

Little Athletics Chelsea

An overview for families



Since 1969



Family, Fun and Fitness



www.lachelsea.com.au

Welcome friends to Little Athletics Chelsea

The following is provided as a general overview of our centre – which has been around since 1969-70.

Inside, you will find various information about Little Athletics Chelsea - what we do and the benefits of being involved.

For more detailed information, please refer to our [website](#). We also have a fantastic Facebook page that is regularly updated with all the latest information. An annual handbook is also available online.

Of course, our friendly band of volunteer committee members are more than happy to assist as well.

Again, welcome and we look forward to seeing you at our grass track soon.

Our Mission

Through participation in athletics, we develop positive attitudes to fitness in a fun and community-spirited environment

Vision

A community-based centre providing an environment that promotes fun, friendship and achieving your best.

Values and behaviours

We will always be: Fair, Respectful,
Fun, Welcoming, Encouraging,
Supportive & Family friendly

Motto

Family, Fun and Fitness.



Contents

Welcome - Our Mission Statement & Motto	2
Athletics - Where and When? - Contact Details	3
Our proud history	4
Centre governance - Our Strategic Plan - Season Calendar	5
What do athletes do? Weekly programs	6-7
Registration - How to sign up & get involved, Achieving 'PBs'	7
Parent involvement	8
Uniform & other resources	9

Overview...

Little Athletics Chelsea runs predominantly through summer, from early October through to the end of March. The season usually starts in early October for all age groups.



Where: Competition is held on Saturday mornings at our grass track at Edithvale Reserve.

Who: Athletics is open to boys and girls aged U6 to U16.

When: On Saturdays. Warm-ups start at 8.30am and our track and field events begin at 8.45am for all athletes.

U8s to U16s finish at about 11am. Modified teaching sessions and events for **U6s & U7s** run to about 10.15am.

Occasional twilight meetings are held on a Friday usually on a public holiday long weekend. Warm-ups at 5.00pm. Competition runs from 5.15pm to about 8pm (U6s-U7s finish earlier, about 7pm).

Contact details...

Email: chelsea@lavic.com.au

Website: www.lachelsea.com.au

Social Media

www.facebook.com/LittleAthleticsChelsea

www.twitter.com/athschelsea

Postal Address

P.O. Box 87, CHELSEA, VICTORIA, 3196

Phone Number

Refer website for [committee contacts](#)

Centre location:

H.D. (Bert) Thomas Pavillion, Edithvale
Recreation Reserve, Bridges Ave, Edithvale.
Melway map ref: 93 C9



Centre history...

In 2018-19 Chelsea celebrated its 50th birthday, having been established in 1969-70.



In September 1967, a handful of residents first came together in response to a local newspaper ad to form Little Athletics Chelsea. A committee was soon formed, funds were raised, registrations opened – and as they say – the rest is history.

In November 2018, life members, past committee and current members came together at our pavilion to celebrate our [50th birthday](#). It was a fantastic occasion, attended by members from as far back as the 1960s.

It was a delight to hear the stories of past members, to hear of their lasting friendships, of their proud ties with our centre and to hear how the centre has evolved - and has continued to invest in the **fitness, health and wellbeing** of thousands of children over these past 50 years!

Thanks to our long-time major sponsor, **Ray White Chelsea**, all registered Chelsea athletes in 2018-19 each received a free '50th' season souvenir t-shirt (pictured above and right).



**Major sponsor of
Little Athletics Chelsea**



Olympian Craig Mottram launched our 50th season in September 2018.

Centre governance...

There are no paid officials at Little Athletics Chelsea. The centre is run by volunteers and a volunteer committee – who are all parents of current or former athletes.



The committee consists of an executive (President, Vice President, Secretary, Treasurer) and general committee members.

The committee meets once a month to discuss, plan and run the season.

All parents are welcome to join the committee and be part of the decision-making process. 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.

Statewide governance...

Little Athletics Chelsea is governed by Little Athletics Victoria (LAVic) which has about 18,000 members aged 5-15 in over 100 centres statewide and is divided into 8 regions (4 metro & 4 country).

