

# SEASON HANDBOOK 2019-2020



**Celebrating our 51<sup>st</sup> season  
of Family, Fun and Fitness**

Judged by Little Athletics Victoria as the  
BEST centre in the Southern Metro Region and  
3<sup>rd</sup> BEST centre in Victoria for 2015-16

[www.lachelsea.com.au](http://www.lachelsea.com.au)

This handbook is available on-line at [www.lachelsea.com.au](http://www.lachelsea.com.au)

## LITTLE ATHLETICS CHELSEA - CENTRE POLICY

### Parent help...

Little Athletics Chelsea is a **totally voluntary** organisation and relies on parents to help with the general running of competition - whether it is roles like measuring, raking, recording, being an age group co-ordinator, a starting marshal or an assistant. Importantly, this is a terrific way for parents to be involved in their child's sporting interest.

To ensure our weekly program runs efficiently, we ask that each family undertake a minimum of **three** compulsory duties throughout the season - with a choice of assisting with set up, pack up, BBQ, canteen, timing gates, starting or working bee.

Families can simply nominate their duties on a roster at the clubrooms prior to the season. The roster was introduced for the first time in 2015-16 and we thank parents for their continued support.

For those parents unsure of how to help, information sessions and courses are run at various times of the season, and committee members are more than happy to lend a hand.

Little Athletics Victoria also provides training for starters, coaches, On Track co-ordinators and officials, which can be subsidised by the centre. For more details, see the 'Clinics and Workshops' section within the Participate tab on our website.

### Welcome a board

Little Athletics Chelsea encourages everyone to be involved and assist in the centre's decision-making process.

Parents are invited to express interest in any of our committees, and there is no restriction to the number of areas in which parents can help. These include arena management, fundraising & sponsorship, handbook writing, coaching and training, membership retention, website design, promotion and the running of special events such as our Ray White Chelsea Gift Day and Open Day. In most instances, communication is done via email.

The centre values your input and thoughts, so please feel free to pass on any ideas that you may have.

**A reminder that at every competition event there must be at least one parent/guardian present, as athletes without parental supervision may not be able to participate.**

### T-shirt patch...

**A**ll athletes are required to wear the provided t-shirt patch with bar code at all times during centre activities. This is a safety and sponsorship requirement, and enables officials and co-ordinators to know your child's name and age group. In the case of an accident or emergency, the child's name can be accessed quickly.

Parents must detail any medical problems on the registration form and it is recommended they list these on the back of the shirt patch. The bar code also ensures athletes' results are recorded and tracked in our on-line results data system. Results can then simply be checked on the centre's website.

To ensure long life of the patch, it is recommended that Velcro be purchased so the patch can be removed without damage and the clothing washed. Patches can also be laminated. If it is lost or damaged, a replacement patch must be purchased for \$5, please see uniform co-ordinator Sue Hendricks. Athletes without a chest patch may be prevented from competing as they are in breach of membership requirements.

*Also refer to the on-line centre policy on wearing of the sponsor/name shirt patch.*

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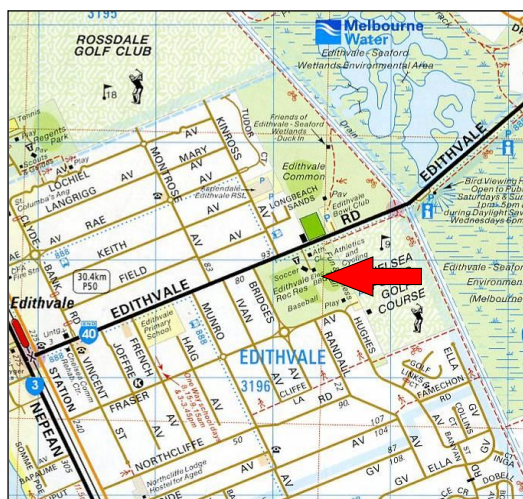
## Life members...

Little Athletics Chelsea wishes to recognise the following people and to thank them for their efforts and contributions...

Mr Jim Rankin	Mr John Van Echteld	Mr Peter Richardson
Mr Lindsay Best	Mr Brian Gray	Mr Ian Brown
Mr John Ellem (dec)	Mr Frank Sullivan	Mr Doug Gittens
Mrs Ann Riley	Mr Paul Riley	Mrs Faye Cornwill
Mrs Carol Butterfield	Mr Greg Butterfield	Mr Ian Dornom
Mr Steve Downie	Mr Trevor Sasman	Mr Mark Thomas
Mrs Ros MacInnes	Mr Terry Clark	Mr Ray Fyans
Mrs Elaine Simpson	Mrs Sue Davis	Mrs Liz Scammell
Mr Alan Senior	Mr Michael Stock	Mrs Anne Mellett
Mr Carlo Ballerini	Mr Andrew Holten	Mr Peter Crawford
Mr Richard Cullen	Ms Claudette (MacDonald) Lopez	Mrs Sue Hendricks (2015/16)
Mrs Prue Mitchell (2015-16)	Mr Anthony Cafarella (2016-17)	Mrs Dani Macfarlane (2017-18)
Mr Gary Macfarlane (2017/18)	Mrs Karen Vella (2018-19)	

## Contact details...

Email	:	chelsea@lavic.com.au
Website	:	<a href="http://www.lachelsea.com.au">www.lachelsea.com.au</a>
	:	<a href="http://www.mobile.lachelsea.com.au">www.mobile.lachelsea.com.au</a> (mobile optimised)
Social Media	:	<a href="https://www.twitter.com/athschelsea">www.twitter.com/athschelsea</a> <a href="https://www.facebook.com/LittleAthleticsChelsea">www.facebook.com/LittleAthleticsChelsea</a> <a href="https://www.youtube.com/user/ChelseaLittleAths">www.youtube.com/user/ChelseaLittleAths</a>
Postal Address	:	P.O. BOX 87, CHELSEA, VICTORIA, 3196
Phone Number	:	0419 090 458



### Centre location:

H.D. (Bert) Thomas Pavillion  
Edithvale Recreation Reserve  
Bridges Ave, Edithvale  
Look for the grass running track at the bicycle velodrome

Melway map ref: 93 C9



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Little Athletics Chelsea**

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12th Ray White Chelsea Gift  
in 2019/20**

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**Ph: 9772 5333**

**[www.raywhitechelsea.com.au](http://www.raywhitechelsea.com.au)**

## Roles & responsibilities...

There are no supplied officials at centre level in little athletics and the centre can only function with the assistance of volunteers, i.e. parents, caregivers.

A number of tasks have to be performed each season to ensure that the centre functions efficiently, resulting in maximum enjoyment for all participating. Many tasks whilst essential are quite simple and require minimal effort and time.

If you can contribute in any area, your help would be greatly appreciated. Please see a committee member for information.

The centre extends a big thanks to those people listed below...

Role	Responsible Person
<b>President</b>	<b>Shane Adams</b>
<b>Vice-President</b>	<b>George Lai</b>
<b>Secretary</b>	<b>John Tsiros</b>
<b>Treasurer</b>	<b>Matthew Jackson</b>
<b>Registrar</b>	<b>Wendy Bartleman</b>
<b>On Track</b>	<b>Dani Macfarlane, Karla Wallis</b>
<b>Uniform, First Aid Working With Children Registrar</b>	<b>Sue Hendricks</b>
<b>Track marker</b>	<b>Gary Macfarlane</b>
<b>Age Groups Co-ordinator</b>	<b>Dani Macfarlane, Cameron Whillas</b>
<b>Coaching / Training</b>	<b>John Tsiros, Paulo Lay, Andrew Pribil</b>
<b>Starters' Marshall</b>	<b>Kaih Mitchell</b>
<b>Canteen</b>	<b>Amy Menhennitt Jenny Woodhouse</b>
<b>Ray White Chelsea Gift</b>	<b>Anthony Cafarella</b>
<b>BBQ</b>	<b>Committee</b>
<b>Relays</b>	<b>John Tsiros</b>
<b>Sponsorship</b>	<b>Committee</b>
<b>Results and Data Entry</b>	<b>Janelle Russo, Wendy Bartleman</b>
<b>Communications</b>	<b>Greg Russo</b>

## President's welcome...

**W**elcome to the 2019-20 season of Chelsea Little Athletics.

As the new Centre President, I look forward to welcoming you all back for what should be another fantastic season.

