

Kiama Little Athletics Centre Inc.



**Centre Handbook
2025/2026 Season**

WELCOME

Welcome to Kiama Little Athletics for the 2025/2026 season. If you are new to Little Athletics, or our Centre, we would like to take this opportunity to thank you for joining us. We sincerely hope that your decision to come to Kiama results in a pleasurable experience.

Little Athletics is family oriented - everyone should be involved. All levels of athletes are encouraged to join. Our aim is to encourage children to participate in sport and improve their personal abilities, whilst creating friendships.

Our weekly competitions are held at the Kiama Sporting Complex, Havilah Place, Kiama.



Week 1 of the season will start at 9:00am on Saturday 20th September 2025. Competition will then move to 5:30pm Friday evenings as of Friday 10th October 2025.

The first two (2) weeks of the season will be treated as "Orientation Days". Athletes and parents will be instructed in the various events during this time. This gives everybody the opportunity to learn in a relaxed and friendly atmosphere. If you are already familiar with the events the "Orientation Days" will allow you to brush up on the finer details and instruct those who are new to the Centre.

Competition and point score will commence on Saturday 4th October 2025.

In the event of adverse weather check our "Kiama Little Athletics" Facebook page or our website (www.lakiama.com).

KIAMA LITTLE ATHLETICS - THE CENTRE

Kiama Little Athletics Centre (often referred to as a Club) is in its 48th year of competition. It was the 114th Little Athletics Centre formed in NSW.

Our postal address is: Kiama Little Athletics Centre Inc.
33 Flinders Avenue
KIAMA DOWNS
NSW 2533

Over the years a dedicated group of people has worked tirelessly to provide the equipment and facilities that are now available to athletes. We ask that all equipment and facilities be treated with the care and due respect they deserve.

We encourage athletes to compete at Carnivals run by other Centres. Coming events will be advertised (See Calendar of Events on Page 15). For further information pertaining to Carnivals that you would like to attend check the noticeboard or speak to a committee member.

ZONE, REGION AND STATE CHAMPIONSHIPS

Age Groups from 7's to 17's may compete at the Zone Championships with the 8's and up progressing to the Region Championships and the 9's and up progressing to the State Championships.

Athletes must formally apply to compete in Zone Championships. The application process will be communicated during the season.

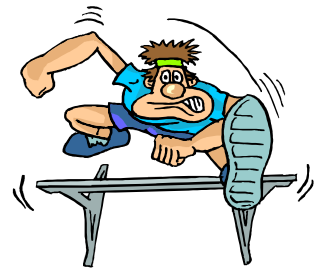
Entry into the Zone Championships is restricted to a maximum of 4 events per athlete in the 7's to 11's Age Groups and a maximum of 6 events per athlete in the 12's to 17's Age Groups.

THE COMMITTEE

President:	Craig Scott	(0414 308 074)
Vice President	Tim Cleal	(0413 571 703)
Secretary:	Lucy Sheers	(0415 955 708)
Treasurer:	Andrew Murray	(0410 677 809)
Registrar:	Mel Glover	(0408 295 147)
Recorder:	Shannon Walker	(0407 988 618)
Uniform Officer:	Carissa Pooley	(0418 183 747)
Canteen Officer	Vacant	
Publicity Officer:	Jason Galloway	(0422 008 066)

General Committee:

Sarah Cook
Bec Darley
Cassie Dove
Erinn Ondiege
Julian Pooley



PARENT PARTICIPATION

So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable.

Typically, the Centre needs assistance with:

- Setting up equipment
- Age Managers for each of the Boys and Girls Age Groups
- Starting races
- Timing races
- Measuring throws and jumps
- Packing equipment away
- Recording results

During competition parents and/or guardians must stay at the ground with their child(ren). Do not simply drop your child(ren) off and leave. Unsupervised children can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the Centre by assisting in the running of events at our regular competitions.

Committee meetings are held on the third (3rd) Wednesday of every month, via Zoom commencing at 7:00pm. All are welcome to attend.

Working bees will be held regularly to maintain the ground and equipment, so if you have a trade, special skill or would simply like to help speak to a committee member for more information. **Please come and support your Centre!**

CLOTHING AND FOOTWEAR

Covered footwear must always be worn during competition and Carnivals.

Whilst wearing the Club uniform during competition is preferable, it is not compulsory. However, athletes must wear Club uniform at all Carnivals. These include local Carnivals, State Relays, Zone, Region, State Combined and State Championships. Failure to wear full uniform at these Carnivals will result in the athlete being disqualified.

