



2023-2024
Information
HANDBOOK

Club structure & Committee

Grafton Athletics Club (GAC) is a not-for-profit community organisation.

The club offers junior (Little A's) and senior (ANSW) memberships.

Club committee for the 2023-24 season

President:	Jaime Reid
Vice President:	Alex Sowry
Secretary:	Michelle Ford
Registrar:	Belinda Watling
Treasurer:	Lynn Rudder
General Members:	Lesley White Nicole Tait Kyle McIlveen Chloe Ingram Keaton Ingram Jake Woodbury Mitch Christiansen
Sports council rep:	Jaimee Reid/Lesley White

Competition Nights

LA's :	11 th October 2023 - 13 th March 2024 Wednesdays 4:30pm
Seniors:	13 th October 2023 - 29 th March 2024 Fridays 5:00pm
Where:	Terry West Oval, Barnier Park, Junction Hill
Xmas fun day:	20 th December 2023

**** Xmas Holiday Break ****

2024 return:	10 th January 2024
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Uniform

Uniforms can be purchased at Sportspower Grafton.

Below is an image of how LA's patches are to be arranged.

- Each athlete is issued with a unique registration patch.
- For families with more than one athlete please ensure you attach the correct patch to each child's uniform.
- The patches are not iron on and must be sewn on.
- Age number patches can also be put on the **left** leg of shorts.



Wet Weather

If it has been raining and you are unsure about the weather, we will have updates on our Facebook page close to 3pm on training afternoons.

Emails/Communication

Emails are sometimes sent to members through our clubs online system. These emails contain important information such as carnival entry dates, GAC updates, and LANSW (Little Athletics NSW) championship information. Information is also pushed through our Facebook page.

Behaviour

Whilst it should go without saying, any form of antisocial behaviour from athletes or their family/carer will not be tolerated.

Please encourage your fellow athletes with gratitude and goodwill, including all those who are there to help and support.

If you witness great examples of these positive attributes please also make this known to a committee member.

Photography

During GAC events we are typically taking photos of athletes that are posted to our FB page. If you do not wish to have photos taken of either yourself or an athlete, please let a committee member know.



Safety & Other Rules

Like all organisations, Little Athletics has rules. Rules are there to ensure the safety of all athletes, parents and visitors. We ask everyone to cooperate and to keep to the rules so that we can all enjoy our training nights in safety. All athletes must be registered with LANSW before they participate.

Working with Children

Of utmost importance is the safety and well being of all children and adults. Volunteers without children in their care, must have working with children approval. We ask all parents to be vigilant and report to the committee anything they feel is of concern in regards to the safety of children.

No Smoking & Alcohol

There is a strict no smoking and no alcohol policy at GAC.

NO DOGS

Although we know our furry friends are often classed as family, the sportsground has a NO PETS policy. Thank you for understanding.

Equipment and the Grounds

Please be mindful when officiating, participating and walking around the grounds. Runners should not have to worry about other people on the track during their race. Keep in mind that shot puts, javelins, discusses and hammers will not bounce off you.

IMPORTANT DATES

➤ ZONE CHAMPIONSHIPS – 2/3 DEC 2023 - LISMORE

Ages U7-U17 - Zone Championships are the qualifying stage process to regional and state championships.
First 4 qualify to region.

➤ XMAS PARTY & SANTA FOR SICK KIDS – 20th DEC 2023

Come dressed festive for fun games and relays, all whilst raising money for Ronald McDonald house charity.

➤ WOOLGOOLGA CARNIVAL – 14th JAN 2024

Open to ALL ages, Tots to Masters. A fantastic family day of fun!

➤ REGIONAL CHAMPS – 3/4 FEB 2024 - TAMWORTH

Ages U8-U17 - Regional Champs are the qualifying stage process to state championships. First 2 automatically qualify.

➤ NR ZONE COMBINED (MULTI) EVENT – 17th FEB 2024 - BALLINA

Tots - U17 - A fun day where kids compete in all events for their age group and collect points based on their results. A mini heptathlon type event, designed around fun, friendship and skill building.

➤ STATE COMBINED (MULTI) EVENT – 2/3 MARCH 2024 – Glendale

U7 - U17 - This is LA's state combined events weekend. You do not need to qualify, everyone is welcome to enter. There is a Tots/U6's hour of fun each morning for the younger siblings.

➤ STATE CHAMPS – 22-24 MARCH 2024 – SYD OLYMPIC PARK

Ages U9-U17 - State Championships are held at Sydney Olympic Park each year.

➤ CLUB PRESENTATION DAY – APRIL 2024 – DATE TBC