

WELCOME TO THE 2019 / 2020 SEASON

Welcome to all new members and returning athletes, we hope you are looking forward to the 19/20 athletic season. We know the first night can be daunting, even for our veteran families, please know that many people are taking on new roles this year and any assistance or input from members is always welcomed. For our new families to athletics or Mac Hunter it is a volunteer run sport and we do require hands on assistance to make our carnivals run smoothly each week, so if you do have any questions about how you can assist an age group please do not hesitate to ask an age controller or committee member.

HOW WE RUN

- Warm up for all athletes will begin at 5.45pm and this will be facilitated by our senior athletes.
- Age controllers should collect the age folder from the programming table during the warm-up which is located in the grandstand. This will contain the first event and a list of the registered athletes in the age group along with some other useful information.
- Athletes can then line up behind their age bucket and wait for instruction from the age controller regarding first events.
- After the warm-up, the centre of the field will be off limits due to javelin and discus events commencing. For the safety of all athletes and families please try to use the outside path when navigating to different events and always watch for track events before crossing.
- Once an event is complete, the finalized results sheet should be returned to the programming desk and a new event sheet will be handed out.
- If you are the last group on a field event please assist the pack up by sweeping long jump pits and covering. Neatly place implements and marking equipment together at all other events.

PATIENCE IS KEY

Please be patient if there are hold-ups at events. It will take a few weeks to have things run smoothly. A big part of the success of our meets is the willingness of parents to assist. Our new athletes and parents will need to be shown where to go and how to participate, so please give them the help they need.

WEEKLY COACHING SESSIONS

All athletes are welcome to come along to our weekly club training on a Wednesday night from 5.30 to 7.30pm. The registration packs included a training card that must be shown for free entry into these sessions. It is a great way to learn some new skills and improve techniques and knowledge.

COMING UP

Friday 13th September
Carnival #1

Saturday 14th September
AWD Carnival #2

Tuesday 17th September
Summer Series #1
\$2 Entry U12 - U17
5.30pm Hunter Sports Centre
\$\$ PRIZES for Series Winners

Friday 20th September
Carnival #2
BBQ NIGHT



Saturday 21st September
AWD Carnival #3

Sunday 22nd September
Officials Information Session
9am Cardiff

Friday 27th September
Carnival #3

Saturday 28th September
AWD Carnival #4

AGE CONTROLLERS

Please offer your assistance in this position, it does not have to be the same person each week, and no one is expected to run an age group by themselves. If you do have multiple athletes in various age groups we understand you can only be in one place at a time of course! But please spend your time with the group where you are most needed. That is, if one of your athletes is in a group with only a few helpers, please stay with the group rather than another with lots of help. Here is a helpful video to get you started...

littleathletics.com.au/education-training/video-resources/officiating-video-resouces/

VOLUNTEER ROSTER

Thank you to all those families who have already selected a time during the season to assist at set up, pack up or BBQ. If you have not yet put your name down please see a committee member in the meet management room to pick a date to assist where you can. A reminder will be sent out leading up to your selected time slot.

CALENDAR

A club calendar is available in the registration pack, on Team App, the Mac Hunter website and a copy is also kept on the notice board, it is a great reference point for when our weekly club carnivals will run and any major events during the season. This year we are very excited to have 24 carnival nights which include Wednesday night carnivals before zone, regional and state. We run during school holidays however we do have a two week break over Christmas.

UNIFORMS

All athletes will require a club uniform. Try ons are available Friday nights and can be ordered online through sportsmagic.com.au We understand there may be some initial delays in receiving uniforms and other clothing can be worn during these weeks however numbers and age patches must still be displayed at all times when competing.

SOME REMINDERS

- No Food or drink other than water is to be taken onto the field.
- Spikes can only be worn by athletes U11 and older for javelin, jumps and track events that are run in lanes for the entire race. Spikes must be removed by ALL athletes before they leave any event. It is a LAA rule and we ask the same of our senior athletes in the interest of safety.
- If you think you can break a record, please advise a committee member so that the whole attempt can be witnessed in order for it to be recognised.

KEEP UP TO DATE



REGO PACKS

Registration packs that still need to be collected will be available from 5 - 5.45pm on Friday 13th September in the meet management room. Please note numbers collected should be attached prior to competition that night.

TRIALS

We are always excited to welcome new athletes and offer a trial for the first two weeks (13/9 and 20/9) these nights are free for those still contemplating joining our club. Please report to front of Meet Management room to fill in a trial form.