Club uniform consists of;

Girls Crop Top with **plain black** bike pants or shorts OR
Sleeveless Shirt with **plain black** bike pants or shorts.

Boys Sleeveless Shirt with **plain black** bike pants or shorts.

Uniforms can be purchased from the Canteen on Saturday mornings and Friday evenings.



Front

Registration Number And Coles Age Patch Positioning

Athletes are required to wear their Registration Number and Coles Age Patch on the front of their uniform, and they are to be clearly visible during competition. The Coles Age Patch can be on the upper left-hand or right-hand side of the singlet or crop top.

Appropriate footwear is compulsory for all competitors in all events. No competitor may wear football boots or cleats in any event. Competitors in the 6's to 10's Age Groups are not permitted to wear spike shoes. Competitors in the 11's Age Group may wear spike shoes in events run entirely in lanes, Long Jump, Triple Jump, High Jump and Javelin. Competitors in the 12's to 17's Age Groups may wear spike shoes in all events except for walks. Spikes may only be worn for the duration of the event and must be carried to and from the event.

AGE GROUPINGS

Athletes must be at least 3 years of age to register. An athlete's Age Group is determined by their age on 31st December. For example, an athlete who is 9 on the 31st December will be in the 10's Age Group. Athletes must compete with the Age Group in which they are registered. It is not permissible for an athlete to compete with another Age Group to be with friends or siblings.

THE POINT SCORE SYSTEM

Tiny Tots

Tiny Tots participate in playtraining activities and receive points for attendance only. No times or distances are measured or recorded.

6's To 17's

The aim of the Club's point score is to encourage all athletes to improve their own personal best efforts. It does not award points for winning but for improving.

The winner of the overall point score is awarded the Dean Blair Memorial Trophy. The winner is not necessarily the most talented athlete but the most consistent in improvement.



Awards are given at the conclusion of the season as follows:

Achievement Ribbon	10 Personal Best results
Medal	20 Personal Best results
Medal	30 Personal Best results
Medal or Trophy	Attendance (60% or greater)



To be eligible for end of year awards an athlete must have attended a minimum of 60% of competition mornings and/or evenings from the start of the season. "Orientation Days" are excluded from this calculation.

Age Managers must record all track and field event results by placing each athlete's time or distance for that event on the appropriate sheet provided at the start of the competition morning or evening.

Age Managers and parents must make sure that all records are immediately verified and signed by an Official from the Committee. The record will then be recognised by the Recorder.

Athletes who nominate to represent the Club at any event conducted over a weekend by LANSW will not be penalised if they choose not to attend Club competition that weekend. These athletes will be logged as attending Club competition if they do attend and compete in the LANSW sanctioned event, and the Recorder is informed.

CLUB RECORDS

Club Records may only be broken at a Kiama Little Athletics point score competition.

WEBSITE / FACEBOOK

Kiama Little Athletics website can be found at lakiama.com. The site is the public face of our Centre. It contains information such as the latest news, calendar, weekly programs and results.

This season Little Athletics NSW (LANSW) has continued their partnership with Melbourne based company "timing SOLUTIONS". Consequently, the "ResultsHQ" system will be available to members of the Kiama Centre this season. "ResultsHQ" is an online application developed to help Centres reduce administration tasks and manage their track and field results more efficiently.

All athlete results will be accessible via the Centre website through this system.
"ResultsHQ" also permits us to provide online family reporting for our members.

We also have a "Kiama Little Athletics" Facebook page that can be used to communicate information to and from the Centre.

LITTLE ATHLETICS NSW WEBSITE

Visit the Little Athletics NSW website at lansw.com.au for the latest news and information relating to competitions.

INJURED/SICK ATHLETES

Report all injuries, no matter how minor they may seem, to a committee member at the time of the injury so that they can be recorded in the Centre's injury register. Any athlete who is injured during competition must report to a committee member who will direct them to the First Aid Officer.

If an athlete suffers a long-term injury or illness the Recorder should be informed so that the athlete's condition can be considered for attendance purposes.



CODES OF BEHAVIOUR

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the way our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies "Codes of Behaviour".

The privilege of membership with LANSW may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of LANSW and in breach of the "Codes of Behaviour".

Parents should not become involved in any dispute with athletes, other parents or Officials. If you have any problems, concerns or questions please direct them to a member of the Committee.

The "Codes of Conduct" and "Behavioural Guidelines" are freely available from the LANSW web site.

Little Athletics is a smoke/vape free zone. Smoking of any substance and/or vaping are not permitted in the area of competition, areas posted with no smoking signs or in the vicinity of athletes and spectators. Please note that all sporting grounds within the Kiama Municipality have been designated smoke/vape free by Kiama Municipal Council.

