



# LITTLE ATHLETICS CROSS COUNTRY HANDBOOK

Tea Tree Gully Athletics Centre Inc.  
<http://www.tttgathletics.com.au>

*Season  
2013-2014*

**The Tea Tree Gully Little Athletics Centre (TTGLAC) is an organisation formed to provide opportunities for young people from the ages of 3 - 17 to develop skills in athletics and aid motor skill & co-ordination development in a fun family environment.**

**This Cross Country Handbook is a companion document to the TTGLAC Track and Field Handbook.**

## INTRODUCTION

The SALAA Cross Country season is run as a series of Host Days culminating in the State Cross Country Championships. Little Athletics Centres (including TTGLAC) from around the metropolitan and country regions host a meet thereby providing a variety of environments, surfaces and conditions.

Each host provides change room/toilet facilities, BBQ/canteen and is responsible for the conduct of the competition. The day is intended as a family fun and fitness occasion with special events for the parents and the family.

If you thought it's just for kids, you are about to find out why the philosophy of Little Athletics is:

*“ Family Fun and Fitness “  
in a supportive and friendly atmosphere*

The emphasis in Little Athletics is on enjoyment, improvement and sportsmanship.

### Affiliation

Our Centre, like all other Centres, is affiliated with the South Australian Little Athletics Association – SALAA. The Association assists in the organisation of cross country meets and the State Cross Country Championships.



# UNIFORM

## Clothing

The club colours are maroon and blue. Athletes must wear plain maroon shorts, sports briefs or 'two way stretch' bike shorts. There cannot be any logos on the shorts and all shorts must be above the knee in length. Athletes may wear a second pair of shorts underneath their centre shorts but they must be plain and the same colour as the centre shorts (maroon) or black. Athletes must wear white socks. The club uniform must be worn at all competition meets.

For more details see the SALAA Rules of Competition Section 1.7.

The Registration Number is to be attached to the front middle of the centre top, the Age Group badge to the top left breast and Sponsors Badge (IGA) to the right sleeve.

A range of clothing is available for purchase from the club across a wide range of sizes. Please see our **Uniform Coordinator** for uniform needs.

Layered clothing (tracksuit, beanie, gloves etc.) is recommended. In the event of rain bring a lightweight, waterproof jacket and a spare set of clothing and shoes.

## Footwear

Footwear is compulsory for all athletes. Spikes are not permitted.

A good running style shoe is recommended. Shoes should have a level of support suitable for middle distance running with tread suitable for slippery conditions.

# REGISTRATION

The Little Athletic year begins on 1 October and runs through to 30 September the following year. You can register at any time during the athletic year providing you are between the age of 3 and 17. Registration involves becoming a member of the TTGAC and membership of the SALAA therefore the following two forms must be completed:

- TTGAC Membership Sheet
- SALAA Registration Form

Registration covers both the Track and Field Season and the Cross Country Season. Athletes must be registered before they compete unless they are participating under the Come and Try Programme.

The Registration Pack includes Number, Age Group Badge, Sponsors Badge, Results Book, TTGLAC Handbook and other useful reading and viewing material.

The SALAA membership includes Public and Products Liability Insurance to cover members and volunteers.

## Age Groups

Children are placed in age groups from Under 6 to Under 17 Boys and Girls according to their age on 1st October.

Children who are 3-4 years of age may be registered and participate in the Tiny Tots races.

## Fees

Registration fees are payable once a year. Registration fees are levied per family and include the TTG Athletic Centre fee and the SALAA Registration fee. Athletes who wish to register for the winter season only receive a reduced rate. The 2013/2014 Cross Country Season Fees are:

One Child	\$35.00
Two Children	\$70.00
Three Children	\$90.00

\$5.00 is charged for each additional child.

An entry fee of \$2.00 per athlete per meet also applies payable to the host centre prior to the start of each race.

## Come and Try

Athletes who are unsure whether they wish to register and would like to get a better feel for little athletics can attend two events as a Come & Try meeting. Athletes must complete the SALAA Come & Try section of the SALAA registration form.

