



SOUTH COAST
ATHLETICS



SEASON 2024/25

HANDBOOK

FOR ATHLETES, PARENTS, GUARDIANS & SUPPORTERS

South Coast Athletics Centre

Victor Harbor Primary School Oval
The Parkway
Victor Harbor SA 5211

Postal Address:
South Coast Athletics
PO Box 662
Victor Harbor, SA 5211

Contact: Louise Scott - 0435 223 779

Website: <https://south-coast.littleaths.com.au/>

Email: sco@salaa.org.au



[@southcoastaths](https://www.facebook.com/southcoastaths)



[@southcoastaths](https://www.instagram.com/southcoastaths)

COMMITTEE

President:	Kelly Mercer
Treasurer:	Louise Scott
Secretary:	Erin Swan
Registrar/Recorder:	Erin Swan
Social Media:	Elise Scott
Canteen Manager:	Jarod O'Donnell
Committee Members:	Steve Rogers
	Peter Owen
	Jarrad Elliott
	John Rogerson
	Sarah Tymko



SOUTH COAST ATHLETICS

CONTENTS

• President's Welcome	4
• Mission Statement	5
• Registration	6
• Uniform	8
• Weekly Meets & Results	9
• Sample Program of Events	10
• Training	10
• Rewarding Achievement	11
• Toyota Tiny Tots	12
• Barbeque	12
• State Competitions	13
• Athlete Development	15
• Volunteering & Coaching	16
• Codes of Conduct	17
• Policies	19
• Season Planner	20
• Track & Field Layout	21
• Sponsors	21

MEETS & TRAINING

Victor Harbor Primary
School Oval

Set-up: from 4pm
Club warm up: 4.30pm

Season Dates:

Meets: Friday
18th October 2024 - 14th March 2025

Training: Tuesdays 5-6pm

BBQ available each Friday

Presentations: 28th March 2025





SOUTH COAST ATHLETICS

WELCOME

Welcome to Season 2024/2025

On behalf of the committee, coaches and all our volunteers, we'd like to welcome new and returning families to the athletics season. We are fortunate as a Club to be supported by a fabulous community, and in order to build on our success, we ask for your continued support. Our committed band of volunteers – coach the athletes, setup equipment, run the events, time and measure results, maintain the track and equipment and also run the BBQ. All parents/guardians are encouraged to volunteer, as every little bit helps and shares the load. Working together is also great fun.

The Club is open two nights a week – Tuesday afternoon is for training and includes all events over a three-week roster. Parents are welcome to attend and can help out with maintenance jobs while coaches take training. If you would like to become a coach, please talk to one of our committee, as it is very rewarding.

Friday afternoons are for competition. Parents and friends are encouraged to help out with their child's age group. Please take care when crossing the track or other event areas. We ask that you follow any directions given by Club Officials.

With the Olympics coming to Australia in 2032, now is the time to begin your journey – either as an athlete or possibly an Official. If you would like to become an Official and help out at State and National events, speak to the Committee and we can explain how to begin your journey. Wouldn't it be so exciting to be at the Olympics in the track and field arena!

To ensure you keep up to date with activities and events happening around the club and events at the Stadium, keep an eye on our Facebook and Instagram pages.

Athletics is focused on **'being your best'**. Each week athletes aim to improve their own results and develop skills in running, jumping and throwing. Please encourage your athlete to have a go at all events and learn good sportsmanship skills.

Most importantly – have fun.



SOUTH COAST ATHLETICS

MISSION STATEMENT

“To develop children and adults of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletic activities.”

The broad philosophy of Athletics is best captured by the words of its motto
“family, fun and fitness”

Family

The cornerstone of Athletics is extensive family involvement, particularly in the conduct of weekly activities. This active parent support of their children in active leisure reinforces family relationships and the sense of community participation. Participating as an adult is also very rewarding and a great role model for children.

Fun

With its focus on participation and personal involvement, athletics encourages children and adults to enjoy healthy sporting activity. The opportunity for developing important physical co-ordination and social interaction skills occurs in a supportive and friendly atmosphere.

Fitness

The emphasis on developing a healthy attitude to physical fitness at an early age is the key to adopting good physical fitness habits for life.

Athletics not only contributes to the development of foundation skills in running, jumping and throwing that will stand children in good stead throughout their life - it also teaches discipline, respect and teamwork.





SOUTH COAST ATHLETICS

REGISTRATION

Registration for all SA Athletics clubs is online.

To Register for Little Athletics please click on the image below



and click on the green 'Register' tab.

Or visit: <https://registration.resultshq.com.au/CentreRegistration/Search>

Payment can only be made ONLINE.