After the success of our 50<sup>th</sup> year celebrations last season, the Centre Committee has been busy in the off-season to ensure that we have another action-packed program this year.



Events such as the 12<sup>th</sup> consecutive Ray White Chelsea Gift in early December, our Relaython and the Bendigo Bank Medallion Day which will round out the season in late March, will help to ensure that all athletes have a fun and enjoyable experience throughout the 2019-20 season.

Athletes will also have the opportunity to represent Chelsea at a number of external events such as regional and state championships as well as having the chance to compete in team relay events.

To ensure that you stay up-to-date with all the events taking place, please keep an eye on our website and Facebook page which will be updated regularly with all our latest news and information.

I would also like to take this opportunity to thank our outgoing President Greg Russo, who over the last four seasons in the position has given great service, and has introduced many fantastic new initiatives.

We should also take the time to recognise the contribution our volunteers made last season to ensure that our 50<sup>th</sup> season celebrations were such a great success. The centre is in a very strong position and for that we are extremely grateful for all the hard work the committee continues to put in.

The Committee and I would also like to thank the ongoing support from all our sponsors.

Community sport relies heavily on the support of the local community, and we are grateful for all the ongoing support that we receive.

In closing, I hope that everyone has a fantastic season full of fun and enjoyment, and I look forward to seeing you all down at the track.

Enjoy your athletics & BE YOUR BEST

***Shane Adams,  
September 2019***



## Committee 2019-20...

### PRESIDENT



**SHANE ADAMS**

**0407 324 449**

[president@lachelsea.com.au](mailto:president@lachelsea.com.au)

### VICE PRESIDENT



**GEORGE LAI**

**0408 843 197**

[vicepresident@lachelsea.com.au](mailto:vicepresident@lachelsea.com.au)

### SECRETARY



**JOHN TSIROS**

**0421 732 449**

[secretary@lachelsea.com.au](mailto:secretary@lachelsea.com.au)

### TREASURER



**MATTHEW JACKSON**

**0409 534 440**

[treasurer@lachelsea.com.au](mailto:treasurer@lachelsea.com.au)

### GENERAL COMMITTEE MEMBERS 2019-20

**GREG RUSSO**  
**DANI MACFARLANE**  
**ANTHONY CAFARELLA**  
**AMY MENHENNITT**

**CAMERON WHILLAS**  
**PAULO LAY**  
**AMY PERKIN**  
**KARLA WALLIS**

**GARY MACFARLANE**  
**ANDREW PRIBIL**  
**GLEN SHEPPARD**

**We** welcome all members to our monthly committee meetings and to come along and be a part of the decision making process. You may also wish to consider joining the Centre committee. It really is a wonderful way to get involved and help shape the future of our centre. Feel free to ask a committee member about what is involved and how you can help. And with our **51<sup>st</sup> season** promises to be an extra exciting time to be involved.

**Committee meetings:** Wednesdays after the 3<sup>rd</sup> Tuesday of the month at 8pm in the Little Athletics Chelsea clubrooms. All most welcome...

### CENTRE UNIFORM

**Centre Colours:** Yellow, white, red & black singlet / shirt / polo black shorts

**Centre Number:** 60 (Chelsea was the 60<sup>th</sup> little athletics centre established in Victoria)







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## Uniforms & clothing...

All athletes must wear the official Chelsea uniform. This consists of the Chelsea t-shirt or singlet, black shorts, white socks and runners. A black shirt can be worn under the Chelsea singlet. Uniforms can be purchased at the clubrooms. Shorts without pockets are recommended to prevent fingers potentially getting caught when competing.

The former club t-shirts (red, white, yellow) can no longer be worn.

Uniforms are available in sizes to suit all - children and adults. You can order clothing through our Uniform Co-Ordinator Sue Hendricks. Uniforms may be purchased at the clubrooms. It is recommended that tops are purchased early in the season.

At centre level, when athletes compete at regional & state championship events, shorts must not depict any manufacturer or company logos. The official centre uniform is to be worn at regional and state championships and at other centre's Open Days.

Athletes are welcome to do a one week trial free of charge, however must register on-line beforehand. To trial, we encourage athletes to wear black shorts and either a red, white or yellow t-shirt (to match our centre colours).

### OFFICIAL CENTRE UNIFORM



Centre Singlet \$35



Centre T-Shirt \$35



Centre/Club Shorts (Black) \$20

### OTHER UNIFORM ITEMS



Centre Polo \$40



Centre Tracksuit Top \$50-\$55



Centre Hoodie Top \$50-\$55

# Season calendar & weekly events programs 2019-20...

*Please see our website for the Season Calendar*

WEEKLY EVENT PROGRAM - 1					
Age Group	Event				
U/6	70m	200m*	Discus	On Track	
U/7	70m	200m	Shot Put	On Track	
U/8	70m	200m	400m*	Turbo Javelin	Long Jump
U/9	70m	200m	400m	Shot Put	Scissor Jump
U/10	70m	200m	400m	Discus	Long Jump
U/11	100m	200m	400m	Discus	Triple Jump
U/12	100m	200m	400m	Shot Put	Triple Jump
U/13	100m	200m	400m	Javelin	High Jump
U/14	100m	200m	400m	Javelin	High Jump
U/15	100m	200m	400m	Javelin	High Jump
U/16	100m	200m	400m	Javelin	High Jump

\*U6 200m unlaned race, \*U8 400m unlaned race

WEEKLY EVENT PROGRAM - 2					
Age Group	Event				
U/6	70m	100m	Shot Put	On Track	
U/7	70m	100m	Long Jump	On Track	
U/8	60m hurdles	70m	100m	Discus	Scissor Jump
U/9	60m hurdles	100m	800m	Discus	Long Jump
U/10	60m hurdles	100m	800m	Turbo Javelin	Long Jump
U/11	81m hurdles	100m	800m	Shot Put	Long Jump
U/12	81m hurdles	100m	800m	Javelin	High Jump
U/13	200m hurdles	100m	800m	Shot Put	Long Jump
U/14	200m hurdles	100m	800m	Shot Put	Long Jump
U/15	300m hurdles	100m	800m	Shot Put	Long Jump
U/16	300m hurdles	100m	800m	Shot Put	Long Jump

WEEKLY EVENT PROGRAM - 3					
Age Group	Event				
U/6	70m	100m	Long Jump	On Track	
U/7	70m	100m	Discus	On Track	
U/8	60m hurdles	70m	100m	Shot Put	Long Jump
U/9	60m hurdles	70m	100m	Turbo Javelin	Long Jump
U/10	60m hurdles	70m	100m	Shot Put	Scissor Jump
U/11	81m hurdles	100m	1500m	Javelin	High Jump
U/12	81m hurdles	100m	1500m	Discus	Long Jump
U/13	81m hurdles	100m	1500m	Discus	Triple Jump
U/14	81/90m hurdles	100m	1500m	Discus	Triple Jump
U/15	90/100m hurdles	100m	1500m	Discus	Triple Jump
U/16	90/100m hurdles	100m	1500m	Discus	Triple Jump

***Note: Event Programs are subject to change. All efforts to advise changes are endeavoured to be published on the centre website and members notified via email/newsletter.***