A fee of \$5 is payable per meet per child to cover insurance however this money is deductible from the registration fee.

## INSURANCE

Registered members of the TTGLAC are covered by the Australian Little Athletics insurance policy. It covers all registered members, officials, accredited coaches and voluntary workers involved in the administration and organisation of Little Athletics.

The policy provides insurance against personal injury and loss or damage to property and equipment.

In the result of personal injury it is necessary to complete an Injury Report Form and a Claim Form. See a committee member for assistance. Further details are provided on the TTGLAC website:

<http://www.ttgathletics.com.au/la/Insurance.html>

## COMMUNICATION

A weekly newsletter is produced during the cross country season. It provides additional information regarding training and competition.

The newsletter is emailed to members on a subscription basis. Contact the webmaster ([webmaster@ttgathletics.com.au](mailto:webmaster@ttgathletics.com.au)) or a committee member if you wish to join the TTGLAC cross country email group.

## TRAINING

Training is an important aspect of developing young athletes. Attending training helps to develop skills and confidence when participating in events. During meets athletes will be able to concentrate on the performance rather than learning the skills. This will lead to improved performances throughout the year.

TTGLAC offers a range of training opportunities under the guidance of accredited centre coaches.

### Coaches

TTGLAC is committed to providing high quality athletics coaching. The TTGLAC provides coaches accredited in accordance with the Athletics Australia Coach Accreditation Framework. Our cross country coaches are:

<b>Level 2 Intermediate Club Coach</b>
Paula Blagrove Jane Sternagel
<b>Level 3 Specialist Advanced – Event Group Specific</b>
John Bos

### General Training

The general training session is open to all registered athletes. General training sessions during the Cross Country season occur:

- every **Wednesday from 4:30pm at Bulkana Oval**, Spring Crescent, Banksia Park; and
- every **Sunday from 9:00am** (except on Competition days).

Please check the training schedule carefully for the start time and location. The training schedule can be downloaded from the centre website:

<http://www.ttgathletics.com.au/la/Development.html>

### Special Training

Additional specialised middle distance training sessions will be held throughout the season. Days and times may vary depending on the availability of Coaches. Contact a coach or committee member for more information and a detailed training schedule.

### Cancellation Policy

Cancellation of training will occur only in the event of heavy rain, hail or lightning.

## COMPETITION

The cross country programme commences at the beginning of May and culminates with the Cross Country Championship at the end of July. The Season 2013/2014 Programme (following) lists all the events for the season. A total of ten meets plus the Championship are scheduled.

A standard event programme is followed during the season with distances increasing after the fifth meet.

All registered Little Athletes are entitled to participate in Cross Country meets. All participating athletes will receive a certificate that indicates their performance on the day and a McDonald's Participation Certificate.

The SALAA Cross Country Programme of Events and Rules are contained within this handbook and can also be accessed from the TTGLAC website:

<http://www.ttgathletics.com.au/la/CrossCountry.html>

## Start Time

Each cross country meet commences at 11:00am but race start times vary for each age group with the last race concluding at 2:30pm. Athletes are advised to arrive at least 30 minutes prior to the start of their race to enable them to warm up and familiarise themselves with the course.

Check the programme for the time and place of each meet. On arrival at the Cross Country meet please check the Notice Board for information regarding the Course and other information.

## Weather Policy

The SALAA rules and regulations state that competition will continue regardless of the weather.

