



COLES ATHLETE AWARDS GUIDELINES & CRITERIA 2020/2021

In 2020/2021, 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 December and run through to April (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 JULY 2021 - AND 1X RECOGNITION TROPHY PRESENTED AT THE AWARDS EVENING**

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

- **1 X MAJOR TROPHY**
- **\$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.

ACHIEVEMENT ATHLETE AWARD:

This award is offered to athletes that achieve outstanding athletics results at their Little Athletics Club 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 followed:

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 with an athlete achieving a jump of 4.67m. These club records must be recorded by the club in Results HQ, for LASA to see these records.



As mentioned above, the monthly award scheme begins in December 2020 and will run through to April 2021. 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 Best's and Club Records as of 1st August 2020 to 31st June 2021.

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 – $(13.8 - 13.5) \times 100 \div 13.8 = 2.17\%$

Similarly, in the Long Jump, Athlete #2 improves from 4.10m to 4.30m, which is an improvement of 0.20m. As a percentage – $(4.3 - 4.1) \times 100 \div 4.1 = 4.88\%$

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



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 will be determined by the Little Athletics SA CEO and a selection panel. The overall Athlete of the Year will be selected by the Little Athletics SA 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.



PROGRAM SCHEDULE

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

DECEMBER NOMINATIONS: close **31st December 2020**

JANUARY NOMINATIONS: close **31st January 2021**

FEBRUARY NOMINATIONS: close **28th February 2021**

MARCH NOMINATIONS: close **31st March 2021**

APRIL NOMINATIONS: close **30th April 2021**

	Description	Example (for December awards)
Nomination Period	<ul style="list-style-type: none"> Nominations open 1st of every month and close at the end of every month Nominations are completed through LASA google forms – links to the forms will be located at http://bit.ly/AthleteVolunteerNominations 	Open: 1 st December Close: 31 st December
Selection Period	<ul style="list-style-type: none"> Achievement rewards those individuals who have shown an excellence in performance, and those who achieve outstanding athletic results at their Little Athletics Club meets Commitment highlights those who demonstrate the key values of Little Athletics such as leadership, selflessness and sportsmanship 	1 st – 7 th January
Announcement Period	<ul style="list-style-type: none"> 2nd week of the month Winners are notified directly by phone call/email Parent/guardian of winner to submit a photo of the athlete in their club uniform to LASA for publication LASA posts photo and announces winner via Facebook LASA to send winner's Little Athletics Club a gift card and certificate via post 	8 th – 15 th January
Presentation Period	<ul style="list-style-type: none"> The winning athlete's Little Athletics Club will receive the gift card and certificate from LASA to present to the winner Winner's Little Athletics Club are to liaise directly with their local Coles store to organise a suitable date and time for the local Coles store manager to visit the club and present winner with their prize. If this is not possible, the club are to present the prize. Coles to pitch story to local media 	16 th – 31 st January