## On competition days...

- ▶ At **7.30am** on Saturdays, those rostered on for set-up begin to set up the equipment, canteen and BBQ. For Friday twilights, set-up is from **4.15pm**.
- ▶ Athletes must wear the approved centre uniforms with their t-shirt patch-name-barcode displayed.
- ▶ At 8.30am on Saturdays and 5pm on Fridays, we start our competition program with the warm up exercises. Announcements are made and any awards or important notices are presented.
- ▶ U8 and above age groups participate in up to 5 events per week, according to the weekly events program. U6 and U7 age groups participate in up to 3 events per week, according to the weekly events program plus On-Track activities.
- ▶ The athletes are organised into their age groups with their Age Group Co-ordinator or with the On Track Co-ordinator (U6 & U7), ready to commence their starting events at **8.45am** on Saturday, and **5.15pm** on Friday twilights.
- ▶ Athletes or Age-Group Co-ordinators should wait for the Program Marshall or Ground Announcer to advise when their next event is to be conducted. Announcements will be made over the public address system to direct age groups to their next event - see age group folders/days program. This ensures that the program will run smoothly with all age groups completing the day's events at about the same time, with minimal clashing, and delays between events.  
**Important: Please wait to be called or check with the program marshal or ground announcer that the venue is available for your age group before proceeding to the next event.**
- ▶ Events are conducted under the Competition / Centre Rules listed on page 29 (but not limited to those listed).
- ▶ Athletes, parents and officials should show due consideration to events in progress, whether on the track or field. Be aware at all times when crossing the track (only at crossover cones) of competing athletes, for their and your own protection. **Crossing the path of the long/triple jump runways when an event is in progress is not permitted.** Also be aware of the throwing events areas, i.e. shot put, discus and javelin areas. Note, discus and javelins travel at high speeds and can cause serious injury.
- ▶ Our recording sheets are updated weekly to show each athlete's current Personal Best so that instant recognition and encouragement can be given at the event.
- ▶ The recording sheets are entered into our database to:
  - record athletes' PERFORMANCES
  - highlight and update PERSONAL BESTS
  - highlight and update CENTRE RECORDS
  - calculate INDIVIDUAL PERFORMANCE POINTS
  - Weekly results can be viewed on our website at [www.lachelsea.com.au](http://www.lachelsea.com.au)
  - Athletes can view and add performances in on-line ticketing books
- ▶ We aim to finish by 11.30am (younger groups U6-U7 earlier), after which rostered parents are to help with pack up. Field events pack up should be completed by the last age group to complete that event - check with Ground Marshall/Age Group Co-ordinator folder/daily program.
- ▶ **Please note there must be at least one parent/guardian present at all times.**



## Adverse weather...

The athletics arena at Edithvale Reserve incorporates a grass track. Drainage facilities are excellent and generally only the most severe conditions (e.g. continuous rain) results in a cancellation of the day's competition. If the grass surface or jumps pits are overly wet, then hurdles and long jump / triple jump events if scheduled may be delayed or cancelled, to reduce the chance of injury.

The Committee takes the decision to cancel a competition very seriously and will delay the decision for cancellation of a program if it appears that, in the case of rain, a break in the weather will occur. We understand that it is impractical to delay for an extended period, and advise that if a message has not appeared by 8.15am on our website and/or social media pages then the program is indeed running. The final decision will be made by 9.30am or 5.00pm in the case of morning or twilight meetings respectively.

## Insurance...

Insurance cover, provided by V-Insurance Group, Corporate authorised representative of Willis, is available to all registered athletes and volunteer helpers (all of whom must sign the Register of Ordinary Members). Cover is provided by Little Athletics Victoria for injuries solely caused by active participation in officially organised events, practice and training sessions and official functions, including when travelling to and from such events.

Claim forms may be obtained from the Centre Secretary, and must be submitted within 30 days of the injury occurring. Injuries should be reported to a Centre Official and documented in an accident/injury report form available from the centre clubrooms. Further details available on the LAV website, under Resources.





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# LITTLE ATHLETICS CHELSEA - CENTRE POLICY

## Codes of conduct...



Department of Planning  
and Community Development

The Victorian Code of Conduct for Community Sport outlines behaviours that are expected of every person involved in community sport and active recreation, as well as identifying the types of behaviours that will not be tolerated.

### The Code

Every person: spectator, player, club member, official, participant, administrator, coach, parent or member of the community involved with the sport, should work to ensure:

- ▶ inclusion of every person regardless of their age, gender or sexual orientation
- ▶ inclusion of every person regardless of their race, culture or religion
- ▶ opportunities for people of all abilities to participate in the sport and develop to their full potential
- ▶ respect is shown towards others, the club and the broader community
- ▶ a safe and inclusive environment for all
- ▶ elimination of violent and abusive behaviour
- ▶ protection from sexual harassment or intimidation.

This Code applies to community sport, training and club sanctioned activities.

### CODE OF ETHICS

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All adult participants in Little Athletics should form an accepted pattern of behaviour based on the following ideals.

1. Do not criticise children in front of others, but offer constructive criticism in private.
2. Do not criticise opposing athletes or supporters by word or gesture.
3. Accept decisions made by officials as being fair and called to the best of their ability.
4. Set a good example by your own personal appearance and actions.
5. Make every athletics meeting serve as a training ground for life and as a basis for good mental and physical health.
6. Place the welfare and development of the individual child above the need to win.
7. Do read and put into practice the relevant sections of the "Code of Conduct" document which is available on the Centre website.
8. Support the VicHealth policies outlined in this Handbook.

If Little Athletics is to be enjoyed by all in the spirit of "Family, Fun and Fitness" then the co-operation of all parents, coaches and officials is of primary importance.

The Codes Of Conduct for Athletes, Spectators, Parents, Coaches, Officials, and Administrators is available for viewing on the Centre website.

Little Athletics Chelsea also adheres to the National Child Protection Policy, also available on our website.

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## LITTLE ATHLETICS CHELSEA - CENTRE POLICY

### Sun protection...

The Centre is aware that children are especially susceptible to the sun's rays and that skin cancer can be prevented.

The health of our members is of primary concern for Little Athletics Chelsea.

Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and Little Athletics Chelsea has implemented a preventative strategy including the following actions:

1. Wherever possible competition and training will be scheduled outside the hours of 11.00am to 3.00pm (daylight savings time).
2. The Centre will maximise the use of natural shade provided by buildings and trees.
3. Where possible, portable shade will be provided at all field event venues and in the track marshalling areas.
4. Individuals will be encouraged to bring their own shade structures to all outdoor centre and region activities.
5. Officials and athletes will promote the wearing of sun protective clothing, including: shirts with long sleeves and a collar, wide brimmed or legionnaires hats, and sunglasses.
6. Athletes will be advised to take umbrellas, drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
7. SPF 30+ or higher sunscreen will be promoted and made available by the Centre.
8. Event programs, newsletters and public announcements will be used to maintain awareness of and promote sun protection.
9. Centre Executive members, coaches and officials will act as sun protection role models

The sun protection policy will be reviewed annually to ensure it remains relevant to the needs of the centre.

### **WORKING WITH CHILDREN CHECK – Little Athletics Victoria Policy**

The Victorian Government through the Department of Justice has introduced the "Working with Children Act 2005," which has distinct implications on the conduct of little athletics. The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child – related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with little athletics are now required to have their WWC Check, if they fall into one of the categories below.

- Region Executive Committee members
- Centre Executive Committee members
- Club Executive Committee members
- Coaches
- Officials at State and Region level – (not parent helpers who's child is participating on the day)
- Team Managers
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- First Aid Personnel
- Volunteers at Association run activities, (not Centre events).

Parents, who have a child registered at the centre where they work or volunteer, are exempt from the WWC Check, unless they fall under one of the categories listed above.



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# Page Bros **RV**



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## LITTLE ATHLETICS CHELSEA - CENTRE POLICY

### Healthy food choice...

The Centre is aware that healthy eating is a vital part of good health. We recognise that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all. Enjoying a variety of foods from the different food groups is the key to healthy eating.

The Centre will ensure that a variety of healthy food choices are available at all its activities. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in activities.

The following strategies have been adopted to ensure that a variety of healthy food choices are available at all Centre activities:

1. The Centre canteen (where applicable) will provide a variety of healthy food choices.
2. Healthy food choices will be available at all Centre events and functions.
3. The enjoyment of healthy eating and the role of food in relation to health will be promoted at Centre activities and in Centre publications.
4. Healthy food choices will be displayed more prominently than other foods.
5. Healthy food choices will be priced competitively.
6. The variety of confectionery, potato chips, soft drinks and ice creams will be limited.
7. The Centre will attempt to introduce at least two new healthy food choices to the Centre, each season.