## Results

Results from each cross country event are distributed by SALAA and posted on our website when they become available:

<http://www.ttgathletics.com.au/la/CrossCountry.html>

If you spot any errors then please contact our Recorder

## Season 2013/2014 Programme

**2014**

	<b>Time</b>	<b>Date</b>
1	11:00am	Sunday 4 May <b>Henley Districts LAC</b> Point Malcolm Reserve, Military Road, Semaphore Park
2	11:00am	Sunday 11 May 2014 <b>Salisbury East LAC</b> Carisbrook Reserve, Main North Road, Salisbury Park
3	11:00am	Sunday 18 May <b>Southern Hills LAC</b> Flagstaff Hill Primary School, 145 Black Road, Flagstaff Hill
4	11:00am	Sunday 25 May <b>Flinders LAC</b> Flinders University, Flinders Drive, Bedford Park
5	11:00am	Sunday 8 June <b>Adelaide Eagles LAC</b> South Parklands, Adjacent to Glover Playground, South Terrace, Adelaide
6	11:00am	Sunday 15 June <b>Barossa Valley LAC</b> Bethany Reserve, Bethany via Tanunda
7	11:00am	Sunday 22 June <b>Reynella East LAC</b> Reynella East College, Hewlett-Packard Street, Reynella East
8	11:00am	Sunday 29 June <b>Mid Coast LAC</b> Tatachilla Lutheran College, Tatachilla Road, McLaren Vale
9	11:00am	Sunday 6 July <b>Noarlunga LAC</b> Wilfred Taylor Reserve, Wheatsheaf Road, Morphett Vale
10	11:00am	Sunday 13 July <b>Gawler LAC</b> Dead Man's Pass Reserve, Gawler Terrace, Gawler South
11	11:00am	Sunday 20 July <b>State Cross Country Championship</b> Tea Tree Gully LAC Bulkana Oval, Spring Crescent, Banksia Park



## Programme of Events

### 4 May – 8 June 2014

Time	Age Group	Distance
11:00am	U15-U17 Boys & Girls	2000m
11:20am	U14 Boys & Girls	2000m
11:40am	U13 Boys & Girls	2000m
12:00	U6 Boys & Girls	400m
12:10pm	U7 Boys & Girls	600m
12:20pm	U8 Boys & Girls	800m
12:30pm	Tiny Tots Dash	40m
12:35pm	Mums & Dads	1000m
	Lunch and presentations	
1:15pm	U9 Boys & Girls	1000m
1:30pm	U10 Boys & Girls	1000m
1:45pm	U11 Boys & Girls	1200m
2:00pm	U12 Boys & Girls	1200m
2:15pm	Open – Fun event only (U6-U17 & Family)	1000m

### 15 June – 20 July 2014

Time	Age Group	Distance
11:00am	U15-U17 Boys & Girls	3000m
11:20am	U14 Boys & Girls	3000m
11:40am	U13 Boys & Girls	3000m
12:00	U6 Boys & Girls	500m
12:10pm	U7 Boys & Girls	750m
12:20pm	U8 Boys & Girls	1000m
12:30pm	Tiny Tots Dash	40m
12:35pm	Mums & Dads	1000m
	Lunch and presentations	
1:15pm	U9 Boys & Girls	1500m
1:30pm	U10 Boys & Girls	1500m
1:45pm	U11 Boys & Girls	2000m
2:00pm	U12 Boys & Girls	2000m
2:15pm	Open – Fun event only (U6-U17 & Family)	1000m

# COMPETITION

## Rules & Regulations

SALAA set down requirements for all competitions conducted by or on behalf of the Association and are used as a guide to centre competition. All competitions are conducted under these rules.

- Only registered Little Athletes are permitted to participate in age group events.
- Athletes must compete in their own age group.
- Entry fee applicable at season and Championship events
- Competitors must report, with their entry fee, to the starting line 5 minutes prior to the advertised starting time for their event.
- All competitors will receive a certificate showing their performance. (See Appendix 4)
- Competition will continue regardless of the weather.
- No pacing of competing athletes permitted regardless of age.
- Those adults who chose to compete in Parents & Open Events are advised they are not covered under the Association Insurance Policy.

NOTE: An event will be conducted for the under 6, 7 and 8 age groups, however it will not be a Championships event and medals will not be presented.

NOTE: Athletes who have not fully qualified for the Championships are welcome to participate in the event, but will not be eligible for medals or team points.

