



LITTLE ATHLETICS SOUTH AUSTRALIA

STATE TEAM INFORMATION BOOKLET

Friday 21st, Saturday 22nd & Sunday 23rd April 2023**Melbourne, Victoria**

Lakeside Stadium

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1. WELCOME

Little Athletics SA welcome all Under 13, Under 14 and Under 15 athletes to the 2023 South Australian State Team program.

This season, the Australian Little Athletics Championships will be held in Melbourne (Victoria) on Saturday 22nd and Sunday 23rd April 2023.

The purpose of this document is to provide eligible members with a reference guide to gain a greater understanding relating to the State Team process.

Eligible members should become familiar with the contents of this document and keep it for reference throughout the season. If a particular issue is not addressed in this publication, please contact the Little Athletics SA office.

2. CALENDAR OF EVENTS

State Combined-Event Championships

Saturday 25th & Sunday 26th
February 2023

SA Athletics Stadium, Adelaide

State Individual Championships

Saturday 25th & Sunday 26th
March 2023

SA Athletics Stadium, Adelaide

Australian Little Athletics Championships

Friday 21st, Saturday 22nd &
Sunday 23rd April 2023

Lakeside Stadium, Melbourne

3. AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Each year, the Australian Little Athletics Championships (ALAC) are conducted on behalf of Little Athletics Australia (LAA) by one of the Little Athletics Associations affiliated with LAA. These Championships comprise the Australian Teams Championship (ATC), an Australian Junior Athletics Championship (AJAC) and the Australian Combined-Events Championship (ACEC).

The Australian Teams Championship (ATC) is a competition for the Under 13 age group, where each athlete gains points from events towards a total team point score. Multi-class events are also available in this competition.

The newly introduced Australian Junior Athletics Championship (AJAC) is an individual competition for the Under 14 age group, in which fourteen (14) events are on offer for individual medals. Multi-class events are also available in this competition. For 2023 only, initial offers will be for U13 athletes who finished in the top 3 for each eligible event at the 2022 State Individual Championships. Remaining positions will be offered to U14 athletes who place in the top 3 at the 2023 State Individual Championships.

The Australian Combined Event Championship (ACEC) is an individual competition for the Under 15 age group, with each athlete competing in seven (7) events. Points are based on the best performance in each event and tallied to determine the overall places. A multi-class pentathlon is also held as part of this competition.

Each affiliated Association is entitled to enter a team consisting of; thirty-two (32) athletes in the able-bodied Australian Teams Championship (ATC), a maximum of three (3) athletes per event, per gender for the Australian Junior Athletics Championship (AJAC), eight (8) athletes in the multi-class ATC, a maximum of two (2) multi-class athletes per event, per age group for the AJAC and up to three (3) boys and three (3) girls in each of the able-bodied and multi-class Australian Combined Event Championship (ACEC).

Both the ATC, AJAC and the ACEC are conducted to the Little Athletics Australia Standard Rules of Competition, at the same venue over three (3) consecutive days, on the weekend nearest to ANZAC Day in the given year, but not on ANZAC Day.

The first Little Athletics Interstate Teams Championship (as it was first known) was held in Melbourne in 1970 and in the subsequent years, has grown into an event attracting teams from all Australian States and Territories and receiving national recognition as a significant event on the sporting calendar.

4. ROLES AND RESPONSIBILITIES

4.1 LITTLE ATHLETICS SA

Prior to the commencement of State Selection, Little Athletics SA will:

- Appoint State Team coaches and team managers.
- Notify eligible athletes of information and pre-nomination for the State Team.
- Secure advanced bookings for travel, accommodation and activities as required.

- Book facilities for all trainings and functions.

During the selection process, and until the competition of the Australian Little Athletics Championships, Little Athletics SA will:

- Support all coaches and team managers through the provision of administrative services.
- Lodge relevant paperwork with Little Athletics Australia.

After the conclusion of the Australian Little Athletics Championships, Little Athletics SA will conduct a review of the program with all State Team personnel.

4.2 COACHES AND TEAM MANAGERS

Little Athletics SA will appoint at least six (6) State Coaches and at least four (4) Team Managers, who are responsible for a myriad of duties, but generally the health and well-being of the athletes.

All Team Personnel are accountable to Little Athletics SA for their actions.

Team Personnel are responsible for all training, team social involvement, travel and all other relevant matters associated with the Team following selection, until their return from the Australian Little Athletics Championships.

4.3 ATHLETES

Little Athletics SA Staff, Team Managers and Coaches will all demonstrate the upmost respect to every athlete. In return, it is expected that all athletes respect the Code of Conduct, as well as rules that are specific to their program. Athletes are to abide by coaches and managers directions as these people have the best interests of not only the individual, but the team in mind.

Athletes selected must be prepared to:

- Be a part of a **team** and follow any instructions given by Team Management.
- Be punctual at all times.
- Attend each day listed in the itinerary.
- Adhere to the athlete's Code of Conduct.

4.4 PARENTS

We understand parents want to do everything they can to ensure their children have a positive Little Athletics experience. Little Athletics SA requires assistance to ensure this can be achieved.

Parents of selected athletes must be prepared to:

- Make sure athletes attend commitments on time.
- Prompt payment of fees in accordance with invoice.
- Adhere to the parent's Code of Conduct.
- Ensure athletes are available to attend trainings/activities/functions as listed in the itinerary, unless prior approval by the State Team Administrator.
- Entrust the care and responsibility of your child to the Team Management at all team activities and especially at the Australian Little Athletics Championships.