This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.

### **RESPONSIBLE ALCOHOL MANAGEMENT POLICY**

The centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

1. There will be no sale or consumption of alcohol during the conduct of any Little Athletics competition.
2. Where alcohol is consumed at a Centre function the following measures will be taken:
  - i. Alcohol will not be served to minors, or in front of minors
  - ii. Alcohol will not be served to any person who is intoxicated
  - iii. Low alcohol and non-alcoholic drinks will be available and promoted
  - iv. Water will be available at no cost at functions where alcohol is served
  - v. Healthy food options will be available when alcohol is served
  - vi. Members who have been drinking will be encouraged to pursue safe transport options
3. There will be no alcohol advertising at any venue used by the Centre.
4. The Centre will not use alcohol as a prize for fundraising activities.
5. The Centre will comply with Liquor Licensing Victoria (LLV) regulations.

This policy will be endorsed annually to ensure that it remains relevant to the needs of the centre.

## LITTLE ATHLETICS CHELSEA - CENTRE POLICY

### Smoke-free environment...

The Centre is aware that smoking endangers health and believes that all Little Athletics venues and functions should be Smoke-Free. In an open park the venue is defined as “the area inside an imaginary boundary 50 metres from the outside perimeter of the circular track”.

The following strategies have been adopted to promote a Smoke-Free environment:

1. Cigarettes shall not be sold at any venue used by Little Athletics Chelsea.
2. Executive members, coaches and officials will not smoke in view of the public or athletes during the lead up to and conduct of Little Athletics events.
3. All Centre meetings and functions will be smoke-free.
4. All areas within the Centre will be Smoke-Free, including: the clubrooms, canteen, changing room, toilet blocks, spectator areas and competing areas.
5. The Centre will place no smoking signs in prominent positions and remove ashtrays from all no smoking areas.
6. The Centre will ensure that smokers have a place outside the venue or out of public view, where they can smoke, and provide them with ashtrays/bins.
7. Reference will be made to the smoke-free policy in Centre publications
8. Regular announcements will be made to ensure that members and visitors are aware of the Centre’s Smoke-Free policy. Signs provided by the Association will be placed in the venue.
9. All visitors will be required to observe this policy.

Non-compliance with the policy will be handled by an explanation of the Centre’s Smoke-Free policy to the person, including identification areas in which smoking is allowed. In the case of continued non-compliance with the policy, Centre officials will use their discretion as to the steps to be taken, which may include asking the person to leave the premises or function.

***This policy will be endorsed annually to ensure that it remains relevant to the needs of the Centre.***

### Dogs...

***No dogs are allowed on the arena, for any reason, during the season. This is Little Athletics Victoria policy.***

### Bikes...

***No bicycles are permitted on the arena during competition.***

## Information...

### PARENT HELP

Little Athletics needs parent help to run smoothly. It is not demanding and is an excellent way of helping and encouraging our children. It can also be a very social event. Jobs range from measuring discus throws to raking the long jump pits and include setting up equipment and recording results. To share the tasks fairly we have established a roster (see page 2 for more details). Please do your best to be available and on time, or find a replacement if you are unavailable.

### AGE GROUP CO-ORDINATORS

Age Group Co-ordinators and assistants will be appointed for each age group and gender. The age group co-ordinators will be the central contact point for all athletes and parents in that age group as well as the contact person between that group and the program marshal / announcer and key officials. They are responsible for preliminary marshalling for all events for that group. They will also encourage parents of athletes to help out with the events to ensure they run smoothly.

### COACHING



Please refer to weekly newsletters and the centre website for updated information regarding the training schedule for this season. Coaching is for U8 age group and above.

Please refer to our weekly emails, the notice board and the website for further details of what disciplines will be covered each week.

Details: <http://www.lachelsea.com.au/index.php/information-section/clinics-and-workshops/>

### PERSONAL BESTS (PB's)



Athletes are rewarded for their own Personal Best performance. At Chelsea we try to emphasise this aspect by concentrating not on where you may place in an event, but how well you perform against your best and the improvement gained.

For U/8 and above we have special **5 PB** Awards for those fortunate enough to achieve 5 Personal Bests on one day. For U/6 and U/7 we have **3 PB** awards.

If an Athlete gains 3 or more PB's on the one morning, their names are submitted to the local newspaper and the centre website in recognition of their effort.

**Personal Best performances are not tallied for end-of-season awards, even though they may occur, until week 4.** This is to be fair on all age groups so that there is no advantage to those who compete in the same event during the initial six week rotating program.

### RAY WHITE CHELSEA GIFT



The Chelsea Gift, first run in 2008, is now an annual staggered start race held over 100m. The aim of the event is to give any athlete at the Centre the chance of winning the race. Both Senior and Junior categories for the event are available. The race will be run on Saturday 23 March 2019 - as our season finale - and is one of the most keenly contested events at the centre. The Gift is proudly sponsored by Ray White Chelsea.

### CHELSEA OPEN DAY

The Centre will host our annual Open Day in season 2018/19. The event is scheduled for Sunday 20 January 2019. The Open Day is for athletes from age groups U/6 - U/16 and is open to athletes from all centres. It is a showpiece day for Chelsea. Last season about 250 athletes attended. We encourage our athletes to enter neighbouring centre Open Days as this is a valuable and fun experience.



# ASPENDALE TROPHIES



- Club Trophies
- Corporate Trophies
- Engraving
- Plaques
- Medallions
- Giftware
- Badges

**Rosie & Michael Sullivan**

m: 0414 747 153

Ph: 8774 0218

226 Nepean Hwy

Edithvale 3196

[aspendaletrophy@optusnet.com.au](mailto:aspendaletrophy@optusnet.com.au)

[www.aspendaletrophies.com.au](http://www.aspendaletrophies.com.au)

## Information...

### BENDIGO BANK MEDALLION DAY (entry included in annual fees)



Traditionally, this is our last event for the season, after which we have our AGM and Centre Awards Presentation. The program is run as a Multi-Event, with each athlete competing in five events. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the total combined levels of performance achieved. In 2018-19, the format will be slightly different, and will be run earlier in the season as part of our 50<sup>th</sup> season celebrations.

### END OF SEASON AWARDS

Awards are presented at the end of the season based on the number of Personal Bests and performance points accumulated by the athletes during the season. Awards are presented in all age groups from U6-U16. Centre awards are presented in the following categories - Senior Age U13-U16, Intermediate U11-U12, and Junior U9-U10. On Track are presented to U6-U7 athletes in track and field event categories. The U8 age group is recognised as an extension of On-Track. To be eligible for an end of season award an athlete must have competed in a **minimum of 50% of the available Competition Days after the day of registration. Additionally no less than 2 weeks of competition after Christmas Day.**

### ON TRACK



On Track is a progressive Athletics Skills Program that aims to provide children with more:

- activity
- instruction
- skill development
- enjoyment

The program is being implemented throughout the State, with about 75% of all Centres now participating. Our parents and coaches have attended training courses and have been provided with training material to run the On Track modified event program.

The On Track Levels:

- Level 1 - Fundamental Motor Skills
- Level 2 - Fundamental Athletic Skills
- Level 3 - Transitional Athletic Skills

Currently this modified event program, designed by Little Athletics Victoria, is aimed at the U6's to U8's. At Little Athletics Chelsea, we run On Track for the Under 6 and Under 7 age groups, with the athletes then progressing to a full 5-event program at Under 8.

As well as trained On Track Co-ordinators, **we must have parent assistance** to run the program of activities each week. You'll find that by joining in and assisting the co-ordinators, you'll have as much fun as the athletes.

### 2019/20 JUNIOR DEVELOPMENT SQUAD



The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/16 who achieve the performance criteria. Running from mid-October to March, the program consists of numerous activities including coaching days, alternate coaching sessions, coaching camp, education sessions, role model sessions with elite athletes, and a presentation ceremony.

