



**Tea Tree Gully
Athletics Centre**

**LITTLE ATHLETICS
CROSS COUNTRY
HANDBOOK**

**Season
2015/16**

www.ttgathletics.com.au

The Tea Tree Gully Little Athletics Centre (TTGLAC) is an organisation formed to provide opportunities for young people from the ages of 3 to 17 to develop skills in track and field athletics and aid motor skill and 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.



**SALAA Cross Country Champion Centre
2015
Boys and Girls**

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 Standard Competition Rules, Rule 148.

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 (Jetstar) to the top right breast.

A range of clothing is available for purchase from the club across a wide range of sizes. Please visit our website to purchase online or 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. Registration is performed online and can be accessed from the TTGLAC website:

www.ttgathletics.com.au/la/Registration.html

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 2015/2016 Cross Country Season Fees are:

One Child	\$80.00
Two Children	\$125.00
Three Children	\$150.00

\$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. A \$50 subsidy is available in 2016 through the State Government Sports Voucher program but eligibility criteria apply.

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 register for the Come & Try program online. This can be accessed from the TTGLAC website:

www.ttgathletics.com.au/la/ComeAndTry.html

There is no charge applied by the TTGLAC.

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:

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) 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 and/or the Australian Track and Field Coaches Association.

Our cross country coaches are:

John Bos	AA Level 3 Specialist Advanced Middle Distance
Emma Chalmers	AA Level 2 Intermediate Club Coach
Gillian Hagenus	-
Jane Sternagel	-

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) at various locations TBA.

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

www.ttgathletics.com.au/la/Development.html

SPECIALISED TRAINING

Additional specialised middle distance training sessions will be held throughout the season. These sessions are open to all registered athletes. Specialised training sessions during the Cross Country season occur:

- every Monday from 6:00pm at Civic Park, North East Rd opposite Tea Tree Plaza; and
- every Friday from 6:00pm at Bulkana Oval, Spring Crescent, Banksia Park.

Contact a coach or committee member for more information. The specialist training schedule can be downloaded from the centre website:

www.ttgathletics.com.au/la/Development.html

CANCELLATION POLICY

Cancellation of training will occur only in the event of 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 2015/2016 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.

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

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:

www.ttgathletics.com.au/la/CrossCountry.html

If you spot any errors then please contact our Recorder.

SEASON 2015/2016 PROGRAMME

(THIS PROGRAMME IS SUBJECT TO CHANGE)

	Time	Date	Location
1	11:00am	Sunday 15 May	Gawler LAC Dead Man's Pass Reserve, Gawler Terrace, Gawler South
2	11:00am	Sunday 22 May	Southern Hills LAC Flagstaff Hill Primary School, 145 Black Road, Flagstaff Hill
3	11:00am	Sunday 29 May	Mid Coast LAC Tatachilla Lutheran College, 211 Tatachilla Road, Tatachilla
4	11:00am	Sunday 5 June	Henley Districts LAC Point Malcolm Reserve, Military Road, Semaphore Park
5	11:00am	Sunday 12 June	TBA
6	11:00am	Sunday 19 June	Hills LAC Heathfield High School, Longwood Road, Heathfield
7	11:00am	Sunday 26 June	Barossa Valley LAC Bethany Reserve, Bethany via Tanunda
8	11:00am	Sunday 3 July	TBA
9	11:00am	Sunday 10 July	Enfield LAC Carisbrook Reserve, Main North Road, Salisbury Park
10	11:00am	Sunday 17 July	Tea Tree Gully LAC Bulkana Oval, Spring Crescent, Banksia Park
11	11:00am	Sunday 24 July	State Cross Country Championship Salisbury East LAC, Carisbrook Reserve, Main North Road, Salisbury Park

PROGRAM OF EVENTS

15 May – 12 June 2016		
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

19 June – 24 July 2016		
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

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.
- 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 & SPECIFIC EVENTS

MCDONALDS STATE CROSS COUNTRY CHAMPIONSHIPS)

Date	Sunday 24 July 2016
Start Time	11:00am – 2:30pm
Location	Carisbrook Reserve, Main North Road, Salisbury Park
Registration Cut-off	25 June 2016
Qualification Period	3 May 2016 to 17 July 2016

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

TTGLAC CROSS COUNTRY WEEKEND AWAY

Date	Saturday 28 – Sunday 29 May 2016
Location	BIG4 Port Willinga Tourist Park, 22 Tuitt Road, Aldinga

Each year we organise a weekend away to attend a regional cross country meet. For 2016 the nominated meet is hosted by Mid Coast LAC at Tatachilla Lutheran College, Tatachilla. A range of family activities are arranged for Saturday afternoon followed by dinner at a local restaurant. More details including accommodation deals will be advised closer to the date.

TTGLAC CROSS COUNTRY PRESENTATION DINNER

Date	Sunday 24 July 2015
Time	6:00pm – 8:30pm
Location	Saloon Bar, The Gully Public House and Garden 1349 North East Road, Tea Tree Gully

Join us for dinner as we celebrate the 2016 Cross Country season and present the TTGLAC Cross Country Awards.

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

Season 2014/2015:	Domenic Eversham	Kate Lovell
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ASSOCIATION MEDAL WINNERS 2014-2015

STATE CROSS COUNTRY CHAMPIONSHIP

Age Group	Athlete	Place	Event
U9 Girls	Bethany Sternagel	Gold	1500m
U9 Girls	Tahlia Lienert	Silver	1500m
U9 Girls	Emily Worley	Bronze	1500m
U10 Girls	Alana Gallagher	Silver	1500m
U11 Girls	Mackenzey Borgas	Bronze	2000m
U13 Girls	Lauren Gallagher	Bronze	3000m
U15 Girls	Montana Spackman	Bronze	3000m
U16 Boys	Harrison Bagley	Gold	3000m
U17 Girls	Melissa Pullinger	Silver	3000m
CHAMPIONSHIP CENTRE: PLACE – BOYS: FIRST GIRLS: FIRST			

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.

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Address:

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Revised: 12 May 2016