Registration Fees

\$155 Tiny Tots per athlete

\$170 U6 - U17s per athlete

\$450 3 athletes

\$520 4 or more athletes

Sports Voucher

The Sports Vouchers program is an initiative of the Government of South Australia, administered by the Office for Recreation, Sport and Racing. The program provides an opportunity for primary school-aged children from Reception to Year 9 to receive up to a \$100 discount on sports membership/registration fees. Little Athletics SA is a participating organisation and accepts \$100 Sports Vouchers towards registration.

Financial Hardship

The SA Power Networks Membership Support Fund is available to families who have experienced unexpected hardship that has left them short of money, and as a result, unable to pay for their child's sport and recreational activities. The fund allows parents/caregivers to apply for a complimentary membership.

All communication regarding fee subsidies is strictly confidential.

Please contact Louise Scott for more information on 0435 223 779 or visit the

[SALAA website](#) for more information.



SOUTH COAST ATHLETICS

COME & TRY!

If you are interested in the upcoming Summer Season, but not sure if it is the sport for you, families are able to register for a free two week Come & Try period.

The two Come & Try sessions can be used consecutively, at any time throughout the season, before your child registers as a member!

Click on the picture (right) to register now or contact us for more information!



Athletics SA

Athletics SA offer competitions and services for athletes across a wide variety of ages and abilities, from recreational to elite. Athletics SA provides track and field events in summer and road running, cross-country running and race walking during winter.

To register for **Athletics SA** please click on the image below, scroll down until you find South Coast AC and click 'Join'.



Or visit: <https://www.athleticssa.com.au/club/clubs-hub/>

There are a number of options depending on how often you plan to participate on a Saturday at the SA Athletics Stadium. There is a special price for athletes who are partaking in both Little Athletics and Senior Athletics and for first year memberships.

Please refer to the website for all options available.



SOUTH COAST ATHLETICS

UNIFORMS

Uniforms must be worn by all athletes from U6 to open.

Correct uniform and the correct placement of all patches is very important, especially if the athlete is competing at the SA Athletics Stadium.

Wearing incorrect uniform in competition at the SA Athletics Stadium may result in disqualification.

Sponsor patches (which can change yearly) are to be sewn on the right breast area, age group patch is sewn on the left breast area and the registration patch in the centre as shown in the picture.

These all need to be changed yearly. Correct uniform includes correct placement of all patches.



Uniforms are available for sale at the registration desk

CENTRE POLO SHIRT \$55 (required uniform)

CENTRE SINGLET \$55 (Centre Singlets are available for age groups U12 & over. Centre Singlets exclude the word "Little" and state "South Coast Athletics")

SHORTS: Must be navy blue or black, plain. Widely available at Sports/Dept stores

Please note: No unapproved logos to be bigger than 3cm²

SHOES: Appropriate footwear **MUST** be worn at all times

If paying for items via internet banking, our details are:

BSB: 633 000

Acct No: 146754668

Acct Name: South Coast Little Athletics Centre Inc.

Reference: Child's Surname



SOUTH COAST ATHLETICS

WEEKLY MEETS

Meets commence each Friday at 4.30pm, beginning with a club **warm up**, led by our Club Captains. This is followed by a member of the Club Committee addressing all athletes, passing on important information for athletes and parents.

Meets include 4 or 5 events depending on your age group. A **parent helper** will chaperone each group, ensuring that times/distances are recorded for each athlete at each event.

Additional **parent helpers** are required each and every meet to help set-up, measure, record, pack-up, etc, to ensure the night runs smoothly and efficiently.

Please ask how you can get involved.

Electronic recording is used at South Coast Athletics. Once athletes have finished an event, the times/distances will be uploaded to their online record for you to access in Results HQ.

Important Notice to all Parents and Guardians:

All Little Athletes must be accompanied by a parent/guardian at training and meets.

A child who doesn't have a parent/guardian present will not be allowed to compete.

RESULTS HQ

Results from all South Coast Athletics meets can be found online at www.resultshq.com.au. Log in with your registration user name and password (what you used to register online with). If you do not know your password, go to <https://resultshq.com.au/Login/forgotpassword> and follow the prompts.

Our volunteers do their best to post results promptly but please be patient.

South Coast Athletics do our best to maintain the integrity of our results. If you spot any errors, please promptly contact our Recorder, Erin Swan.





SOUTH COAST ATHLETICS

CLUB PROGRAM (SAMPLE)

At each weekly meet, the club program is rotated so that a variety of track and field events are available. See below for an example.

