



Buninyong Little Athletics Inc

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## **Welcome to Buninyong Little Athletics!**

Whether you are a member or just trialing, we are very excited to have your family as a part of the Buninyong Little Athletics Club. We are beginning our fourth year with just as much excitement as our first three seasons particularly after the two years we've had!

LAVIC has a long history of helping young athletes of all abilities to enjoy their sport, develop their physical abilities and have fun in a social and family-oriented environment. We are expecting decent numbers this year despite the late start as Little Athletics has always been a popular sport.

We have a committee that has been working tirelessly, wonderful sponsors that help us celebrate the athlete's achievements as well as improve the equipment we share and lots of community support.

Our centre actively operates between October and March with carnivals and coaching available most of the time during that period (with last year as an exception and possibly this year too!) Athletes have the opportunity to participate in a variety of Little Athletics Championships across the season. We run Cross Country (XCR) over the winter months and encourage you to participate in this.

Our U6's participate in the On Track program, aimed at teaching skills to use in later years. Our U7 to U15 year old athletes rotate through a 3-week program giving them plenty of opportunity to participate in sprints, middle-distance, hurdles, walks, throws and jumps - with specifications suited to their age and ability.

As registered athletes your children will have tremendous opportunities to participate in both Regional & State Championships. I encourage your family to participate, not only for the athletics, but for you also as these events offer chances to make life-long friendships throughout the Little Athletics Community.

It is important to know that the **Buninyong Little Athletics Club is managed entirely by the parents of our athletes on a voluntary basis**, and with many events conducted each week a great deal of assistance is needed to ensure the smooth running of the program. A Team Manager is allocated to each age group, but your help is needed to set up, time races, measure distances, pack up and now ensure that we are operating under Buninyong's COVID plan. If you are new to athletics, don't be afraid to offer help, someone will show you how easily it is done. The program cannot be conducted smoothly without your help from start to finish.

We will be requiring all parent to be volunteers in some capacity. You will have read and signed the declaration as part of the registration process, if not then a copy can be emailed upon request. If you are not able to be on site, then your athlete will not be able to participate.

So, we encourage you to become involved, and help us help your child achieve their best. It doesn't matter if your child comes first, second or last in any event, it is the personal improvement and development that matters. We celebrate all achievements from the athletes, and above all hope they have fun in the process.

Please have a read of our COVID plan, as it is quite detailed. More information about COVID and BLAC98 will be given as the season progresses.

We look forward to your participation alongside the athletes as then the whole family reaps the rewards.

Please ask if you have any questions, I will be happy to help, as will the committee.

Here is some handy info you will need for the start of the season.

### **Season Start date**

The season looks a little different this year. Due to Covid we have been given an amazing opportunity to get a lot of training in before the competition starts. So as of **Friday 8<sup>th</sup> October 2021**, we are offering coaching/training sessions for the whole month of October. It's a great chance for the athletes to learn new skills and refine some old skills. The competition will start on **Friday 5<sup>th</sup> November 2021**. This date of course is subject to change as we comply with the directions of the state government and LAVic.

We run our session at the oval behind the **Tennis Club in Forest Street, Buninyong**, meeting at the tennis club rooms where we check in via the QR code.

The first week it is a good idea to be there at 4.30pm to meet the other athletes in your age group and your age group manager and to become familiar with the COVID requirements. Singlets may not be available to collect on the first night however they will be available for collection on Sunday 10<sup>th</sup> October at 10am at the tennis clubrooms. You will need to bring your receipt with you (this will have been issued with your registration process- check your emails!). If you already have a singlet but need a bigger size, please log back in to the member portal and order. Feel free to use our Facebook page for selling, buying second hand and/or swapping. Please ensure you comply with COVID and social distancing regulations.

Also, be aware while Little Athletics is running, the oval and surrounds is smoke free and animal free zone, so no smoking and no pets please.

### **What do I wear and bring?**

Athletes are to wear their Buninyong singlet, with preferably black but can have any colour shorts or leggings for Friday night competitions. However when competing at Regional or State Level competition the approved colour for Buninyong is black. The uniform regulations may be found on Little Athletics Victoria's website at

<https://lavic.com.au/wp-content/uploads/2020/06/2020-21-Centre-Uniform-Booklet-270920.pdf>

You will be issued with a competition patch at the start of the first week, which must be worn at all events to allow results to be recorded for you. If you lose your patch, you can buy a replacement for \$5, which will be donated to the Royal Children's Hospital.

You will also be issued a COLES sponsor patch, which is to be attached above the Little Athletics symbol.



Make sure you bring along a hat, a filled and named drink bottle, sunscreen, jacket and a bag or back pack each week to store your things. 12's and over will need a mask and a zip lock bag to store the mask while not competing. We usually operate a BBQ but this won't be in operation until Covid regulations allow. It is a good idea for the athletes and families to bring along a healthy snack, particularly for the younger athletes.