Little Athletics Chelsea is part of the **Southern Metropolitan Region**. This is the largest region in Victoria and its zone stretches across the south east bayside suburbs down to the Mornington Peninsula.

The region consists of the following centres: Brighton, Caulfield, **Chelsea**, Dandenong, Frankston, Mentone, Moorabbin, Mornington, Oakleigh, Sandringham, Seaford, Springvale and Waverley.

Strategic Plan...

In 2019, Little Athletics Chelsea prepared a strategic plan to assist in guiding the centre in achieving its goals from 2020-2023. An [extract of the plan](#) is available on our website.



Season calendar...

Please refer to our website for the latest, updated [season calendar](#).

Athletes participate in events each week, over three rotating programs.

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

*U/6 200m unlaned race, *U/8 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

A typical season entitles an athlete to approx. 18 weeks of regular competition, consisting of the various track and field events.



U8s and above participate in up to 5 events per week, while U6s and U7s do up to 3 events in addition to the modified learning sessions as part of the popular **On Track** program.

As the children grow, they are progressively introduced to more technical events such as high jump, triple jump and hurdles. Longer distance running events are also included.

At Chelsea, in addition to our regular weekly competition, there have been annual events for athletes to participate in, such as our Ray White Chelsea Gift, Bendigo Bank Medallion Day, Relaython and there are

coaching and introductory days. There is also training and coaching during the season, regional events and, as well, athletes have the chance to qualify for trophies, state championships and end of season awards.

On top of all of this - athletes remain active and healthy and make friends at the same time.

Personal Bests (PBs)...

Athletes are rewarded for their own Personal Best performance. At Chelsea, there are no qualifying standards and the emphasis is simply on achieving PBs and improvement gained. For U8s and above we have special 5 PB Awards for those fortunate enough to achieve 5 Personal Bests on one day. For U6s and U7s we have 3 PB awards. Personal Best performances are tallied for end-of-season awards.

Registration...

Registration is simply done on-line via our website before the season starts (although you can register at any time of the season). For registration details and fees, please refer to our [website](#). To register, athletes must be 5 years of age, and be under 16. An athlete's age group is determined by their month and year of birth.

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).

After trialling, athletes can simply pay on-line, purchase an official centre uniform, get their compulsory t-shirt patch, and start the following week to begin building points for end-of-season awards. All new registrations and trial athletes need to provide a Birth Certificate for sighting at the clubrooms for Proof of Age requirements. If you have previously registered at the Centre, proof of age is not required.



Parent help...

The foundation of Little Athletics was built upon involvement of the family. Unlike many other sports, parents do and are expected to take an active part in the running of the events. This provides for great interaction with and enjoyment for children who really appreciate mum or dad or even grandparents being out there with them.



A number of tasks do have to be performed each week to ensure our centre functions efficiently.

Parents are encouraged to assist with week-to-week roles on competition and event days like set up / pack up, measuring, raking, recording and starting.

Another fantastic way for parents to get involved is to fulfil roles during the season, e.g. as an age group co-ordinator or assisting with the BBQ, canteen, finish line, as a starter, with sponsorship, office duties, track marking, as a school liaison officer, with IT, website, coaching and first aid.

For those parents unsure of how to help, information sessions and courses are run at various times of the season, there is information on our website, and committee members and officials at the track are more than happy to lend a hand. Officials can be identified by their coloured bibs at competition and event days.

A reminder that at every competition event there must be at least one parent/guardian present.

Rules and Codes of Conduct

Information is available on our [website](#)



Uniform

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

Centre Number: 60 (Chelsea was the 60th little athletics centre established in Victoria)

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 official centre uniform is to be worn at regional and state championships and at other centre's Open Days.

All 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 a child's name and age group.

Other uniform items



Centre polo



Centre tracksuit top



Centre hoodie top

Other resources...

For more information please refer to our website and social media, including our Facebook site. Our annual handbook is also available on-line providing further information.