SOUTH COAST ATHLETICS SEASON 2024/25					
Sample Program	Event 1	Event 2	Event 3	Event 4	Event 5
Tiny Tots	Athletic Play - Games & Events				
U6-7 Girls	Discus	50m Mini Hurdles	Vortex	200m	50m
U6-7 Boys	50m Mini Hurdles	Vortex	200m	Discus	50m
U8 Girls	Long Jump	400m	Shot Put	200m	
U8 Boys	Shot Put	400m	Long Jump	200m	
U9-10 Girls	U9 700m	400m	Turbo Javelin	200m	High Jump
U9-10 Boys	U10-11 1100m	400m	High Jump	200m	Turbo Javelin
U11	Race Walk	High Jump	400m	Javelin	200m
U12-13	U12-17 1500m	400m	Triple Jump	200m	Shot Put
U14-17	Race Walk	Javelin	400m	High Jump	200m

TRAINING

Training is held each Tuesday from 5pm to 6pm and offered to athletes five years and up. The cost of this training is included in your fees.

Training is not compulsory, but strongly encouraged.

Training sessions will vary to ensure that the athletes learn and progress in all events.

Coaching timetable can be found on the club website,

Training is usually held at Victor Harbor Primary School Oval (location may vary).



SOUTH COAST ATHLETICS

REWARDING ACHIEVEMENTS

Athletes will be rewarded with a certificate for their ongoing efforts throughout the season as they achieve a certain number of Personal Bests (PBs):

10 PBs (green certificate), 15 PBs (red), 20 PBs (blue), 25 PBs (silver) and 30+ improvements (gold).

At the end of the season awards will be presented for:

Overall Top Point Scorer (Boy) / Overall Top Point Scorer (Girl)

Track Top Point Scorer (Boy) / Track Top Point Scorer (Girl)

Field Top Point Scorer (Boy) / Field Top Point Scorer (Girl)

These awards are presented based on an individual athlete's improvement over the season, rather than ability.

Every athlete has the potential to receive this recognition.

Recognition is also presented for:

Most Improved of each age group

(Top Point Scorer)

Encouragement Awards

(awarded by Committee based on sportsmanship and 'having a go')



Medallions

Awarded to those with at least 50% attendance at meets, including at least three meets between January and March.

Points are awarded weekly for:
participating in an event, achieving a Personal Best and achieving a Centre Best Performance

Participation and self improvement are the key!



SOUTH COAST ATHLETICS

TINY TOTS

The Little Athletics SA Tiny Tots program is aimed at children aged 3 to 5 years and runs concurrently with each Friday Meet.

The program encompasses skills based games, focussing on participation and fun. Participants will learn the fundamental skills of running, jumping and throwing through age appropriate activities. There is no “competition” for Tiny Tots.

Participants get the opportunity to try their hands at events such as long jump or a 50m run on the track.

Tiny Tots are encouraged to wear club colours.

Tiny Tots receive a Certificate of Participation.



CLUB BARBECUE

Volunteers operate a Barbecue each Friday Meet with a range of delicious snacks and meals available.

An easy solution to Friday night dinners; shaslicks and sausages often satisfy those hungry athletes.

Please support the barbecue, all proceeds remain with the club to help with the purchase and maintenance of equipment.



SOUTH COAST ATHLETICS

STATE COMPETITIONS

All held at SA Athletics Stadium.

State PB Classic #1 TT-U17's | Sunday 24th November 2024

The PB classic is open to all athletes from Tiny Tots to U17. It is a chance for the athletes to experience competing at the Stadium. Registration for up to five events is online via the member's portal.

Cost: \$25 per athlete.

State Relay Championships U8-U17 + Parents | Sunday 15th December 2024

The State Relay Championships provides athletes with the opportunity to compete with other athletes at their club in a large variety of track and field relays at the SA Athletics Stadium. Parents are invited to join the action! Medals are presented to the top three placed teams in each event, in each age group. Cost: \$35 per team.

State PB Classic #2 (TT - U17) | Sunday 19th January 2025

Another opportunity to compete at the Stadium and achieve another Personal Best. Cost: \$25 per athlete.

State Combined Event Championships (U9-U17) | Saturday 22nd & Sunday 23rd February 2025

This State Championship has a set program (U9s to U13s - Pentathlon, U14s - Hexathlon, U15s to U17s - Heptathlon) that athletes participate in to gain points for each performance, with the top three overall highest points scorers presented with medals in each age group. This Championship is also where the Under 15 State Team athletes are provisionally selected to represent South Australia at the Australian Little Athletics Championships (ALAC). Cost: \$30 per athlete.