## Information...

### **CENTRE RECORDS**

These are the best recorded performances achieved by Chelsea athletes at normal weekly Chelsea centre competitions. Performances from the Open Day or other venues are not taken into account. Records published on the centre website are correct at the time of printing, however the centre reserves the right to amend any record. The centre maintains a database of all current records which are published on the website.

Centre Records need to be validated by two centre committee executive or authorised members.

### **PERFORMANCE POINTS - INDIVIDUAL**

Each athlete's performance is rated against pre-determined standards. These are tallied for end-of-year awards.

### **SOUTHERN METROPOLITAN REGION**

Southern Metropolitan Region (SMR) is the next organisation level up from our centre. SMR is the largest of the regions, and is comprised of 15 little athletics centres, and approx. 4800 registered members. The Chelsea centre uniform must be worn with the current sew-on sponsorship badge (Coles) when competing at region or state level events. The badge must be worn on the centre uniform above the Little Athletics Victoria logo.

### **REGION & STATE CHAMPIONSHIPS**

Competitions are conducted for relays, multi-event and individual track and field events. Registered athletes in U9 to U15 are eligible to enter Region Relay Championships, the State Multi-event Championships, the Region Track & Field Championships and the State Track & Field Finals at Albert Park.

These championships are run by volunteers and each centre provides a certain number of officials to fulfil specific duties. For each event that an athlete competes in, there are about 6 parent volunteers officiating.

Last season each Chelsea family needed to commit to about 2 to 3 hours of duty per championship. Duties can occur at any timeslot between 8-6pm.

All efforts are made to give each family their preferred time for doing a duty. With the move to on-line registration of athletes for these championships, once you confirm your child's entry you are committing to a duty.

To be eligible an athlete must have competed in at least 50% of the available weekly centre competition days since registering, and have registered at least two weeks prior to the SMR Championship event close of entries date.

### **BRING A FRIEND DAY- this is any normal competition day**

Athletes are asked to invite their friends to come and try our activities at no cost, and then decide if they wish to join the centre. All bring a friend participants must register on-line or at the office before competing in any event.

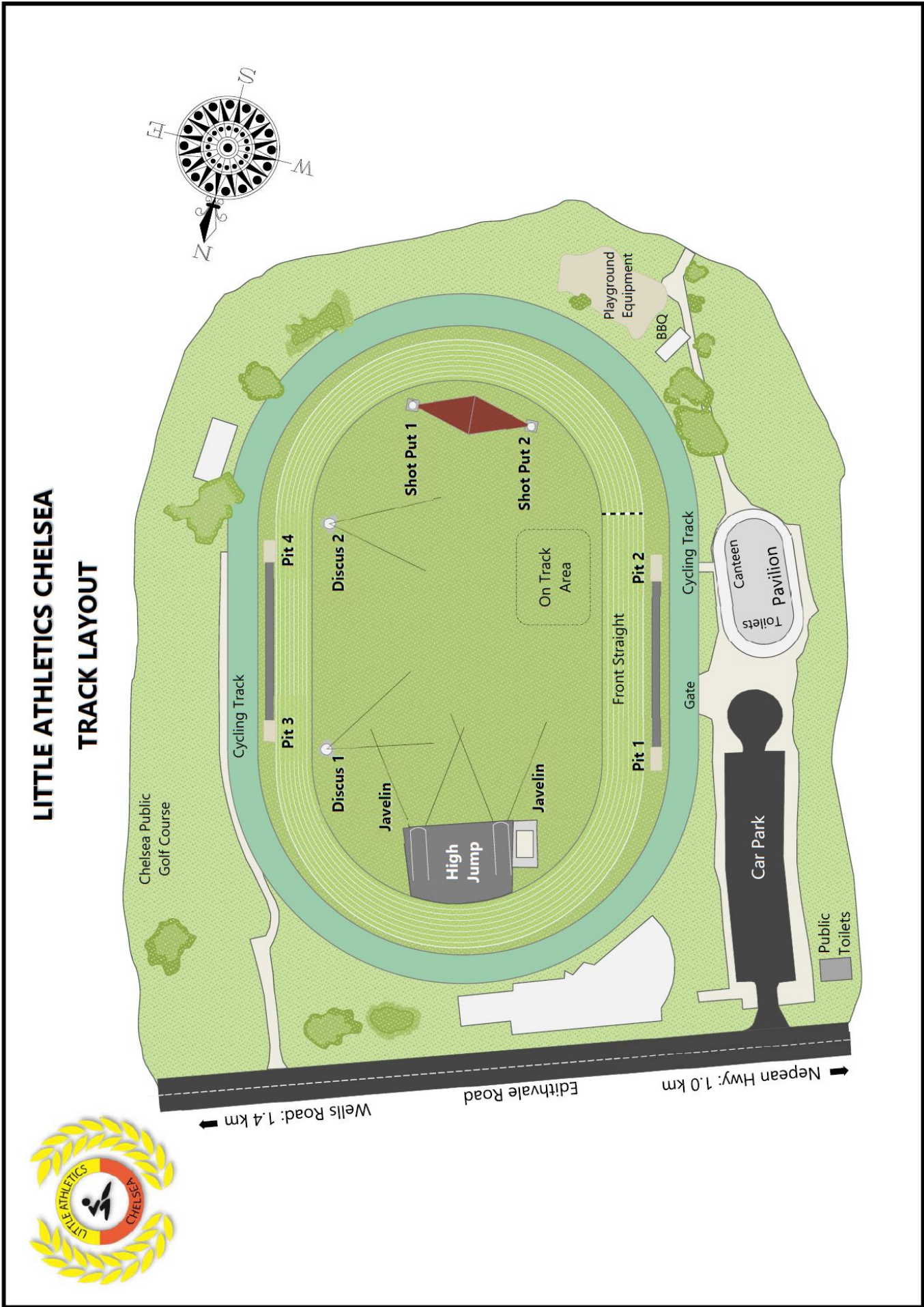
## Competition rules...

1. **A** parent or guardian must be in attendance at all times. Children should not be dropped off and left unsupervised. This is especially important if a competition day is cancelled or abandoned due to bad weather.
2. **Behaviour:** A certain level of behaviour is expected of athletes and parents. Positive dialogue is expected, and whilst officials may send children off the arena for any undisciplined behaviour or bad language, this is very rare.
3. **Spectators:** Those not acting in an official capacity should remain outside the grassed arena (parents of On Track athletes are encouraged to remain adjacent to the dedicated On Track teaching area).
4. **Footwear:** Running shoes must be worn for all events, including training sessions, in accordance with Little Athletics Victoria Regulation #8. **Spikes** may be worn by the U11-U16 age groups for the following events only: a laned track event of 400m or less, long jump & triple jump. U13-U16s can also wear spikes in all track events including 800m and 1500m. The maximum spike length is 7mm. For safety reasons, spikes shall only be worn in the arena or at the field event venue while the athlete is competing, i.e. in the competition area.
5. **Clothing:** Club uniforms are to be worn on normal competition days. Shorts are to be to Little Athletics Victoria requirements (10cm above the knee). The centre uniform can be worn at weekly events, state and regional championship events, Open Day or Medallion Day competition. Full length leggings, tracksuits (pants or tops), and windcheaters are not permitted. Athletes should remove these prior to an event - in the case of a field event they may re-apply them after each trial. All centres have a responsibility to major sponsors to display their brand.
6. **Identification:** Children **must** have their name and age group clearly displayed on their uniform using the official t-shirt patch. We would also recommend noting any allergies that your child has on the back of the tag.
7. **Age specific events:** Hurdles and High Jump (scissor technique only) start at Under 8; High Jump and 800m start at Under 9, and the 1500m event at Under 11. Note, the scissor technique is the only high jump technique allowed for U8-U10s and is to be performed using the approved scissor mats.
8. **Javelin:** Starts at Under 8, with athletes using a lightweight plastic 'turbo-jav' until Under 10. The Under 11s and upwards use a real javelin. The javelin event is considered to be dangerous, and only one javelin per group should be in use at any time to reduce the chance of an injury.
9. **Equipment:** The unsupervised use of any equipment on competition days is not permitted. If any breakage of equipment occurs or it is noted that equipment is missing, a committee member should be notified so that this can be corrected prior to the next competition day.
10. **Finish Line:** Competitors must cross the white line. Time is taken from the smoke of the gun or electronic flash until the athlete's **body** crosses the finish line. All events are electronically timed.
11. **Lanes:** In all laned events (60m, 81m, 90/100m, 200m and 300m Hurdles, 70m, 100m, 200m, 400m and first stage of 800m) competitors must stay in their marked lanes, i.e. between the marked lines. U8 will do an un-laned 400m, and from January, U6 will do 200m un-laned.
12. **Starting:** Athletes U6-U10 must use a standing start. Athletes U11-U16 may use a standing start or can use a crouch start with or without blocks. If the athlete is wearing spikes and wants to perform a crouch start then blocks must be used. Athletes shall be responsible for ensuring that starting blocks are prepared/ returned/ put away.
13. **Relays:** Coaches of relay teams will be selected by the Executive Committee, based on nominations received. Selection of **relay** teams will be based on the selection committee's assessment of relay requirements such as baton changing, participation and attendance at training as well as ability. The committee's decision will be final. Banners or batons won by relay teams remain the property of the centre.
14. **Centre records:** Must be validated by two committee executive members, or the following authorised members: Greg Russo, Gary Macfarlane and Anthony Cafarella in accordance with the centre's Record Verification Procedure. Full electronic timing applies for track events. If a field event record is believed to have been broken then the spike marking the distance obtained must remain in place or the cross-bar must not be adjusted in the case of the High Jump, until the measurement can be verified. In the case of a throwing event, the discus, shot put, or javelin used by the athlete will be identified.

