

coles Little Athletics SA

COLES ATHLETE AWARDS GUIDELINES & CRITERIA 2026-27

In 2026-27, Little Athletics SA once again features key partner Coles in the presentation of the Athlete of the Month awards for both achievement and commitment. In addition, this season we continue to feature the Volunteer of the Month/Year award, where Little Athletics SA and Coles formally recognise the outstanding efforts our volunteers contribute.

COLES ATHLETE OF THE MONTH & YEAR AWARD:

The Athlete award operates within two distinct branches: **Achievement** and **Commitment**. **Achievement** rewards those individuals who have shown an **excellence in performance**, and those who achieve outstanding athletic results at their Little Athletics Club meets. By contrast, **Commitment** highlights those who **demonstrate the key values of Little Athletics** such as leadership, selflessness and sportsmanship.

Nominations commence in November and run through to March (5 monthly winners). Nominations are to be submitted to Little Athletics SA for final decision, and the monthly winners are selected per month per award. The winners will be announced in the second week of every month and are posted on Little Athletics SA's various communication channels to promote the program.

Upon conclusion of the season, all award winners will be invited to the South Australian Little Athletics Association Awards Evening where two athletes will be selected as the Athlete of the Year, one for commitment, one for achievement, and one volunteer will be selected as Volunteer of the Year.

In this program with Coles, successful award winners will receive the following:

ATHLETE (ACHIEVEMENT AND COMMITMENT) OF THE MONTH (PRESENTED AT LITTLE ATHLETICS CLUB)

- **1 X $50 COLES GIFT CARD**
- **1 X CONGRATULATORY CERTIFICATE**
- **AN INVITATION TO THE SALAA AWARDS EVENING IN 2027**

ATHLETE (ACHIEVEMENT AND COMMITMENT) OF THE YEAR (PRESENTED AT THE SALAA AWARDS EVENING)

- **1 X TROPHY**
- **1 X $100 COLES GIFT CARD**

ELIGIBILITY AND SUBMISSION INFORMATION:

For an Athlete to be eligible, they must have met these specific requirements:

- Be a full-paid financial member with their nominated Little Athletics Club.

COLES ATHLETE OF THE MONTH & YEAR AWARD:

ACHIEVEMENT ATHLETE AWARD:

This award is offered to athletes that achieve outstanding athletics results at their Little Athletics Club meets (Excludes external meets).

The award will be based on a points system, with the winner determined by the total of points accumulated.

The criteria and points for both Achievement Athlete of the Month and Year awards are as follows:

1. **Personal Best Results (5 points per each PB achieved)** – i.e. the best times or distances an athlete has ever achieved in an athletic event. For example, an athlete may have achieved 1.79m in the High Jump, breaking their own personal best of 1.68m

2. **Club Records (10 points per each CR achieved)** – The best times or distances for athletics events that have been set by an athlete in the past at the club, which has now been out-performed by a current athlete. Club records are age group specific. For example, an U11 2003 record of 4.62m in the Long Jump is exceeded by a current athlete achieving a jump of 4.67m. These club records must be recorded by the club in Results HQ, for SALAA to see these records.

As mentioned above, the monthly award scheme begins in November 2026 and will run through to March 2027. During that period, there will be 5 Achievement Athlete of the Month Award winners. To ensure all 5 athletes have an unbiased opportunity when being considered for the Coles Achievement Athlete of the Year Award, each athlete will be assessed on their Personal Bests and Club Records as of 1 August 2026 to 1 June 2027.

In the case of two nominees achieving the same points, a countback system will apply, and the following will occur.

1. If two or more athletes have equal points (e.g. 20 points), the winner will be determined on what the points were accumulated from. As a Club record is difficult to achieve, it takes greater precedence over a PB. For example, if Athlete #1 achieved 4 PB's, but Athlete #2 achieved 2 PB's and a club record, Athlete #2 will be determined as the winner.