## ASSOCIATION AND SPECIFIC EVENTS

### McDonalds State Cross Country Championships

<b>Date</b>	Sunday 20 July 2014
<b>Start Time</b>	11:00am – 2:30pm
<b>Location</b>	Bulkana Oval, Spring Crescent, Banksia Park
<b>Registration Cut-off</b>	22 June 2014
<b>Qualification Period</b>	4 May 2014 to 13 July 2014

To be eligible for State Cross Country Championships, athletes from Metropolitan Centres must compete in at least four meets during the season.

## AWARDS SYSTEM

### Cross Country Medal

The medal is essentially a participation award.

#### *Qualification Criteria*

- 4 competition meets plus the cross country championship; or
- 6 competition meets.

### Coaches Award (Cross Country)

A trophy awarded to an athlete (Male and Female) from the U9 to U17 age groups.

#### *Selection Committee*

- All club coaches.

#### *Selection Criteria*

- Attendance at training (Cross Country).
- General attitude and behaviour of the athlete as a role model for other athletes.
- Willingness to learn and demonstrated improvement.

#### *Honour Roll*

<b>Season 2012/2013:</b>	Jacob Bos	Jennifer Cummings
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## ASSOCIATION MEDAL WINNERS 2012/2013

### State Cross Country Championship

Age Group	Athlete	Place	Event
U11 Girls	Kyla Stear	Bronze	2000m
U13 Boys	Harrison Bagley	Silver	3000m
U16 Girls	Annie Simpson	Bronze	3000m

## VOLUNTEERS

Little Athletics is a volunteer based organisation. It would not be possible to run the TTGLAC without the support of volunteers. Every parent/support person fits into the grand scheme. Without your help, this recreation would cease to exist for our children.

During the TTGLAC Cross Country Host Day, volunteers undertake a wide range of roles. These include:

- Set-up before competition.
- Event Marshal
- Announcer
- Course Officials
- Starter
- Timekeeper
- Start/Finish Marshall
- Recorder
- Serving in the Canteen
- Cooking the BBQ.
- Pack-up after competition
- Course marking

A roster is established for parents to assist during the conduct of the event. Support, training and assistance are provided by the committee and other experienced volunteers and officials.

## TTGAC GOLD SPONSORS

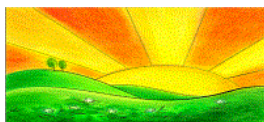
Remedial Therapy

Don Robertson

Unit 5/245 Milne Road  
Modbury North  
SA 5092  
Ph 8395 8529

### Don Robertson Remedial Therapy

Unit 5/245 Milne Road  
Modbury North S.A. 5092  
Phone: 8395 8529



FARMHOUSE BAKERY

### Farmhouse Bakery

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Email: [moveitgpt@chariot.net.au](mailto:moveitgpt@chariot.net.au)  
Internet: <http://www.moveitfp.com.au>



Phone 8359 6222

### PDR Sport

7 Williams Circuit,  
Pooraka S.A. 5095  
Internet: <http://www.pdr.net.au>

**SPORTSPOWER**



### Sportspower Golden Grove

Golden Grove Shopping Village,  
The Golden Way  
Golden Grove S.A. 5125  
Phone: 8251 3908  
Internet:  
<http://www.sportspower.com.au>

## TTGAC SILVER SPONSORS



### **Bakers Delight Tea Tree Plaza**

Tea Tree Plaza,  
Modbury S.A. 5092  
Phone: 8265 5625  
Internet:  
<http://www.bakersdelight.com.au>



### **Davalan Concrete**

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### **The Gully Meat Service**

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Phone: 8264 2601  
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<http://www.adelaidesbestbutcher.com.au>

## ASSOCIATION & NATIONAL SPONSORS



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**Address:** Bulkana Oval,  
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**Postal Address:** P.O. Box 43,  
St. Agnes S.A. 5097

**Internet:** <http://www.ttgathletics.com.au>