*The above is intended as a general set of centre rules only, and is not an exhaustive or complete list. The full list of competition rules and regulations can be found on our website, within the Documents tab.*



Normal competition day track layout



## CENTRE CHAMPIONS



Season	Boys	Girls
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy Davis
1972/73	Glen Philbey	Mandy Davidson
1973/74	Kevin Naismith	Melindy Davis
1974/75	Kevin Naismith	Mandy Davidson
1975/76	Rohan David	Mandy Davidson
1976/77	Steven Gray	Kylie Meighan
1977/78	Sean Gray	Lindy Essing
1978/79	Steven Gray	Katie Nelson
1979/80	Craig Best	Katie Nelson
1980/81	Andrew Casey	Alicia Gray
1981/82	Brett Callaghan	Alicia Gray
1982/83	Brett Callaghan	Alicia Gray
1983/84	Brett Callaghan	Heidi Weiland
1984/85	Brett Callaghan	M. Deane-Freeman
1985/86	Travis Hopgood	Jemima Butterfield
1986/87	Brock Fletcher & Steven Connolly	Louise Macklin & Jemima Butterfield
1987/88	Brock Fletcher & Christian Gionis	Fiona Harris
1988/89	Brendon Bride	Melissa Cordy
1989/90	Mark Occhipinti	Melissa Cordy
1990/91	Brendon Bride	Melissa Cordy
1991/92	Chris Ascuncion	Fiona Harris
1992/93	Adam Cagney	Fiona Harris
1993/94	Ryan Green	Marisa Butterfield
1994/95	Mark Occhipinti	Marisa Butterfield
1995/96	Ryan Green	Marisa Butterfield
1996/97	Laurence Angwin	Marisa Butterfield
1997/98	Laurence Angwin	Samantha Clark
1998/99	Matthew Douglas	Carly Chapman
1999/00	Thomas Senior	Rachael Evans
2000/01	Thomas Senior	Emily Johnston
2001/02	Luke Smith	Ruby Holten
2002/03	Luke Smith	Emily Johnston
2003/04	Luke Smith	Ruby Holten
2004/05	Luke Smith	Emily Johnston & Ruby Holten
2005/06	Thomas Senior	Madeline Dunne
2006/07	Trent Scheirs	Ruby Holten
2007/08	Sean Hendricks	Nicola Deacon
2008/09	Tristan Scheirs	Taylah Nelson
2009/10	Tristan Scheirs	Tiana Scheirs
2010/11	Jack Congues	Taylah Nelson
2011/12	Jeremy Ockerby	Claudia Cazaux
2012/13	Jeremy Ockerby	Alicia Ockerby
2013/14	Daniel Vella	Claudia Cazaux
2014/15	Daniel Vella	Claudia Cazaux
2015/16	Thomas Toth	Jazmin Firth
2016/17	James Russo	Teagan Lay
2017/18	James Russo	Teagan Lay
2018/19	William Hotston	Jade Tsiros





## LITTLE ATHLETICS CHELSEA 2018/19 CENTRE AWARDS



**John Ellem Award - 2nd**  
**Jackson Pribil**  
**24 Personal Bests**



**John Ellem Award - 1st**  
**Brodie Macfarlane**  
**26 Personal Bests**



**John Ellem Award - 3rd**  
**Corey Macfarlane, Ashley Koczek**  
**22 Personal Bests**



**Boys Centre Champion**  
**William Hotston**



**Boys Centre Champion**  
**Runner-Up – Riley Gibbons**



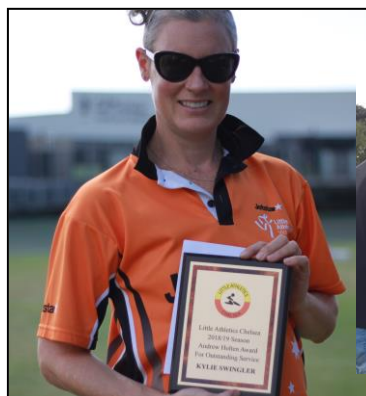
**Girls Centre Champion**  
**Jade Tsiros**



**Girls Centre Champion**  
**Runner-Up – Tilly Williams**



**Centre President's Award**  
**Hailey Wellington**



**Andrew Holten Award**  
**For Outstanding Service - Kylie Swinger**  
**Presented by Andrew Holten, 23 March 2019**





## LITTLE ATHLETICS CHELSEA 2018/19 CENTRE JUNIOR AND INTERMEDIATE AWARDS



**Junior Boys  
Short Track  
William Hotston**



**Junior Girls  
Short Track  
Magdalena Dimova**



**Junior Boys  
Long Track  
Zak Hoogwerf**



**Junior Girls  
Long Track  
Tilly Williams**



**Junior Boys  
Jumping  
William Hotston**



**Junior Girls  
Jumping  
Tilly Williams**

**Junior Boys  
Throwing  
Cooper Whalan**



**Intermediate Boys  
Long Track  
Connor Hulme**

**Junior Girls  
Throwing  
Ahllia Dimachki**



**Intermediate Girls  
Long Track  
Madison Driscoll**



**Intermediate Boys  
Short Track  
Connor Hulme**



**Intermediate Girls  
Short Track  
Jade Tsiros**



**Intermediate Boys  
Jumping  
Connor Hulme**



**Intermediate Girls  
Jumping  
Teagan Lay**



**Intermediate Boys  
Throwing  
Connor Hulme**



**Intermediate Girls  
Throwing  
Bridget Koczek**



## LITTLE ATHLETICS CHELSEA 2018/19 CENTRE SENIOR AWARDS



**Senior Boys  
Short Track  
Riley Gibbons**



**Senior Girls  
Short Track  
Tulip Hutchinson**



**Senior Boys  
Long Track  
Edward Gibson**



**Senior Girls  
Long Track  
Freya Brown**



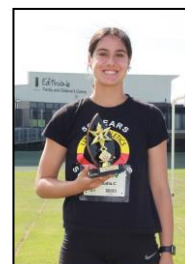
**Senior Boys  
Jumping  
Riley Gibbons**



