



LITTLE ATHLETICS SOUTH AUSTRALIA

STATE TEAM INFORMATION BOOKLET



Friday 26th, Saturday 27th & Sunday 28th April 2024

Adelaide, South Australia

SA Athletics Stadium

CONTENTS

1. WELCOME	2
2. CALENDAR OF EVENTS	2
3. AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS	3
4. ROLES AND RESPONSIBILITIES	4
4.1 LITTLE ATHLETICS SA	4
4.2 COACHES AND TEAM MANAGERS	4
4.3 ATHLETES	4
4.4 PARENTS	5
5. GENERAL INFORMATION	5
5.1 TEAM SELECTION	5
5.2 TEAM ANNOUNCEMENT	6
5.3 TEAM SESSIONS	6
5.4 INJURIES	6
5.5 TRAVEL PRINCIPLES	7
5.5.1 ACOMMODATION	7
5.5.2 TRANSPORT	7
5.6 COSTS	7
5.7 UNIFORMS	7
5.8 TEAM CONTROL	7
6. STATE TEAM SELECTION STANDARD	8

1. WELCOME

Little Athletics SA welcomes all Under 13, Under 14 and Under 15 athletes to the 2024 South Australian State Team program.

This season, the Australian Little Athletics Championships will be held in Adelaide (South Australia) on Saturday 27th and Sunday 28th April 2024.

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 24th & Sunday 25th
February 2024

SA Athletics Stadium, Adelaide

State Individual Championships

Saturday 23rd & Sunday 24th
March 2024

SA Athletics Stadium, Adelaide

Australian Little Athletics Championships

Friday 26th, Saturday 27th &
Sunday 28th April 2024

SA Athletics Stadium, Adelaide

3. AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

The Australian Little Athletics Championships will be held each year and will comprise of a competition for Athletes in the U13, U14 and U15 age groups, including Multi-Class.

The separate age groups will determine the rules and regulations that are applicable.

(a) The U13 age group, including U13 Multi-Class, is a Track & Field Teams competition where athletes are representing their Member Association, each athlete is eligible to gain points from events towards a total team point score.

(b) The U14 age group, including the U14 Multi-Class, is an Individual Track & Field Championships, where athletes are representing their Member Association. (

(c) The U15 age group, including the U15 Multi-Class, is an Individual Track & Field Championships, where athletes are representing their Member Association.

(d) The U15 Combined Events Championship - is a Teams competition where athletes are representing their Member Association. Athletes are competing for Team points.

Teams

U13: 32 able bodied (16 per gender) and up to 2 Multi Class athletes – the same as previous years

U14 & U15: Up to 56 able bodied (28 per gender) and up to 2 Multi Class athletes per age group

Combined Events

U15: Only 1 athlete per gender for the Combined Event competition. U15 athletes cannot compete in both the individual and combined event competitions, they can only compete in one. This is a significant change from previous years.

ELIGIBILITY

Athletes must satisfy the following criteria in the year of selection.

U13, U14 and U15 athletes competing in individual events must attend the LASA State Individual Championships.

U15 Combined Event athletes must have attended the LASA State Combined Event Championships.

There will be no selections based on medical or compassionate grounds. Athletes that do not meet the eligibility criteria will not be considered for selection.

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 training 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 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 eight (8) 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

Under 13's

The Under 13 team is selected upon the conclusion of the 2024 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.

Athletes are selected on the collective ability of the team to score as many points as possible. Placing in events at the LASA State Individual Championships does not guarantee selection in the U13 team. This is the same as previous years.

Under 14's & 15's

Athletes who finish in the top 3 at the LASA State Individual Championships are eligible for selection, with priority of selection given to the top 2 placed athletes. With all age groups, a maximum of 2 athletes per event will be selected for individual events.

The Under 15 State Team athletes are provisionally selected upon the conclusion of the 2024 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 2024 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: **1:00PM-6:00PM Sunday 7th April 2024.***
2. Training Session #2: **1:00PM-6:00PM Sunday 14th April 2024.***
3. Training Session & Team Presentation #3: **2:00PM-8:00PM Sunday 21st 2024***
4. ALAC & Travel: **Friday 26th – Monday 29th April 2023.**

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

***Training Times may vary depending on Age Group**

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 respectfully 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.

Due to the changing format of ALAC, uniform cost will be separate to the overall State Team cost as athletes from previous trips can use items they still have.

Athletes must have all required uniform items.

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.