

Parents/Families — How You Can Help

Our motto is "Family Fun and Fitness" and the people who "run" Kenmore Little Athletics are you – the parents!! We are all volunteers who, with a little bit of knowledge and a lot of enthusiasm, make it all happen.

On any Saturday afternoon we need at least 30-40 parents to help with various tasks such as time keeping, age marshalling, recording, etc. Your child cannot start the afternoon without all these positions being filled. Logically they cannot run if there are no parents willing to hold a stopwatch! All of us were "new" parents once and we promise we will teach you exactly what to do — there are always experienced people with you at each event. We rely on the input of a lot of people as we need to offer many different events each week to make the sport interesting and challenging for the kids. So come on and give it a go, we even make it fun for the parents!

Please note, parents of U6's and U7's: You are expected to be there for your child each Saturday so that your child gains maximum enjoyment, encouragement and confidence from their day.

All athletics clubs need coaches, otherwise the athletes do not learn about athletics! Our coaches are qualified, but as their children disappear after the Under 15 age group, so do our coaches! If you think you would like to learn more, please read the Year Book or ask how you can become qualified! We will happily sponsor parents through coaching courses provided we get a commitment that you will stay and coach for two seasons.

This year it is proposed that coaching will be incorporated in the program each Saturday. We also offer parent training sessions in the different events to explain the rules of each event and become accredited officials! In this way we ensure that the competitions are conducted properly and in a professional manner.

For further information about Kenmore Little Athletics visit

www.kenmorelittleathletics.org.au

Or contact:

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What Parents Need to Know.....



Kenmore Little Athletics Centre
Season 2005 / 2006

What is Kenmore Little Athletics all about?

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Kenmore Little Athletics Centre is an athletics club for children aged 5 to 15 years. Kenmore is one of Queensland's longest running Centres, and this year we are celebrating our 30th Year Anniversary.. This year we expect approximately 120 kids. We pride ourselves on being a small, friendly club where athletes can enjoy learning and competing and have lots of fun doing so.

Your child will be coached and will compete in both track and field aspects of athletics, e.g.: Under 6's learn how to throw Discus, and Shot Put, they learn Long Jump and Sprints (70m, 100m). As they get older, they learn every athletic event except Hammer Throw and Pole-Vault!

We meet each **SATURDAY** from 2:30 pm to 5:30 pm **at Kenmore High School, Dumbarton Drive entry. The first event this year is on the 3rd of September.**

Our club uniform is red shirt (\$30) and navy shorts or bike pants. The registration cost is \$95 1st child, \$90 2nd, \$85 3rd, \$70 subsequent. PLUS \$60 refundable Parent Participation Fee per family. (Refund is subject to helping out 10 times through the season – Little Athletics is designed to be a family afternoon out.

We offer a try-out day before you decide to join for the season.

Athletics and Your Child

Some parents feel that their child is not "athletic", that he/she "can't run", or is "uncoordinated" and thus do not think athletics is for them. However, this is the whole idea of Kenmore Little Athletics, because 80% of all athletes are "average"!

We encourage the children to compete for themselves, for improvement in skills and times rather than emphasize winning. You will also notice that once they start their school athletics they seem to be above average, the reason being that they have already acquired the basic skills/ techniques relevant to their chosen event! An overall improvement in fitness, concentration and co-ordination can often result.

Each Saturday, your child will receive "performance tickets" which they can then record in their "ticket books" to monitor their performances and personal bests.

There are different levels of achievement, from Green to Gold. The levels are based on the "McDonalds Awards". These are awarded twice a year. The Year Book provides more information about the levels.

At the end of the season, the trophies and medals are awarded to the most improved athlete in each age group as well as to the high achievers. Therefore, even the athletes who consistently turn up and try hard are in the running to collect a trophy if they are the "most improved".

Carnivals and Zone Competitions

Kenmore Centre is a member of the Metro West Zone. The other seven members of the zone are Toowong, Goodna, Centenary, Ipswich, Fassifern, Rosewood & Esk. We have two Zone carnivals per season. In November we have the Zone Relay Day, the children can nominate for up to five events including field events in which they compete in teams of two. All the children are able to enter –there are never any qualifying times/ distances for any Little Athletics days (except State Championships). We strongly encourage all our athletes to participate, particularly in Relays, as this is the only "team" event for the season and it creates a feeling of being "needed" to make the teams work. If the teams place at the Zone Relay day they can compete at QSAC (QE11) at the State Relay Carnival held by QLAA, a chance they may not get in an individual competition.

This season in March Kenmore will host a special 30th Anniversary Carnival involving the Western Suburbs Little Athletics Clubs. The afternoon event will be followed by a celebratory BBQ.

The Zone Intercentre Games are held each year in February. This is the culmination of the season for individual performances. The athletes may nominate for up to five events. It is a two-day carnival, held over a weekend, but if they can only attend one day, they simply choose the relevant events on that day. If they qualify from the finals, they are then able to compete at the QLAA State Championships, which will be in Townsville in late March 2006 (Under 9's and up only).

Carnivals

Athletes in age groups U7 up are able to experience the "buzz" of competing at the ANZ Stadium or other top class facilities at the Junior (Under 7-10's) and senior (Under 11-15's) carnivals. These are purely "FUN" days with the emphasis on participation by all. There are no finals and the children can nominate for up to five events applicable to their age.

For the really keen athlete there are Pentathlons (five events) and Carnivals throughout the season at various venues around Brisbane. More information can be obtained by reading the Year Book, checking the QLAA web site or asking a committee member. For all carnival days children **MUST NOMINATE** – Forms will be handed out several weeks prior to the closing date and submitting it to the club prior to the closing date for nominations.

The QLAA also have coaching Clinics, camps and host special events at venues throughout the State.