

Guidelines for Participation

All children at our Centre participate in the full range of athletic events. The program is varied and well balanced. Event specialisation is actively discouraged at all age levels.

Parents and coaches teach children to be good winners as well as good losers. The major emphasis is on personal improvement, not winning.

Little Athletics is a family activity, NOT a child minding service. The involvement of parents goes hand in hand with participation of the children for the enjoyment of all. Children may not be left at Little Athletics without appropriate adult supervision, as agreed to at the time of registration.

Club Rules

- Smoking is prohibited at ALL LITTLE ATHLETICS venues. It is also prohibited on any part of the grounds of the Pembroke School (including the carpark).
- No alcohol is to be consumed on the grounds of Pembroke School.
- Shoes must be worn as part of the uniform at all times and at training.
- The Club's hat must be worn and not just any baseball cap.
- The chaperone of each age group may dismiss any athlete from an event, or from the competition as a whole, if they fail to behave appropriately.
- ANY unacceptable behaviour must be reported to the Club President.

Athlete's Behaviour

We expect that all athletes will exhibit appropriate behaviour at all times. This includes not only competing by the rules, but also using good manners and respecting all officials and other competitors. Athletes not complying with our Club's rules will be withdrawn from competition.

Code of Conduct for Athletes

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team Manager, Chaperone or supervising adult to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted at our Centre, or within our sport.
- Work hard for yourself and your Centre.
- Be a good sport. Applaud all good results whether they are by athletes from your Centre or by an opponent.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Cooperate with your coach, Club mates and other participants. Without them there would be no competition.
- Participate in Athletics for the fun of it and try to achieve your best.
- Respect other athletes by being quiet while they are participating, you may be finished but they may not be.

Parents - Doing the best you can!

Volunteer parents from the Club's Committee are responsible for the administration of Club affairs and the development of a relaxed atmosphere in which our children can participate. To enable the Club to operate efficiently parental support is essential. FULL PARENTAL SUPPORT IS REQUIRED AND EXPECTED EACH WEEK. It is not necessary for helpers to have any knowledge of athletics; there are lots of jobs that just need willing hands. Helpful parents mean our athletes have the opportunity to be successful in striving to achieve their best.

As a Little Athletics parent you are expected to:

- Assist each weekly meeting by:
 - Setting up and packing up equipment.
 - Measuring field events.
 - Timekeeping.
 - Chaperoning age groups and recording results.
 - Cooking the weekly BBQ .
 - Assisting with the Canteen.
 - Support all athletes in their participation and achievements.
 - Model appropriate behaviour towards athletes and adults alike.
 - Be encouraging of all athletes.
 - Not smoke or consume alcohol anywhere on the school grounds (even in the carpark).
 - Be at the Centre while your child(ren) compete for the duration of ALL events.
- Coaching and Officials courses are offered through SALAA and any committee member can assist with more information.