

## Parents

Children need to have a parent or guardian attend with them.

Parents are essential to help run events and assist with setting up and putting away equipment. Help is needed to run events, measuring, marking, timing, retrieving equipment, packing up etc. Don't worry if you don't know what to do, someone will be there to help.

## Results

Each week athletes compete in events and a pointscore is calculated with an emphasis on personal improvement and attendance above placegetters.

Results are updated online usually on the weekend of competition and can be accessed through our website via ResultsHq



or [www.resultshq.com.au](http://www.resultshq.com.au). Username is the email you registered with.

Some Rules to remember

### **\*High Jump**

Ages U9-10 compete high jump as scissors and must land first on the foot, upright. Older athletes may use the flop technique.

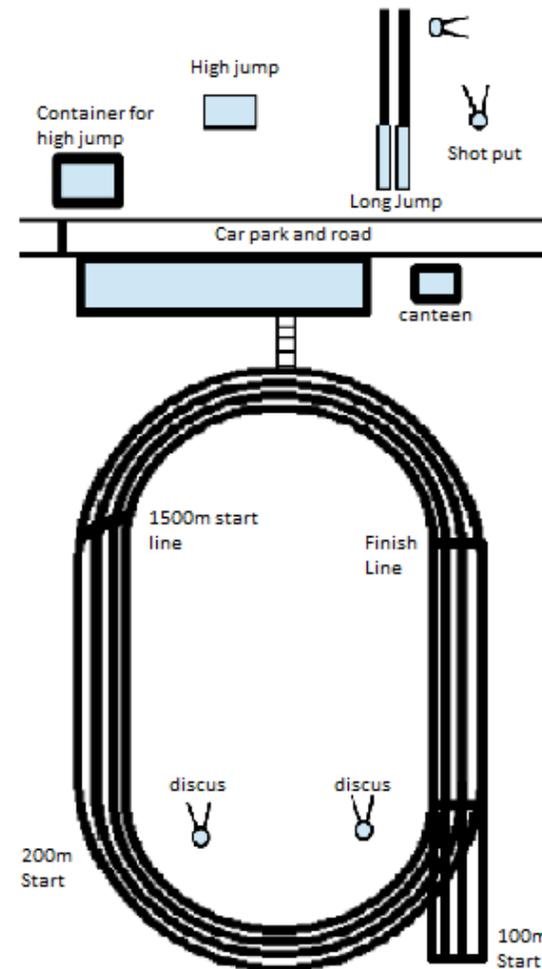
**\*Footwear:** Spikes may only be used from age U11s and up. Spikes may only remain on for the event and must be removed on completion of the event.

Rules for events and fact sheets for events can be found on Little Athletics NSW website. Link on our website.

## Oval

High jump, shot and long jump are held on the upper area

Running/walk events, discus and javelin are held on the main oval.



## Coaching

During our Saturday competition we teach basic skills but if you would like extra coaching talk to Les or Anne after the season starts. Coaching specific events will be aimed mainly from U9 age group & up and those that are keen to progress their skills with regular participation. Coaching sessions will be run depending on numbers.



Little Athletics NSW run skill clinics usually through school holidays. There is a clinic in Newcastle in October. Look at Little Athletics NSW website for more information and to register.

## Tiny Tots

Tiny tots must be age 3 to register, and be 3 by the end of 2018 to register for this season. They participate in play events concentrating on fundamental movement skills and strength rather than competition. A parent will need to be involved to assist with play and with supervision of their children, recognising that some children may be understandably shy and reluctant, initially.

# Woodberry Athletics

## Uniform:

Attach numbers as below: you may use safety pins or press studs, or else sew on the patches.

Place **Registration Number** on front showing all borders.

**Coles sponsor patch** should be placed on the right shoulder/chest area

**Age patch** should be placed on the left either on the singlet or shorts.



Please return old uniforms for second hand sale.

## Committee Members

President: Anne Watts ph 0466412348  
Vice President: Bill Mackenzie  
Secretary: Jessica Cooper  
Registrar: Christine Nunns  
Treasurer: Ray Polson

## Committee meetings

During the season meetings will be held after competition on the second Saturday of the month. In the off season meetings are held at Beresfield Bowling Club on the second Tuesday of the month 7.30pm. Everyone welcome to attend.

Website

[www.woodberryathletics.org.au](http://www.woodberryathletics.org.au)

## Wet Weather:

Check the website or Facebook page for updates on the day.  
Like our Facebook page so you get any updates on your news feed.

2018-2019



**Season start 22<sup>nd</sup> Sept 9am**

Christmas New Year break 15<sup>th</sup> Dec returning 19<sup>th</sup> January to late March.

**Zone Multi** – 11<sup>th</sup> November 2018, at Raymond Terrace

**Zone Championships** at Raymond Terrace 1<sup>st</sup> -2<sup>nd</sup> December 2018 (no centre competition this weekend so consider attending this)

**Regional Championships-** 9-10<sup>th</sup> Feb 2019 at Glendale

**Gala Days** throughout the season include  
Raymond Terrace Pentathlon 13<sup>th</sup> Oct  
Wallsend 28<sup>th</sup> Oct  
Santa's Gift at Woodberry 15<sup>th</sup> Dec (our members are automatically entered)

Check our website or noticeboard for other carnivals.  
These are not compulsory, but we encourage participation in Zone events.

**Presentation will be held at the end of the season. Awards are presented to members who attend regularly, aiming for 70% attendance.**