SOUTH COAST ATHLETICS

State Challenge (U8-U13) | Sunday 16th March 2025

The State Challenge is an exciting opportunity for athletes who have not qualified for the Individual Championships and allows them to compete in events in a championship style competition. Medals will be awarded based on heats.

Cost: \$17 per event for the first three events, then \$8.50 for an additional fourth and fifth event. Capped at \$59.50.

State Individual Championships (U9 - U17) | 22nd & 23rd March 2025

The State Individual Championships is the pinnacle event for many athletes.

Athletes, U9-U17, strive throughout the season to qualify to compete at these championships. All individual events are held for each age group.

Cost: \$17 per event for the first three events, then \$8.50 for an additional fourth and fifth event. Capped at \$59.50.

Please view the Qualification Guide for both the State Challenge and the State Individual Championships at:

<https://salaa.org.au/state-challenge-state-individual-championships/>

to find out more!





SOUTH COAST ATHLETICS

ATHLETICS ACADEMY AND CLINICS

South Australian Little Athletics Association (SALAA) offers an **Athletics Academy**. The Athletics Academy is a junior development program that provides athletes from 9 to 18 years of age the opportunity to take their athletics to the next level!

It doesn't matter whether you're new to athletics or you've been competing for a long time, the Academy caters for everyone and highly skilled and experienced coaches will assist athletes to further their skills in all track and field events.

The athletics academy operates at SA Athletics Stadium, once a month from May through to August each year. Visit <https://salaa.org.au/saathleticsacademy/> for more details.

SALAA also offer **Holiday Coaching Clinics** at SA Athletics Stadium:

- Dare to Dream Athletics Holiday Clinic - October school holidays
- Dream, Believe, Achieve Holiday Clinic - January school holidays

Visit <https://salaa.org.au/holidayclinics/> for more details.

WINTER SEASON

Cross Country Championships (TT — U17)

Competitions are held on Sundays, May to July each year, across the State. Those who have met the eligibility requirements for the Cross Country Championships will be invited to attend (Venue TBA, date 20th July 2025).

State Race Walking Championships

During the winter season you can also take part in the race walking championship series. The state championships are to be held on 12th July 2025 at the Adelaide Parklands, South Terrace.



Visit <https://salaa.org.au/winter-competitions/> for more details.



SOUTH COAST ATHLETICS

VOLUNTEERING

It is a condition of registration that a parent or guardian **MUST** be in attendance and assist in the running of the meet when their children are present. This requirement is imposed on the club for insurance and liability reasons. If there are insufficient parents for a group of athletes, they will be unable to take part in events.

The great news is that you do not need to know anything about athletics to help out. Most tasks that need to be performed at Athletics meets are fairly easy, and your children will enjoy seeing you get involved. Some areas of specific help that you can assist the club with include: measuring; spiking; recording; age group manager, starting gun, time keeping, cooking the BBQ, pack up and set up.

A Committee member or Age Group Manager will always be available to help you if you are unsure. The [Parent & Volunteers Helpers Handbook](#) is also a great resource.

COACHING & OFFICIATING

At SCAC we encourage and support parents, guardians and senior athletes pursuing Coaching qualifications in athletics. Currently at our club we have Level 1 and Level 2 coaches, together with many parents who have completed their Introduction to Coaching Course and the Level 1 Officials Course.

Please see a Committee Member or visit www.salaa.org.au or www.athleticssa.com.au for more information on Coaching & Officiating Courses available.





SOUTH COAST ATHLETICS

CODE OF CONDUCT — PARENTS

- Encourage children to participate if they are interested. However, if a child is not willing, do not force them.
- Focus upon the child's effort rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember that children are involved with Athletics for their own enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for free for your child's involvement.
- Zero tolerance for verbal and physical abuse at Athletic activities.
- Recognise the value and importance of being a volunteer! We all give time and resources to provide recreational activities for children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches and officials, smoking/vaping on the arena or being intoxicated.





SOUTH COAST ATHLETICS

CONDUCT & BEHAVIOUR — ATHLETE

- Play by the rules.
- Never argue with an official. If you disagree, ask your Age Group Manager or supervising adult to deal with the matter.
- Control your temper. Verbal abuse of officials, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our club.
- Work equally hard for yourself and your club. Your Centre performances will benefit.
- Be a good sport. Applaud all good results whether they be by your club or opponent.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete. Age Group Managers have the right to sit you out of an event should they identify this sort of behaviour.
- Cooperate with your coach, club mates and other participants. Without them there would be no club.
- Participate in Athletics for the “fun of it” and not just to please parents and coaches. Great friends can be made at athletics.