**Senior Girls  
Jumping  
Tulip Hutchinson**



**Senior Boys  
Throwing  
Dhawan Sayee**



**Senior Girls  
Throwing  
Claudia Cazaux**



Ray White Chelsea Gift Day: 23 March 2019



## LITTLE ATHLETICS CHELSEA 2018/19 CENTRE RECORDS

### **Alexander Gibson**

U15 Boys 1500m, 4:49.23, 1 December 2018

### **Claudia Cazaux**

U15 Girls 300m hurdles (76cm), 58.94 seconds, 27 October 2018

U15 Girls shot put (3kg), 10.12m, 27 October 2018

### **Ashley Koczek**

U15 Boys 300m hurdles (76cm), 51.31 seconds, 2 February 2019

### **Freya Brown**

U13 Girls 1500m, 5:38.76, 25 January 2019

### **Edward Gibson**

U13 Boys 1500m, 4:56.61, 1 December 2018

### **Jackson Pribil**

U8 Boys 400m (unlaned) 1:22.53, 8 December 2018

U8 Boys, high jump scissor jump, 1.00m, 24 November 2018

### **New event centre records 2018-19:**

RILEY GIBBONS, U13 Boys Discus 750g, 22.56m, 2 March 2019

LIAM PIETERS, U12 Boys Shot Put (2kg), 8.69m, 9 March 2019

SPENCER WHITNEY, U11 Boys Discus 500g, 16.90m, 9 March 2019

TEAGAN LAY, U11 Girls Discus 500g, 16.20m, 10 November 2018

RHETT MILSOME, U10 Boys High Jump scissor, 1.10m, 25 January 2019

TILLY WILLIAMS, U10 Girls High Jump scissor, 1.07m, 25 January 2019

KADE PHILLIPS, U8 Boys Discus 500g, 11.30m, 23 February 2019

LENI HARTLEY, U8 Girls Discus 500g, 8.54m, 2 February 2019

*Athletes who break an existing centre record are awarded a commemorative plaque at the conclusion of the season. A certificate is presented to athletes who set a record in a new event.*



## LITTLE ATHLETICS CHELSEA 2018/19 CENTRE AWARDS

### John Ellem Award

1<sup>st</sup> – Brodie Macfarlane - 26 Personal Bests

2<sup>nd</sup> – Jackson Pribil - 24 Personal Bests

3<sup>rd</sup> – Corey Macfarlane - 22 Personal Bests

### Centre Champions

Boys	William Hotston Riley Gibbons (Runner-Up)
Girls	Jade Tsiros Tilly Williams (Runner-Up)

### President's Award

Hailey Wellington

### Category Champions

#### SENIOR

Long Track  
Short Track  
Jumping  
Throwing

#### GIRLS

Freya Brown  
Tulip Hutchinson  
Tulip Hutchinson  
Claudia Cazaux

#### BOYS

Edward Gibson  
Riley Gibbons  
Riley Gibbons  
Dhawan Sayee

#### INTERMEDIATE

Long Track  
Short Track  
Jumping  
Throwing

#### GIRLS

Madison Driscoll  
Jade Tsiros  
Teagan Lay  
Bridget Koczek

#### BOYS

Connor Hulme  
Connor Hulme  
Connor Hulme  
Connor Hulme

#### JUNIOR

Long Track  
Short Track  
Jumping  
Throwing

#### GIRLS

Tilly Williams  
Magdalena Dimova  
Tilly Williams  
Ahllia Dimachki

#### BOYS

Zak Hoogwerf  
William Hotston  
William Hotston  
Cooper Whalan



## LITTLE ATHLETICS CHELSEA 2018/19 AGE GROUP AWARDS

### U/6 BOYS – ON TRACK BOYS PARTICIPATION

EDDIE GATELY, JAGGER DIMACHKI, LENNY IRISH, ARAXI WALLIS, ARCHIE FARRINGTON, THOMAS STEWART, LUCAS BURGOYNE, JOEL L'HUILLIER, RYAN CURTIS, JACOB FOLKMAN, OLIVER WATSON, HUGO DAVIES, CHRISTIAN THOMAS, NICHOLAS PAATTAM, THOMAS PAATTAM, BILLY TODD

### U/6 GIRLS – ON TRACK GIRLS PARTICIPATION

LUCY GOTHARD, MATILDA HILTON, ZARA HARTLEY, CLEMENTINE ARROWSMITH, EVE MUSTICA, GRACE WHITNEY, ELLA VANHOEGAERD, ERIN McLACHLAN, EVIE MALONE, EMMA CURTIS, HARPER QUIRK, LUCY WILSON, ANUSHKA JOSEPH, SIENNA CARRODUS, ZARA LAPPEN

### U/7 BOYS – ON TRACK BOYS PARTICIPATION

COLBY GRAY, DARCY TUININGA, JACKSON RICHARDS, XAVIER PIPPO, ARCHIE DIDUS, IMAL GAMAGE, JASON SHEPPARD, LUCA CARRAZZO

### U/7 GIRLS – ON TRACK GIRLS PARTICIPATION

ZOEY SMITH, NAOMI TRUTSCH, SCARLETT SMITH, SARA CAZAUX, MIA BELLA GILDER, EMERSON HARGRAVE, OLIVE CONWAY, LILY PEARSON, SIENA POPA, AVA GALE, OLIVIA McCAFFREY

### U8 BOYS

CHAMPION – JACKSON PRIBIL

RUNNER-UP – LIAM CRONIN

3<sup>RD</sup> PLACE – LUKE HASTINGS

BE YOUR BEST AWARD – JACKSON ADAMS, HARRISON DAVIS

PARTICIPATION – KADE PHILLIPS, OLIVER HEDLEY, MILO ARROWSMITH, HENRY LAI, KY PERKIN, EMMETT BOWLER, HEATH LAURETTA, RALPH ROMANSKI, BAXTER QUIRK, TED CARTER, ZAK KAM, LOUIS ENRIQUEZ, BINURA HEENDENIYA, EWAN LAKE-O'BRIEN

### U8 GIRLS

CHAMPION – LENI HARTLEY

RUNNER-UP – MICAH HULME

3<sup>RD</sup> PLACE – MOLLY WOODHOUSE

BE YOUR BEST AWARD – MARLEY IRISH

PARTICIPATION – ISABELLA CAVEY, CHLOE WILLIAMS, AMELIA HOUGH, GISELLE MILSOME, ASHLEE HOOGWERF, KIT BEAMISH, GYPSY KLEIN, LULU KLEIN, ELLA RYAN

### U9 BOYS

CHAMPION – WILLIAM HOTSTON

RUNNER-UP – COOPER WHALAN

3<sup>RD</sup> PLACE – ARCHER MALONE

BE YOUR BEST AWARD – WILLIAM ELLIS, BENJAMIN L'HUILLIER

PARTICIPATION – PATRICK CURTIS, HENRY WHITNEY, ZOLLIE ENRIQUEZ, NIKHILAN JOSEPH, JOEL DEAN, SAMUEL ROSS, MAXX MORRIS, JACKSON WATSON, KAI LYNCH, HARRY MORGAN



## **LITTLE ATHLETICS CHELSEA 2018/19 AGE GROUP AWARDS**

### **U9 GIRLS**

CHAMPION – EMERSON LAY

RUNNER-UP – LEILA GOTHARD

3<sup>RD</sup> PLACE – VICTORIA AKHRAMENKO

BE YOUR BEST AWARD – MATILDA LAUGHLIN

PARTICIPATION – CHLOE CLAYTON, JASMINE ABELLA-SENTENCE, ISOBEL McCAFFREY, KIRRILY GRECH, BRIDGET KENNEDY, ELODIE TRUTSCH, HARPER LYONS, FREYA THOMAS