Parenting and coaching are both challenging responsibilities. Understanding the role of each, and following the proper channels of communication, will enable parents and coaches to work effectively together. In most circumstances, the Team Manager can address the concerns of a parent. However, on occasions, issues or concerns may arise that need to be discussed with the coach. These may include:

- Notification well in advance of schedule conflicts.
- Health issues concerning an athlete.
- Any distractions that may be affecting your daughters/sons athletic performance.

5. GENERAL INFORMATION

5.1 TEAM SELECTION

The Under 13 team is selected upon the conclusion of the 2023 State Individual Championships. Athletes who have been selected for the team must be contactable up until 9:30PM on the last day of competition. Athletes will be notified via a phone call of their selection.

Relating to the U14 athletes, For 2023 only, initial offers will be for U13 athletes who finished in the top 3 for each eligible event at the 2022 State Individual Championships. Remaining positions will be offered to U14 athletes who place in the top 3 at the 2023 State Individual Championships.

The Under 15 State Team athletes are provisionally selected upon the conclusion of the 2023 Toyota State Combined-Event Championships. Athletes who have been provisionally selected for the team will be notified via email within 48 hours of the conclusion of the competition. To confirm selection, an athlete must compete at the 2023 State Individual Championships and demonstrate their continual training since the Combined-Event Championships. Athletes who have confirmed their selection for the team must be contactable up until 9:30PM on the last day of the State Individual Championships. Athletes will be notified via a phone call with final confirmation of their selection.

5.2 TEAM ANNOUNCEMENT

The State Team will be announced on the Wednesday following the completion of the State Individual Championships. The team will be released via the Little Athletics SA Website and Social Media once all members have been notified and accepted.

Once selected, athletes will receive a confirmation letter from Little Athletics SA congratulating them on their achievement. They will also be provided with an information pack that will include all relevant details regarding travel, accommodation and all appropriate forms that must be read, completed and signed and returned to the Little Athletics SA office by the nominated date.

Under 15 athletes will be advised of provisional selection following the Little Athletics SA Combined-Event Championships. Final selection will not be confirmed until after the State Individual Championships.

5.3 TEAM SESSIONS

After selection has been made, athletes must attend all compulsory training sessions and other functions arranged for the team prior to competing at the Australian Little Athletics Championships, so their progress and fitness can be fully monitored.

The following dates have been allocated for team sessions:

1. Training Session #1: **2:00PM-5:00PM Sunday 2nd April 2023.**
2. Training Session #2: **2:00PM-5:00PM Easter Monday 10th April 2023.**
3. Training Session & Team Presentation #3: **3:00PM-8:00PM Sunday 16th 2023.**
4. ALAC & Travel: **Thursday 19th – Monday 24th April 2023.**

REMINDER: It is a compulsory requirement to attend **ALL** team sessions.

PERSONAL COACHES may not be used at state team training sessions. The State Coach may request assistance from some of the personal coaches to help in the training of all members of the State Team.

5.4 INJURIES

Any athlete after being selected, and who subsequently suffers or is considered to be suffering from an injury, sickness or accident, must advise the Team Managers or State Team Administrator immediately.

If the injury/illness is considered to be significant, it will be necessary for the athlete to undertake and pass a fitness test, to the satisfaction of the Team Coaches. Failure to advise or undertake the test will result in that athlete being excluded as a competitor from the team.

The Team Coaches will decide if any injured athlete should be replaced. In such cases, the athletes would be given the opportunity to join in and be a non-participating member of the team at their own personal expense.

5.5 TRAVEL PRINCIPLES

All athletes are expected to become an integral part of the team once they have accepted selection. Athletes are obliged to:

5.5.1 ACCOMMODATION

- Stay at accommodation arranged by State Team personnel.
- Little Athletics SA respectively requests that parents do not book the same accommodation as the team. This is to promote team cohesion and to assist in focusing each athlete solely on the team and the competition.
- Each athlete will have their own bed - no sharing.
- Boys and girls will be accommodated in separate rooms.
- Athletes and State Team personnel will be accommodated in separate rooms.

5.5.2 TRANSPORT

- All athletes are expected to travel together as a team.
- If required, flights will be booked for the teams prior to travel.
- Athletes will be transported throughout the trip by private bus.

5.6 COSTS

The total participation cost to each athlete is expected to be in the vicinity of \$1,200.00 to \$2,000.00, dependent on the location of the ALAC. \$70.00 of the total cost will be returned as pocket money to the athlete.

5.7 UNIFORMS

All team members will be required to wear the official uniforms provided by the Association on the day of competition and for any function prior to the day, as determined by the Team Managers. Final details on the uniform fitting will be advised to selected athletes.

5.8 TEAM CONTROL

All team members will be under the direction of the Team Managers from the time of departure until the conclusion of the Championships.

If an athlete's behaviour is unacceptable, Team Personnel have been authorised by Little Athletics SA to remove such athlete/s from the selected team prior to, or even after departure. Parents will be notified of such action and the athlete/s will also be returned home to their parents on the first available transportation, at the parents' expense.

Replacement or expulsion of a State Team member include, but are not limited to the following:

- Injury
- Behaviour
- Breach of Code of Conduct
- Parental interference
- Failure to attend training sessions
- Failure to compete in designated events

The welfare of the State Team as a collective is the main priority in any decisions made.

6. STATE TEAM SELECTION STANDARD

This standard is an approved standard of the South Australian Little Athletics Association Inc. To view the State Team Selection Standard, please click [HERE](#).

SALAA will ensure that all State Team procedures and selection criteria are strictly adhered to.