### **Trialing members**

As a trialing member, you are welcome to wear what you feel comfortable running in. There is no uniform requirement until payment has been made. LAVic will issue a temporary patch with your trial receipt.

Once you have paid for membership with singlet and shown Proof of Age, you will be issued with your competition patch and the COLES sponsor patch.

### **COVID Protocols**

For the second year will be a little different from normal but still with the same fun and healthy attitude towards athletics.

Parents are expected to undertake the free COVID training to ensure they can competently follow Buninyong Little Athletics Protocols. This can be found at <https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

### **What do I need to provide before the season start?**

**POA** -If you are a new member our registrar, Alicia, needs to sight your Proof of Age before your season starts. If you have not already done so, please either email it to [buninyong@lavic.com.au](mailto:buninyong@lavic.com.au) so your registration can be updated. Your registration is not complete until you have both paid and provided Proof of Age.

**WWCC**- You will also need to have a complete Working With Children Check (WWCC). I encourage you to apply for this as soon as possible as it can take some time. <https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply>

If you have one already, please make sure it is up to date with Buninyong Little Athletics details <https://www.workingwithchildren.vic.gov.au/>

The name & address of the organization on the application form is LAVic.

Centre addresses are NOT to be used.

Please use the details below when filling out the application form.

“Little Athletics Victoria”

“Buninyong” and “98”

The address is: Locked Bag 1011, Port Melbourne, Vic, 3207

Phone number: 03 9960 8600

Once you have submitted your application form, please advise us via email with the following information.

- Full name
- Application Receipt number

When you receive your WWC Check card, please again, advise us with the following additional information, as well as showing your card.

- WWC Check card number (different from application number)
- WWC Check expiry date. A WWC Check is valid for 5 years (unless revoked).

Employees and volunteers must apply for a renewal 28 days prior to the expiry date of the WWC Check. The renewal process is now done online through the MyCheck portal, from the link below.

<https://online.justice.vic.gov.au/wwccu/login.doj?next=mycheck>

If registered for MyCheck, you will receive a renewal email. The details of the renewed WWC Check must then be provided to the Centre.

### **How do I find out what is happening during the season?**

You will also receive emails direct from LAVIC (Little Athletics Victoria), WCR (Western Country Region, which Buninyong is part of) and us, Buninyong Little Athletics via TeamApp notifying you of upcoming events.

We will be communicating primarily through TeamApp for club related matters and using Facebook for the wider community.

To use TeamApp you need to download the app onto your Smartphone ([www.teamapp.com/app](http://www.teamapp.com/app)).

Launch Team App, then:

1. Sign-up to Team App. You will be sent an email to confirm your registration.
2. Log in and search for Buninyong Little Athletics to become a member. When you apply to become a member of BLAC98 please let us know who your child is and which age group.

With Facebook we can be found at <https://www.facebook.com/buninyonglittleaths/>

### **Who can I go to on the day if I need information?**

Our committee members will be glad to assist you with anything you need to know on the day and can be found at the event in their committee tops (which are the same as the athlete's tops) or the orange Coles Volunteer Vests

### **What can I do to help?**

There are many many things you can do to help particularly operating under COVID restrictions. First and foremost, please ensure you and your athlete are complying to BLAC98's current COVID plan. A

copy will be on the website and available via TeamApp. If you wish to receive a copy via email please email [buninyong@lavic.com.au](mailto:buninyong@lavic.com.au)

At the moment we are looking for someone to take on our Volunteer Coordinator role. This was an extremely rewarding role that Prue got a huge amount of enjoyment from. The role essentially monitoring TeamApp for unfilled duties and approaching parents on Friday nights to help out. You will get to meet a lot of new people! We cannot run the groups without those positions being filled so this role is really important! If this sounds like you, please contact us.

**In the meantime, you will be required to fulfill a duty, no experience necessary, so please assign yourself a duty via TeamApp as we may not have enough volunteers to cover all age groups.**

As many of you with previous experience in Little Athletics would know, the centre would not run without you, the volunteers. Our club will not survive without volunteers as committee members, coaches, and team managers COVID assistants and Team Supports. As a signed up volunteer you may have skills and talents that can and will be greatly valued. Please let us know if you have a particular interest or skill set that you would like to share, or alternately be willing to have a go at something new! Other than that all that is required is

- To be a good role models for your athletes and ambassadors for the club,
- Display consistently high standards of good sporting behaviour including respecting the official's decisions,
- Treat everyone including the opposition with respect regardless of gender, ability, cultural background or religion,
- Using appropriate language/behaviour at all times
- Adhere to the smoke-free policies of the club
- Adhere to and support the Club policies
- Not to consume alcohol in any place other than where the club's license allows
- Be trustworthy

Always feel free to email us at [buninyong@lavic.com.au](mailto:buninyong@lavic.com.au) if you have any questions.

Once again, welcome and see you on the 8<sup>th</sup> October at 4.30pm.

Kind Regards,

Gabby Allen

President, Buninyong Little Athletics