### **U10 BOYS**

CHAMPION – RHETT MILSOME

RUNNER-UP – ZAK HOOGWERF

3<sup>RD</sup> PLACE – SAMUEL GIBSON

BE YOUR BEST AWARD – LEONKA CHANDRASENA

PARTICIPATION – MAX JOHNSTON, ELIJAH BOWLER, JACK HEDLEY, SAMUEL WILSON, BLAKE WELLINGTON

### **U10 GIRLS**

CHAMPION – TILLY WILLIAMS

RUNNER-UP – MAGDALENA DIMOVA

3<sup>RD</sup> PLACE – MIA TOTH

BE YOUR BEST AWARD – LAYLA DIDUS

PARTICIPATION – AHLIA DIMACHKI, SOPHIE JACKSON, LUCY BARTLEMAN

### **U11 BOYS**

CHAMPION – ANDY SHI

RUNNER-UP – RILEY WHILLAS

3<sup>RD</sup> PLACE – BAILEY CLAYTON

BE YOUR BEST AWARD – SPENCER WHITNEY

PARTICIPATION – ANTHONY BLAMEY, LUCA WILLIAMS, NOAH KROON, CHARLIE DEAN, ATTICUS COLLOPY, JAKOB LAUGHLIN, REON TAWHAI

### **U11 GIRLS**

CHAMPION – TEAGAN LAY

RUNNER-UP – IZABELLA POPA

3<sup>RD</sup> PLACE – JESSICA ADAMS

BE YOUR BEST AWARD – BILLIE ROSS

PARTICIPATION – MEG PERKIN, ARLI PHILLIPS, JOLIE ELLIS

## **LITTLE ATHLETICS CHELSEA 2018/19 AGE GROUP AWARDS**

### **U12 BOYS**

CHAMPION – CONNOR HULME  
RUNNER-UP – JAMES RUSSO  
3<sup>RD</sup> PLACE – LIAM PIETERS  
BE YOUR BEST AWARD – KASH VANDERWYK  
PARTICIPATION – TOM STRANGE, XAVIER MARTIN

### **U12 GIRLS**

CHAMPION – JADE TSIROS  
RUNNER-UP – BRIDGET KOCZEK  
3<sup>RD</sup> PLACE – MADISON DRISCOLL  
BE YOUR BEST AWARD – SARAH HASTINGS  
PARTICIPATION – OLIVIA JACKSON, MAYA JOHNSTON, AIRLIE SMITH

### **U13 BOYS**

CHAMPION – RILEY GIBBONS  
RUNNER-UP – DHAWAN SAYEE  
3<sup>RD</sup> PLACE – COOPER RUSSELL  
BE YOUR BEST AWARD – OLIVER LYNCH  
PARTICIPATION – EDWARD GIBSON, THOMAS WHILLAS, ARCHIE LAI, LIAM SMITH, ASHLEY BARTLEMAN, JAMES WILSON, CHARLEY LAI

### **U13 GIRLS**

CHAMPION – TULIP HUTCHINSON  
RUNNER-UP – JESSIE LAUGHLIN  
3<sup>RD</sup> PLACE – FREYA BROWN  
PARTICIPATION – REMY BARKER, HAILEY WELLINGTON

### **U14 BOYS**

CHAMPION – VILKA CHANDRASENA  
RUNNER-UP – COREY MACFARLANE  
3<sup>RD</sup> PLACE – THOMAS TOTH  
BE YOUR BEST AWARD – THOMAS EVANGELISTA  
PARTICIPATION – AIDAN CAFARELLA, SETH McCARTHY

### **U14 GIRLS**

CHAMPION – LILY WOODHOUSE  
RUNNER-UP – LAUREN RUSSO  
3<sup>RD</sup> PLACE – JURNEY VANDERWYK  
PARTICIPATION – ISABEL AGAR-WILSON



## **LITTLE ATHLETICS CHELSEA 2018/19 AGE GROUP AWARDS**

### **U15 BOYS**

CHAMPION – ASHLEY KOCZEK

RUNNER-UP – ALEXANDER GIBSON

3<sup>rd</sup> PLACE – MASON DWYER

PARTICIPATION – LIAM WHILLAS, SEBASTIAN COLE

### **U15 GIRLS**

CHAMPION – CLAUDIA CAZAUX

RUNNER-UP – INDIANA TSIROS

3<sup>rd</sup> PLACE – TAMSYN RUSSELL

### **U16 BOYS**

CHAMPION – DARBY VOGT

RUNNER-UP – BRODIE MACFARLANE

3<sup>rd</sup> PLACE – MAX WOODHOUSE

PARTICIPATION – JAMES GOODFELLOW

### **U16 GIRLS**

CHAMPION – LLELARNI MITCHELL

## LITTLE ATHLETICS CHELSEA CLUB PREMIERSHIP SHIELD

Note: There was no club shield awarded from 2016-17, as clubs were amalgamated into the one Chelsea club in August 2016.

Season	Premier Club	Runner Up	Third
1969/70	Aspendale	Edithvale	Rockets
1970/71	Aspendale	Rockets	Edithvale
1971/72	Aspendale	Rockets	Edithvale
1972/73	Aspendale	Rockets	Roadrunners
1973/74	Aspendale	Roadrunners	Edithvale
1974/75	Aspendale	Edithvale	Rockets
1975/76	Aspendale	Edithvale	Roadrunners
1976/77	Aspendale	Edithvale	Roadrunners
1977/78	Aspendale	Edithvale	Roadrunners
1978/79	Aspendale	Roadrunners	Edithvale
1979/80	Aspendale	Edithvale	Roadrunners
1980/81	Roadrunners	Aspendale	Edithvale
1981/82	Aspendale	Roadrunners	Edithvale
1982/83	Aspendale	Roadrunners	Edithvale
1983/84	Roadrunners	Aspendale	Edithvale
1984/85	Aspendale	Roadrunners	Edithvale
1985/86	Roadrunners	Aspendale	Edithvale
1986/87	Aspendale	Edithvale	Roadrunners
1987/88	Aspendale	Edithvale	Roadrunners
1988/89	Aspendale	Roadrunners	Edithvale
1989/90	Aspendale	Roadrunners	Edithvale
1990/91	Aspendale	Roadrunners	Edithvale
1991/92	Roadrunners	Aspendale	Panthers
1992/93	Roadrunners	Aspendale	Panthers
1993/94	Roadrunners	Redbacks	Panthers
1994/95	Panthers	Roadrunners	Redbacks
1995/96	Redbacks	Panthers	Roadrunners
1996/97	Redbacks	Panthers	Roadrunners
1997/98	Redbacks	Roadrunners	Panthers
1998/99	Redbacks	Roadrunners	Panthers
1999/00	Redbacks	Roadrunners	Panthers
2000/01	Redbacks	Roadrunners	Panthers
2001/02	Redbacks	Roadrunners	Panthers
2002/03	Roadrunners	Panthers	Redbacks
2003/04	Roadrunners	Panthers	Redbacks
2004/05	Roadrunners	Panthers	Redbacks
2005/06	Roadrunners	Panthers	Redbacks
2006/07	Panthers	Roadrunners	Redbacks
2007/08	Panthers	Redbacks	Roadrunners
2008/09	Panthers	Roadrunners	Redbacks
2009/10	Panthers	Roadrunners	Redbacks
2010/11	Panthers	Redbacks	Roadrunners
2011/12	Roadrunners	Panthers	Redbacks
2012/13	Roadrunners	Redbacks	Panthers
2013/14	Redbacks	Panthers	Roadrunners
2014/15	Redbacks	Roadrunners	Panthers
2015/16	Redbacks	Roadrunners	Panthers



## LITTLE ATHLETICS CHELSEA RAY WHITE CHELSEA GIFT



# RayWhite®

## CHELSEA



Year	Junior	Senior
2008	Darcy Tucker	Luke Gilfedder
2009	Juliette Benton	Kaih Mitchell
2010	Hamish Sinclair	James Cochrane
2011	Thomas Evangelista	Daniel Hendricks
2012	Matthew Goodman	Noah Fleming
2013	Thomas Evangelista	Patrick Blyth
2014	Dion Gordon	Juliette Benton
2015	Benji Costante	Noah Whitehouse
2016	Joel Dean	Teagan Lay
2017	Xavier Kiki	Benji Costante
2018	Olivia McCaffrey	Teagan Lay

For more information about our annual Ray White Chelsea Gift, please see our website.

**Centre Records – please refer to our website**

# Sponsors

Little Athletics Chelsea would like to thank the following sponsors for their support during the 2018-19 season.