Little Athletics is also an alcohol-free zone. Consumption of alcohol at any Little Athletics competition or carnival is not permitted.

Do not bring your dog to Little Athletics even if it is on a leash. Kiama Municipal Council policy bans dogs from sporting grounds within the Kiama Municipality. This includes the Kiama Sports Complex. Council Rangers can, and will, issue fines if a dog is located within the confines of the Kiama Sports Complex.

GRIEVANCE POLICY

Should you have a grievance place it in writing addressed to the Secretary. Grievances will be actioned by the Committee at the earliest opportunity.

SOME EVENT DETAILS

DISCUS

A discus is an implement in the shape of a plate that the athlete must throw as far as they can. The discus can be made of rubber, wood or plastic. The discus can only be thrown with one hand. Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle. The athlete must not leave the circle until the discus has landed. Athletes must be told the reason they have been fouled. Athletes can enter the circle from any direction (front or back) but they must exit from the back half of the circle. Measurement is from the nearest edge of the landing mark of the discus to the inside edge of the circle. The zero end of the tape goes out to where the discus lands. The tape must be pulled directly back through the centre of the circle.

Discus weight varies with age as follows:

Tiny Tots	6's & 7's	8's, 9's, 10's & 11's	12's & 13's
Foam Discus	350g	500g	750g

14's, 15's, 16's & 17's Girls	16's & 17's Boys
1kg	1.5kg

SHOT PUT

A shot is a circular metal ball that athletes must "put" (pushing motion) as far as they can. The shot can only be put with one hand. The shot cannot be thrown like a ball. Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle. The athlete must not leave the circle until the shot has landed. Athletes must be told the reason they have been fouled. Athletes can enter the circle from any direction (front or back) but they must exit from the back half of the circle. Measurement is from the nearest edge of the landing mark of the shot to the inside edge of the stop board. The zero end of the tape goes out to where the shot lands. The tape must be pulled directly back through the centre of the circle.

Shot Put weight varies with age as follows:

Tiny Tots	6's	7's	8's	9's, 10's, 11's & 12's
Tennis Ball	500g (Pink)	1kg (Blue)	1.5kg (Yellow)	2kg (Orange)

13's, 14's Girls 15's, 16's & 17's Girls	14's & 15's Boys	16's & 17's Boys
3kg (White)	4kg (Red)	5kg (Green)

HURDLES

Hurdling is basically an extension of running. The first leg over the hurdle is called the "lead leg" and the second leg over is called the "trail leg". The lead leg comes straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle). The trail leg is lifted to the side with heel to bottom. The knee is pulled around and through to the chest and then the foot is planted in the direction the athlete is running (Some coaches like to tell their athletes to pop the balloon for this part of the action).

Height of the hurdles and race length varies with age as follows:

Age	8's & 9's	10's	11's	12's	13's Girls
Height	45cm	60cm	60cm	68cm	76cm
Distance	60m	60m	80m	80m	80m

Age	13's Boys, 14's Girls & 15's Girls	14's Boys, 15's Boys, 16's & 17's Girls	16's & 17's Boys
Height	76cm	76cm	76cm
Distance	90m	100m	110m

WALK

Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position. The advancing foot of the walker must make contact with the ground before the rear

foot leaves the ground. The advancing leg shall be straightened (ie. not bent at the knee) from the moment of first contact with the ground.

A combined Walk may be conducted for 9's and up as a training event only. If requested this Walk will be held twenty (20) minutes prior to the normal starting time on Week 2 of the program. Please note that athletes who choose to compete in the Walk will not be awarded points because this is a training event held prior to the commencement of competition.

LONG JUMP and TRIPLE JUMP

6's to 10's Long Jump measurement is from the imprint made in the sand on the 50cm take off mat to the nearest break in sand in the pit. 11's to 17's Long Jump measurement is from the edge of the 20cm take off board to the nearest break in sand in the pit.

HIGH JUMP

The scissor technique is the only High Jump technique that can be used by athletes in the 10's Age Group and below. Athletes in the 11's Age Group and above are permitted to use the fosbury flop technique. The height of the crossbar should be checked at both ends to confirm it is horizontal and, in the centre, to confirm the correct height.

JAVELIN

A javelin is an implement in the shape of a spear that the athlete must throw as far as they can. For the throw to be measured the athlete must not turn his or her back to the landing area at any stage during their approach and throw; they must throw the javelin over the upper part of their throwing arm; and they must not cross the foul line at any time. The javelin must also land tip first and within the marked sector.

