



LITTLE ATHLETICS SOUTH AUSTRALIA

STATE TEAM INFORMATION BOOKLET



Saturday 18th & Sunday 19th April 2020

Canberra, Australian Capital Territory

AIS Athletics Track

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1. WELCOME

Little Athletics SA welcome all Under 13 and Under 15 athletes to the 2020 South Australian State Team program.

This season, the Australian Little Athletics Championships will be held in Canberra (Australian Capital Territory) on Saturday 18th and Sunday 19th April 2020.

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 Multi Event Championships

Saturday 22nd & Sunday 23rd
February 2020

SA Athletics Stadium, Adelaide

State Individual Championships

Saturday 14th & Sunday 15th
March 2020

SA Athletics Stadium, Adelaide

Australian Little Athletics Championships

Saturday 18th & Sunday 19th April
2020

AIS Athletics Track, Canberra

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) and the Australian Multi-Event Championship (MEC).

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.

The Australian Multi-Event Championship (MEC) 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.

Each affiliated Association is entitled to enter a team of up to thirty-two (32) athletes; twenty-six (26) athletes in the Australian Teams Championship (ATC) and up to three (3) boys and three (3) girls in the Australian Multi-Event Championship (MEC).

Both the ATC and the MEC are conducted to the Little Athletics Australia Standard Rules of Competition, at the same venue over two (2) 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 two (2) State Coaches and two (2) 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 State Team athletes are selected upon the conclusion of the 2020 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.

The Under 15 State Team athletes are provisionally selected upon the conclusion of the 2020 Toyota State Multi-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 2020 State Individual Championships and demonstrate their continual training since the Multi-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 Multi 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. Team Welcome Night: **5:30PM-7:30PM Wednesday 18th March 2020**
2. Training Session #1: **1:00PM-4:00PM Sunday 22nd March 2020**
3. Training Session #2: **1:00PM-4:00PM Sunday 29th March 2020**
4. Team Camp: **9:00AM Saturday 4th – 3:00PM Sunday 5th April 2020**
5. Training Session #3 & Presentation Evening: **1:00PM-7:30PM Easter Monday 13th April 2020**
6. ALAC & Travel: **Thursday 16th – Monday 20th April 2020**

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 POLICY

This policy is an approved policy of the South Australian Little Athletics Association Inc.

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

6.1 STATE TEAM PERSONNEL

- a) SALAA will appoint a member of staff as the State Team Administrator.
- b) SALAA will appoint two Team Managers and two Team Coaches to travel with the team. Two of the appointed managers/coaches will be female and two will be male.
- c) All travelling State Team Personnel must have a current clearance in accordance with the Member Protection Policy, sighted by the Association's Responsible Person by no later than four weeks following the date of appointment.
- d) If a State Team Coach or Manager has a child vying for a position in the State Team then this is deemed a conflict of interest and the person in questions may not be part of the team's Selection Panel.
- e) A State Team Coach or Manager is not to have contact on competition days with any athlete vying for a position in the State Team as this is deemed a conflict of interest.

6.2 GENERAL ATHLETE SELECTION CRITERIA

The following criteria apply to both Under 13 and Under 15 athletes seeking selection to the Australian Little Athletics Championships, and should be read in conjunction with the State Team Information Booklet for the current season.

- a) Athletes must be registered with a Centre or Club affiliated with Little Athletics SA on or before the 31st December.
- b) The athlete must meet the eligibility criteria for the State Individual Championships as per Rules 703 and 709 in the Standard Rules of Competition. Verification of the above eligibility will be made by Little Athletics SA for each of these selected athletes.
- c) A Selection Panel comprising of at least three Little Athletics SA Board Members will be appointed to ratify the selection of the State Team, and to ensure that selection is consistent with this policy.
- d) The Selection Panel will be made aware of any disciplinary warnings or exclusions (yellow or red cards) issued to eligible athletes at state events throughout the season, and must consider these before selecting an athlete to the team.
- e) Athletes will not be selected merely to fill the team numbers, even if their performances are the best in the State, where their performances would not be competitive at the national level as compared to previous years ALACs.

6.3 UNDER 13 SELECTION CRITERIA

The following criteria should be read in conjunction with the General Athlete Selection Criteria above.

a) The maximum team size is limited to the number of athletes specified by Little Athletics Australia. Generally, this will be made up of an equal number of boys and girls, but this is not a requirement. There is no obligation to select the maximum number of athletes.

b) As the Australian Team Championship is a team point-scoring competition, the Selectors must endeavour to select the team that will maximise South Australia's point score.

c) The State Team will be selected based on performances achieved at the State Individual Championships.

d) Athletes performances recorded at the following events will provide additional scope for the selectors in selecting the State Team:

- Country Championships
- State PB Classic
- State Multi-Event Championships
- Results achieved in Athletics SA competitions
- Results submitted by Centres will be used as a guide

e) Athletes performances will be compared to performances achieved at previous Australian Little Athletics Championships to determine the likely point scores for the athlete. These point scores are used to select the team.

f) Athletes are to pre-nominate to be selected for the State Team. Pre-nomination, via written confirmation to the State Team Administrator, must have occurred before the start of competition for the State Individual Championships. Eligible athletes who fail to pre-nominate will only be considered for selection after applying for special consideration as a late nomination.

g) Athletes must have competed in the State Individual Championships. Where an athlete is unable to participate in the State Individual Championships due to illness or injury, a medical certificate must be supplied to the Selection Panel by 12:00 midday on the Sunday of the Championships. If accepted by the selectors, the athlete's performances throughout the season will be considered in conjunction with those of the athletes competing in the Championships when selecting the team. Acceptance of a medical certificate by the Selection Panel does not guarantee selection of the athlete.

h) Should the State Individual Championships be cancelled or postponed beyond the date that team nominations are required by Little Athletics Australia, the selectors shall select a team from those athletes who have nominated for the State Individual Championships based on their performances throughout the season.

6.4 UNDER 15 SELECTION CRITERIA

The following criteria should be read in conjunction with the General Athlete Selection Criteria above.

- a) The maximum team size is limited to the number of athletes specified by Little Athletics Australia, with an equal number of positions available for boys and girls. There is no obligation to select the maximum number of athletes.
- b) Selection will be determined based on the results of the State Multi-Event Championships.
- c) The events contested and point scoring system for the State Multi-Event Championships will be the same as the Australian Little Athletics Championships.
- d) Athletes are to pre-nominate to be selected for the State Team. Pre-nomination, via written confirmation to the State Team Administrator, must have occurred before the start of competition for the State Multi-Event Championships. Eligible athletes who fail to pre-nominate will only be considered for selection after applying for special consideration as a late nomination.
- e) Selected U15 athletes must compete in the State Individual Championships in March as an indication that they have maintained their fitness and competitiveness. Any extenuating circumstances must be endorsed by the Selection Panel.
- f) Should the State Multi-Event Championships be cancelled or postponed, an alternative selection trial will be conducted. This may or may not coincide with a rescheduled State Multi-Event Championships. Only athletes who compete in this trial will be eligible for selection.

6.5 APPEALS

The Selectors endeavour to select the team that has the potential to score the most points for South Australia based on performances achieved throughout the athletics season. As there are limited positions in the team, and limited athletes per event, not every athlete who would like to be selected to the State Team can be.

If the parents/guardians of an athlete believe that an athlete has incorrectly missed selection, they may lodge a written appeal with the State Team Administrator no later than 7 days after the official publication of the team on the Little Athletics SA website. The State Team Administrator will submit the appeal to the Selection Panel, who will make a determination. The determination of the Selection Panel will be final.