2. If two or more athletes have equal points (e.g. 20 points), and the nominees have the same amount of PB's and/or Club Records, the winner will be determined based on the percentage of improvement attained from the results achieved

EXAMPLE:

In the 100m, Athlete #1 improves from 13.8 seconds to 13.5 seconds, which is an improvement of 0.3 seconds. As a percentage – (13.8- 13.5) x 100 ÷13.8 = 2.17% Similarly, in the Long Jump, Athlete #2 improves from 4.10m to 4.30m, which is an improvement of 0.20m. As a percentage – (4.3 – 4.1) x -100 ÷ 4.3 = 4.65%

In this case, the Long Jump improvement from Athlete #2 is greater and would be ranked higher.

COLES ATHLETE OF THE MONTH & YEAR AWARD:

COMMITMENT ATHLETE AWARD:

The Commitment Award is an award that is offered to those athletes that participate regularly, show leadership, sportsmanship, and also make a significant contribution to their club and the wider community.

There is no points system for this award, and each month's winner and the overall Athlete of the Year will be determined by the Little Athletics SA CEO and a selection panel, based upon the listed criteria below, out of the 5 monthly winners.

The following makes up the key selection criteria for the commitment award:

Milestone Number of Meets – The number of meets are accumulated each time an athlete attends the Club's weekly meet. A milestone number of meets are 50, 100, 150, 200, 250, 300 and so on

Extra Involvement in the Club – Helpers are crucial in ensuring a club can operate successfully, which is why athletes can be recognised for the extra assistance they provide. Examples of extra involvement include, set up/pack up, chaperoning an age group, helping in the canteen/fundraising

Display of Sportsmanship – Sportsmanship is when an athlete demonstrates ethical, appropriate, polite and fair behaviour whilst participating in Little Athletics. When an athlete plays by the rules, is fair to their opponent, and is gracious in defeat, this is an example of sportsmanship.

Display of Leadership – Leadership is when an athlete demonstrates an ability to lead and inspire others to do or achieve something. Leadership can be displayed in a number of ways, some including through motivation (i.e., providing encouragement), a positive attitude and being a good role model

Coaching and/or Officiating – Similarly to 'Extra Involvement In The Club', helpers are crucial to Clubs, which is why athletes can be recognised for their involvement as a coach and/or official. Coaching can include the running of the Tiny Tots, and providing advice and coaching tips to younger athletes at different events or on training/meet days, whilst officiating can include the officiating of one or more events each club meet.

Dedication to their Personal Development – Athletes who demonstrate a strong dedication to their personal development are those athletes who attend Club trainings each week and have a strong desire to consistently improve.

COLES ATHLETE OF THE MONTH & YEAR AWARD:

PROGRAM SCHEDULE

Nominations for each respective month will close on the last day of each month. These are:

NOVEMBER NOMINATIONS: close **30 November 2026**

DECEMBER NOMINATIONS: close **31 December 2026**

JANUARY NOMINATIONS: close **31 January 2027**

FEBRUARY NOMINATIONS: close **28 February 2027**

MARCH NOMINATIONS: close **31 March 2027**

	Description	For November Awards	For December-March Awards
Nomination Period	• Nominations open on 1 of every month (excluding November which opens on the 23 of November) and close on the last day of the month. • Nominations are completed through Jotform – links to the forms will be located at – https://salaa.org.au/coles-athlete-of-the-month/	Open: 23 November Close: 30 November	Open: 1st of the month Close: last day of the month
Selection Period	• Achievement rewardsthose individuals who have shown an excellence in performance and those who achieve outstanding athletic results at their Little Athletics Club meets • Commitment highlightsthose who demonstrate the key values of Little Athletics such as leadership, selflessness and sportsmanship	1-7 December	1-7 of the following month
Announcement Period	• 2nd week of the month • Winners are notified directly by phone or email • SALAA posts photo and announces winner via Facebook • SALAA to send winner's Little Athletics Club a gift card via email	8-15 December	8-15 of the following month
Presentation Period	• Winner's Little Athletics Club will receive their gift card from SALAA to present to the winner • Winner's Little Athletics Club to liase directly with their local Coles store to organise a suitable date and time for their local Coles store manager to visit the club and present the winner with their prize. If this is not possible, the club are to present the prize • Coles to pitch story to local media	16-31 December	16-31 of the following month
Post Season	• Winner to be invited to South Australian Little Athletics Association Awards Evening in 2026.		

Little Athletics SA

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