

GOSFORD ATHLETICS NEWSLETTER



Welcome to Gosford Little Athletics and Gosford Athletics for the season 2012/2013. Our season got off to a great start with only a couple of glitches for our first night of competition.



Athletes in age groups 12-17 are able to dual register with Senior Athletics for a cost of only \$10

RESULTS

The web site for Gosford Little Athletics allows all athletes to view their results week to week.

This information is uploaded throughout the week but please be patient as there is around 10 hours of data input for all athletes events.

To obtain these details all you need to do is go to www.gosfordlittleathletics.com and on the left side of the page there is a number of selections.

- Go to:- 'Athlete results'
- Put in your child's registration number and the date of the competition.
- If you want to print the tickets to paste in their achievement books then:

Click on 'Print Tickets'



AGE GROUPS

There are 12 age groups from U/6 - U/17 and the boys and girls in each age group compete separately. An age manager is responsible for each age group and take the athletes to each of their designated events, as per the program for that night. Other parent helpers will assist each age group.



Parent Helpers

With around 300 athletes at our Centre, to run a full program efficiently on a Friday night, it takes parent helpers to assist us to allow the program to run smoothly. We understand that just like our athletes our parents come from a diverse range of backgrounds and as such have different talents and experiences. There is a place for everyone at Little Athletics and there are a number of ways you can become involved from Committee members and age managers to raking the long jump sand pit, from measuring, timekeeping, & starting, to helping out at the BBQ. If you are not sure exactly what you are doing there is always someone there to help you out. All you have to do is ask.



Parent Helper Bond

The parent helper bond is refunded when a parent has helped out at least 50% of the season. To make sure your assistance is noted please sign on with your child's age manager or at the event you are helping out at.

Please note: Age managers do not need more than 5 helpers for age groups 6-8 and 4 helpers for 9's and up.

* Club uniforms and registration numbers *

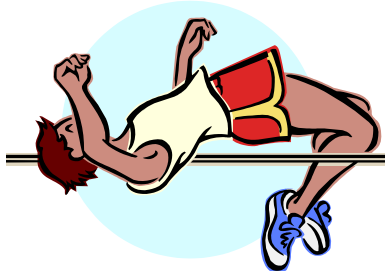
Please make sure you have your athlete registration number and your age group number pinned or sewn on to your uniform.

This is how your results are recorded and entered into our system. The competition nights run much more smoothly if each athlete is wearing their numbers correctly.



ACHIEVEMENT LEVELS

The colour coded system is based on performances achieved (times and distances), not placing's gained. There is an emphasis on athletes achieving various pre-determined levels, at which time they will receive an acknowledgement of achievement that can be viewed on the web site. They continue during the season to try to improve to achieve elevation to the next level, until the end of the season when they will receive an award for the highest performance level they have reached. The levels are: Green (Level 1), Yellow (2), Red (3), Blue (4)



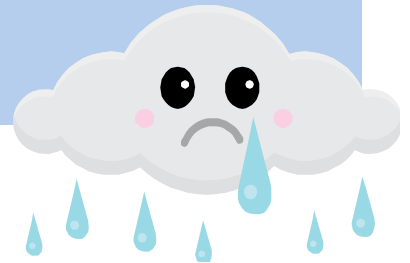
AGE MANAGERS TRAINING

Thankyou to all the age managers for all their help taking the age groups around to each event. We will be holding a training afternoon in a couple of weeks for all age managers, those thinking about age managing and those interested in finding out more about how each event is run. Look out for details soon!

WET WEATHER

In the event of inclement weather, please check the Web Site as it will be updated throughout Friday afternoon as to whether Competition will take place or not.

If you do not have access to a computer, call Stu Farrant on 0404 466 848 after 5.00pm



**Good Luck to our athletes
competing
at the High School
“All Schools” competition
at Homebush
October 11-14, 2012**



CENTRAL COAST ZONE CHAMPIONSHIPS

December 14- 16, 2012

Zone is for:

- Athletes of all abilities
- U/7-U/17 age groups
- All the Central Coast clubs

- Choose up to 4 of your favourite events (or 6 events for 12+)
- U/7 go to zone and no further.
- U/8-17 can progress to regional if they place 1,2,3
- Certificates are awarded to all competitors and medals are awarded for place getters

* PLEASE NOTE:

- * There is a new format for entering Zone this year. You must obtain a form from the roster desk, complete it and hand it back, with a \$3.00 per athlete entry fee, to Sarah Gunn (Championships Officer)
- * All entries will be posted online where you have an opportunity to ensure the events are correct. All entries are due by the 26th October.
- * Any entries after that will incur a late fee from the Zone Committee of \$20 per event or \$50 per event if you change them on the day of the Championship.