Javelin weight varies with age as follows:

11's & 12's	13's Girls	13's Boys	14's, 15's, 16's & 17's Girls	14's, 15's, 16's & 17's Boys
400g	400g	600g	500g	700g

TURBOJAV

A Turbojav is made of plastic and has a rubber tip. It weighs 300g, is about a third the length of a Javelin and has fins to assist flight. Turbojav is intended as an introduction to Javelin and is a playtraining event.

DEAN BLAIR MEMORIAL TROPHY

Dean Blair was a member of Kiama Little Athletics Centre from September to December 1980. During his short but exceptionally progressive membership he excelled in both track and field events. Having had no coaching, he was a natural athlete. Joining at the age of 9 he broke 15 records in 3 months. Some of his achievements were:

100m	14.6	60m/h	10.27
200m	29.80	Discus	23.9m
400m	1.06.8	Long Jump	4.35m
800m	2.42.1		



Dean displayed a great degree of enthusiasm, sportsmanship and co-operation, all valuable characteristics for achieving success in athletics. His one aim was to be good enough to compete at the Olympics. Tragically he died on the 5th December 1980 as a result of a playground accident at school. At the time he had been looking forward to and preparing for the Zone Championships and had entered in four (4) events. He died the day before the Zone Championships began. As a result, the idea of a perpetual trophy for the point score winner of the Kiama Centre came into being.

Past winners of the Dean Blair Memorial Trophy are:

1981	Karen Tieck	1998	Jarred Poppett	2015	Ella Cleal-Cook
1982	Glenn Doney	1999	Rebekah Tobin	2016	Lachlan Poole
1983	Leanne Wilford	2000	Paul James-White	2017	Lachlan Poole
1984	Debbie Smith		Jessica Davies	2018	Isabelle Hodgson
1985	Rennae Brennan	2001	Kieran Forrest	2019	Isabelle Hodgson
1986	Mark Pardoe	2002	Lauren Hatton	2020	Maiya Hewitt
1987	Hayley O'Sullivan	2003	Emily Forrest	2021	Eadie Cychowski
	Damien Piper	2004	Alanna Smith	2022	Anna Cychowski
1988	David Lange	2005	Talissa Scott	2023	Isaac Winchester
1989	Danielle Scott	2006	Talissa Scott	2024	Mackenzie Massey
1990	Matthew Bowden	2007	Talissa Scott	2025	Nate Blazic
1991	Nicholas Cooper	2008	Larni Cowgill		
1992	Monika DiMaio	2009	Jake Cleal-Cook		
1993	Jasmine Bell	2010	Sienna Waldie		
1994	Paul Ross	2011	Jasper Arnold		
1995	Andrew Poppett	2012	Ella Cleal-Cook		
1996	Vanessa Poppett	2013	Jake Cleal-Cook		
1997	Andrew Poppett	2014	Jonah Nieborak		



COACHING

Kiama Little Athletics will conduct coaching sessions at the Kiama Sports Complex on Monday and Wednesday afternoons. Sessions commence at 4:00pm and conclude at 6:00pm. Unfortunately, we do not have High Jump or Throws coaches this season. Coaching is offered free of charge to athletes from 8's up regardless of ability.

Coaching will commence at 4:00pm on Monday, 22nd September 2025.

The Centre is very fortunate to have the services of an experienced coach who has completed the prerequisite "Working With Children Check".

Don Hodgekiss (0422 814 610) has been coaching little athletes for more than forty-five (45) years and is a life member of Kiama Little Athletics.



If you would like more information regarding coaching, feel free to approach a committee member.

Remember athletes from 8's up will be coached regardless of ability.

Non-cooperative or misbehaving athletes may be excluded from coaching sessions if necessary.

Parents are requested to remain for the duration of coaching sessions to assist the coach as required and in case a child injures him/herself.

Athletes are asked to bring adequate fluids as well as a tracksuit or suitable warm clothing to wear after coaching sessions have been completed.

In the event of inclement weather, the coach may suspend training at any time.

Should this occur the coach is under no obligation whatsoever to stay at the ground and look after any child whose parent/guardian has chosen not to stay for the duration of the coaching session.

SPONSORS

Kiama Little Athletics asks that you support our sponsors.

KIAMA LEAGUES CLUB

Come and visit the Club with the friendly family atmosphere and a comfortable Sports Bar with all the facilities for the punter.

McDONALD'S

McDonald's is the major sponsor of Little Athletics NSW. In return for their wonderful support, the McDONALD'S logo will be proudly displayed on individual registration numbers.

COLES

Coles is an Australian supermarket, retail and consumer services chain and the national naming rights partner of Little Athletics Australia.

