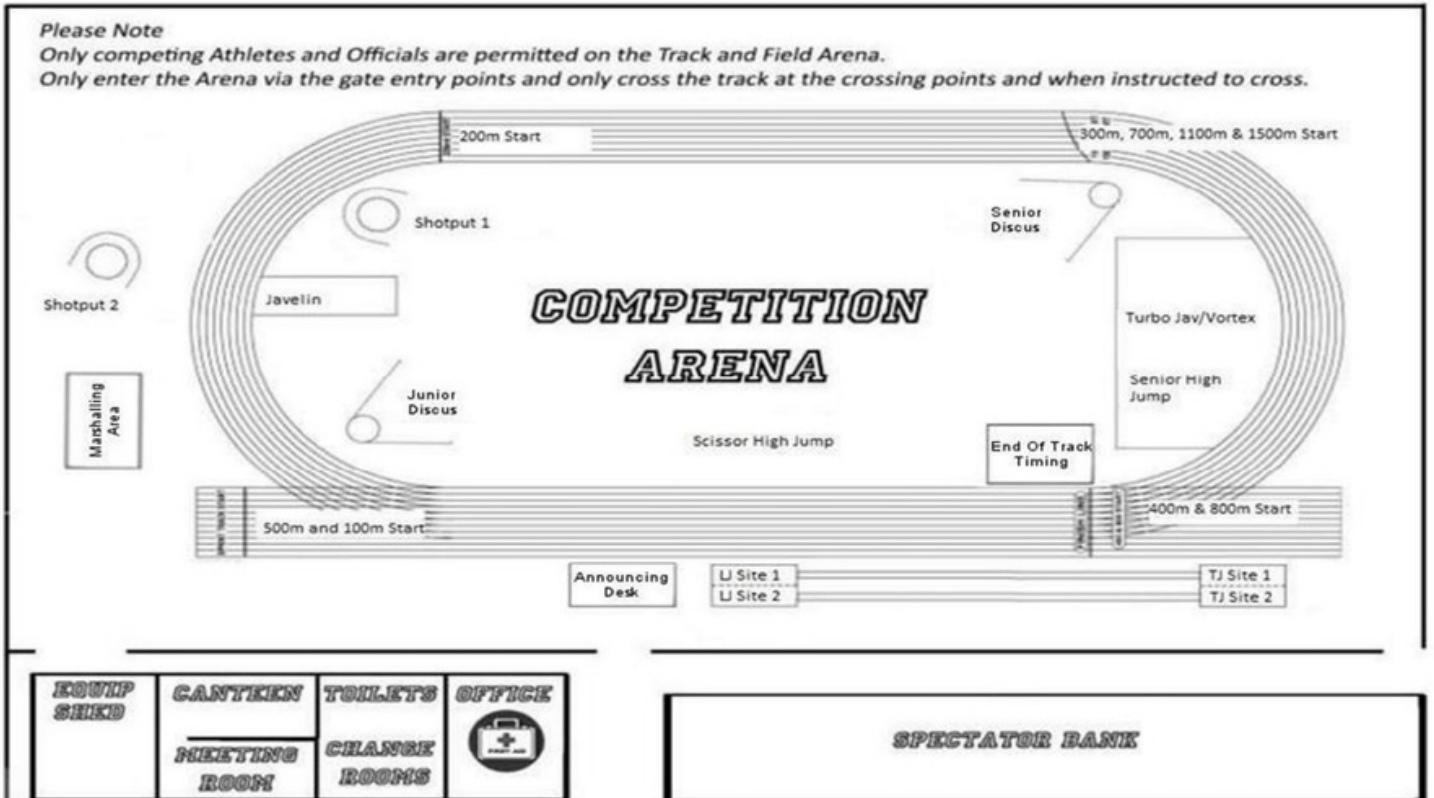
Competition VENUE MAP



ERN CLARK ATHLETICS CENTRE

Please Note

Only competing Athletes and Officials are permitted on the Track and Field Arena.
Only enter the Arena via the gate entry points and only cross the track at the crossing points and when instructed to cross.



Meet the COACHES



Alison Moore

We welcome Alison to our coaching line up for 22/23. Alison will be coaching our athletes every Tuesday this season.

She brings excellent knowledge of sports administration and officiating, elite coaching and athlete development. She has a passion for building and sustaining Talent Pathways together with coaching elite female athletes having worked as the WAFC Female Talent Manager for 5 years. She was Australian Cross-Country Coach for 12 years, State Cross Country Manager for 21 years, State Track + Field Coach/Manager for 4 years.

Her love of athletics resulted in the Specialised Athletics course for Year 8-12 students at Kelmscott SHS. Alison represented Melville in her teenage years after competing solidly at high school. She also spent over 30 years as an AFL boundary and field umpire. As an ex PE teacher, she enjoys all sports especially: athletics, AFL, volleyball, swimming, cycling, netball and tennis. She is keen to help drive and shape the sport of athletics for future sustainability.



Meet the COACHES



Terry Price

We welcome Terry back to our club this season. Terry has extensive experience as an elite athlete in sprinting and middle distance events.

Representing Australia at the INAS Global Games in 2013 Czech Republic, 2015 Ecuador and 2019 Brisbane. Australian team representative at INAS World Championships 2013 Czech Republic. 8 x WA representative at National Athletics Championships 2010 - 2019.

Terry is a qualified level 2 athletics coach with experience coaching Riverton LAC, Canning Districts Athletic Club / Assistant Coach and Midwest Athletics Program Coordinator (Carey Right Track).

Terry was also WA's nomination for the 2023 Chemist Warehouse Athletics Community Hero Award.

We believe our athletes will benefit physically and mentally from Terry's knowledge and experience in the sport.



Meet the COACHES



Carly Pizzuto

We welcome Carly back to our club this season. Carly has been a member of Riverton Little Athletics from U9s through to U17s along with Volunteer coach for the last three seasons.

Carly has completed Level 1 Recreational Running Coach and Level 1 Community Athletics Coach. Certificate II in Sport Coaching, Certificate III in Sport and Recreation. Carly has also attained her Bronze Medallion, First Aid, Working with Children Check and CEWA Child Protection Procedures & Mandatory Reporting Training.



Carly has received multiple awards in Athletics including a Nomination for LAWA Doug Hancy Award 2019/20, 2016/17 U14 Most Improved, 2017/18 U15 Runner-up Track, Winter 2018 3000m Cross Country Runner-up, 2019/20 U17 Most Improved.

"I would like to encourage all kids to want to participate in sports, particularly little athletics, to firstly be fit, healthy & active kids and, no matter what level of ability they may be at, show them that with hard work and commitment they can continue improving every week and help them achieve their goals. The best part of being involved in coaching them is to see how excited they get when they get PBs each week." – Carly Pizzuto

Our
COMMITTEE

Jayson Oakes
Club President

Lawrence Wu
Treasurer

Grant Langford
Club Manager

Damien Pinel
Sponsorship Manager

Nicholle Thompson
Registra

Nicole Pinel
Social Media & Marketing

Claire Shortland-Milani
Canteen Manager

Niranji Wickramasinghe
General Committee

Suze Barker
General Committee



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DANNY SHARRETT

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