SOUTH COAST ATHLETICS

SCAC POLICIES

Photography Policy: Photos of athletes may be used for the club's web page, advertising or for other promotional reasons. Should for any reason you not approve of the publication of this material please advise the club prior to the commencement of the season.

SunSmart Policy: Sunscreen is available at the club. Hats must be worn while athletes are not competing. SCAC will not be held responsible for any child who is not suitably protected from the sun.

Smoke Free Policy: **Under the terms of our agreement with Victor Harbor Primary School, smoking and vaping is NOT PERMITTED on the grounds.**

Health and Accident: SCAC is run by volunteers. Apart from very basic first aid for minor injuries, SCAC is not able to manage injuries or illness suffered by athletes. It is for this reason (as well as to supervise and assist athletes when competing, before, after and between events), SCAC insists on parents/guardians of athletes to be present at the oval for meets at all times.

Drinks and Snacks: Please ensure that your child has a drink at each meet and encourage them to drink regularly between events. Please provide an appropriate snack for your child if necessary. The Club is endeavouring to follow a Healthy Eating Policy, so please ensure snacks are as healthy as possible.

Weather:

HEAT: SCAC meets will be automatically cancelled if the temperature forecast for Victor Harbor by the Australian Bureau of Meteorology, as published at 5.00pm on the Thursday prior to the competition, is **37° or above**. The forecast can be accessed via the Bureau of Meteorology website (<http://www.bom.gov.au>).

RAIN: Athletics will also be cancelled for the evening if it is raining heavily/steadily, or there is lightning, at the time of start (4.30pm) on a Friday evening, or the ground is unsuitable for the event (e.g. waterlogged).

HOW WILL YOU BE NOTIFIED: Weather updates will be posted on our Facebook page: www.facebook.com/SouthCoastAths

SALAA policies can be found at: <https://salaa.org.au/policies/>



SOUTH COAST ATHLETICS

2024/25 Season Planner

OCTOBER			
18	Friday 4.30pm	Victor R-7 Oval	Program 1
25	Friday 4.30pm	Victor R-7 Oval	Program 2
NOVEMBER			
1	Friday 4.30pm	Victor R-7 Oval	Program 3
8	Friday 4.30pm	Victor R-7 Oval	Program 1
15	Friday 4.30pm	Victor R-7 Oval	Program 2
22	Friday 4:30pm	Victor R-7 Oval	Program 3
24	Sunday	SA Athletics Stadium	State PB Classic #1
29	Friday 4.30pm	Victor R-7 Oval	Program 1
DECEMBER			
6	Friday 4.30pm	Victor R-7 Oval	Program 2
13	Friday 4.30pm	Victor R-7 Oval	Program 3 (Modified)
15	Sunday	SA Athletics Stadium	State Relay Championships
<i>Christmas/New Year Break</i>			
JANUARY			
10	Friday 4.30pm	Victor R-7 Oval	Program 1
17	Friday 4.30pm	Victor R-7 Oval	Program 2
19	Sunday	SA Athletics Stadium	State PB Classic # 2
24	Friday 4.30pm	Victor R-7 Oval	Program 3
31	Friday 4.30pm	Victor R-7 Oval	Program 1
FEBRUARY			
7	Friday 4.30pm	Victor R-7 Oval	Program 2
14	Friday 4.30pm	Victor R-7 Oval	Program 3
21	Friday 4.30pm	Victor R-7 Oval	Program 1
22-23	Sat/Sun	SA Athletics Stadium	SALAA Combined Event
28	Friday 4.30pm	Victor R-7 Oval	Program 2
MARCH			
7	Friday 4.30pm	Victor R-7 Oval	Program 3
14	Friday 4.30pm	Victor R-7 Oval	Club Relay Night
16	Sunday	SA Athletics Stadium	State Challenge
22-23	Sat/Sun	SA Athletics Stadium	State Individual Championships
28	Friday 4.30pm	Yacht Club	Presentation Night & AGM
*SCAC Cross Country – June 2025, Encounter Lutheran.			
*Cross Country Championships – July 2025		*Race Walking also May – July	



SOUTH COAST ATHLETICS

TRACK & FIELD LAYOUT



SCAC MAP 2018/19

LEGEND	DESCRIPTION
HQ	SCAC Office/Shed
DIS-1	Discus 1
SP-1	Shot Put 1
LJ-G	Long Jump (grass)
LJ/TJ-S	Long / Triple Jump (synthetic)
VORT	Vortex
JAV-1	Javlin 1
HJ-F	High Jump (frosby)
HJ-S	High Jump (scissor)
DIS-2	Discus 2
SP-2	Shot Put 2



SCAC MAP 2018-19 A