

Gosford Athletics Newsletter



Welcome to Season 2018/19

Welcome to all our new and returning athletes and their families. We are looking forward to a great season.

Little Athletics is a great way to learn and develop the essential skills of running, jumping and throwing.

Athletes learn this while enjoying the company of their friends, and in a program that emphasises personal development over winning and losing. As they get older they will be exposed to increased levels of competition, but for Little Athletics the achievement of every athlete is important.

1

REMEMBER TO SIGN-ON

so that your parent help is recorded.

2

KEEP SMALL PEOPLE CLOSE AT ALL TIMES

Most of our on-track near misses / crashes happen when young siblings wander into the path of oncoming athletes.

3

ACCESS YOUR TIMES & DISTANCES

by going to the 'RESULTS' page on our website.



Uniform

Our uniform consists of a royal blue singlet with white and gold stars with either the matching shorts or plain black shorts.

This uniform is worn at all levels of competition and must have the appropriate registration number sewn or pinned on the front and a 'Coles' patch at the top right corner. The age patch goes on the left leg of your shorts.



Shoes are required for all events.

Spikes are permitted in the age groups of U11 and above.

Parent Involvement

Parents play a vital role to ensure the running of events on a Friday evening.

We encourage you to put your hand up to help with your child's age group or in any other area where you may be needed. (Timing, starting, BBQ)

We have a committee of 10 members, some of whom act as Age Managers, so parental involvement is vital to the running of 18 simultaneous age groups' events around the oval.

We appreciate some families have 2 or more children so it can be a good idea to rotate helping with their groups.

We know every parent gets great enjoyment in watching their children develop their Athletic skills and assisting gives you the very best seat in the house.

If in doubt about what you can do to help, please ask your Age Manager or any member of the Committee.

“You don't have to be great to get started... but you do have to get started to be great”



Age Managers

Many thanks to those parents who have already volunteered as Age Managers for the upcoming season.

Some age groups do not yet have an Age Manager and we would encourage anyone who is interested in taking on an Age Manager role to contact a committee member. The Age Manager is basically a director for the age group, someone who takes the age group around to their events, gets the parent helpers to sign on and organises who does what job at each of the events. We can supply an information folder and training if you would like more information. If your child's age group requires an Age Manager, why not volunteer for the job!

GOSFORD ATHLETICS & NSW ATHLETICS WEBSITES

Our Web Site gosfordlittleathletics.org.au and our Facebook page are the main conduits for information to be passed onto our athletes and parents. Any upcoming events will be recorded on the 'Home Page' for information for all athletes and parents.



If you have not already done so, why not familiarise yourself with the NSW Little Athletics website.

Go to - www.laansw.com.au

On the calendar of events you can find information regarding upcoming Gala days at other Little Athletic Centre's which you may like to enter your child. You can also familiarise yourself with the basics and rules of each event. Click on - 'Education & Training' & then 'Centre Helpers'.