HART SPORT

HART SPORT, a Queensland based equipment supplier, is the preferred supplier of equipment to LANSW and its Centres. Individuals are also encouraged to purchase all equipment from Hart Sport.

KEEP ON RUNNING

Keep On Running is a specialist running store. They stock running shoes, lightweight/racing shoes and a large range of track shoes.

RAW C

Raw C is an Australian-owned company that produces a range of coconut-based products, primarily focusing on coconut water, milk, and oil.

TENSEGRITY SPORTS CLINICS

Tensegrity Clinics is a team of chiropractors, remedial massage therapists and exercise physiologists, and was founded in 2012 in Sydney. Their purpose is to provide highly accessible, cost-effective and quality treatment of all non-surgical muscle, bone, joint, tendon and ligament injuries and muscular pain.

VALOUR

Since 2009 Valour have designed, manufactured and supplied high performance sportswear and sports uniforms to over 1,000,000 young athletes.

CALENDAR OF EVENTS 2025/2026 SEASON

2025

Saturday	20 th September	Kiama's Season Commences
Sunday	12 th October	Lake Illawarra October Carnival
Sunday	26 th October	Albion Park Carnival
Sunday	2 nd November	St Georges Basin Dragon Derby
Sunday	23 rd November	Shoalhaven Gala Day
Saturday	6 th December	Zone Championships Day 1 - Kiama
Sunday	7 th December	Zone Championships Day 2 - Kiama
Friday	12 th December	Last Night Kiama Competition (Xmas Break)



2026

Friday	9 th January	Kiama Competition Recommences
Sunday	11 th January	Lake Illawarra Summer Carnival
Saturday	7 th February	Region Championships Day 1 - Wollongong
Sunday	8 th February	Region Championships Day 2 - Wollongong
Saturday	28 th February	State Combined Event Day 1 - Maitland
Sunday	1 st March	State Combined Event Day 2 - Maitland
Friday	6 th March	Last night of Kiama's Competition
Thursday	12 th March	NSW Junior Champs (13's To 19's) Day 1 - SOPAC
Friday	13 th March	NSW Junior Champs (13's To 19's) Day 2 - SOPAC
Saturday	14 th March	NSW Junior Champs (13's To 19's) Day 3 - SOPAC
Sunday	15 th March	NSW Junior Champs (13's To 19's) Day 4 - SOPAC
Saturday	21 st March	LANSW State Champs (9's To 12's) Day 1 - SOPAC
Sunday	22 nd March	LANSW State Champs (9's To 12's) Day 2 - SOPAC
Friday	10 th April	Presentation - Kiama Leagues Club
Friday	10 th April	AGM - Kiama Leagues Club
TBA	TBA	State Road Walks - TBA
TBA	TBA	State Cross Country - TBA





WEEKLY PROGRAMS 2025/2026 SEASON

WEEK 1 (A)	Tiny Tots	6's	7's	8's	9's	10's	11's	12's	13's	14's	15's, 16's & 17's
	50m*	50m	50m	400m	400m	400m	400m	400m	400m	400m	400m
	100m*	Play Hurd*	Play Hurd*	60m/h	60m/h	60m/h	80m/h	80m/h	200m/h-200m	300m/h-200m	300m/h-200m
	Long Jump*	150m	Discus	Shot	Long Jump	Long Jump	Shot	Triple Jump	Shot	Shot	Shot
	Discus*	Discus	Turbojav*	High Jump*	Shot	Discus	Javelin	Javelin	High Jump	High Jump	High Jump

WEEK 2 (B)	70m*	200m	200m	200m	200m	200m	200m	200m	800m	800m	800m
	100m*	70m	70m	70m	70m	70m	800m	800m	80-90m/h	90-100m/h	90-100-110m/h
	Turbojav*	Discus	Shot	Discus	Shot	Long Jump	Triple Jump	Discus	Discus	Discus	Discus
	Play Hurdle*	Turbojav*	High Jump*	Long Jump	Turbojav*	Turbojav*	High Jump	High Jump	Triple Jump	Triple Jump	Triple Jump

WEEK 3 (C)	70m*	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	100m*	300m	500m	700m	800m	800m	1500m	1500m	1500-3000m	1500-3000m	1500-3000m
	Long Jump*	Long Jump	Long Jump	Shot	Discus	High Jump	Discus	Shot	Javelin	Javelin	Javelin
	Ten Ball Shot*	Shot	Discus	Turbojav*	High Jump	Shot	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump

* Denotes Playtraining Event

Kiama Little Athletics

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Shading Indicates The First Event For Each Age Group