



KWINANA ATHLETICS CENTRE

WELCOME INFORMATION PACK

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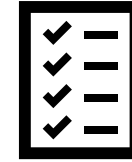
Mission Statement



It is our mission to provide support, encouragement and development for Athletes of all abilities (*minimum age requirements*), in the field of athletics in a welcoming, fun and safe environment. We value commitment, inclusion, fitness, respect, honesty, family involvement and encouragement.

OUR MOTTO – “FAMILY, FUN and FITNESS”

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Training Ground & Timing



Summer season: The Village Green, corner of Wellard Road and Cliveden Avenue, Wellard. Otherwise known as Wellard Oval.

Training is Tuesdays and Thursdays:

U7-U12 is 5pm-6pm

U13-Seniors is 6-7pm

Competition is on Saturdays starting at 8am. However, where there is a 1500m scheduled, that event will start at 7:30am. There may also be some earlier starts on very hot days. We do also hold some comp days on Thursday and Friday nights throughout December and January to avoid the heat of the day. Starting times for the evenings will be advised once those days are confirmed, but are generally 5pm or 5:30pm.

Please note: Athletes should be on site 30 mins prior to competition start times as they will need to be signed in by a parent at the results desk in front of the Canteen

Winter Season: Cross Country is included in your Athletes registration.

Winter season generally starts around April or May and runs either 1 day or 2 days a week depending on Coaching requirements and availability.

Competition is every second Saturday via Athletics West. All relevant information will be provided before the winter season starts.

Communication

We use multiple platforms to reach our members and keep them informed:

- Facebook [Family Group](#) (Kwinana Athletics Family) – most frequently used
- Email
- Text Message – used only for urgent notices such as if a training session or comp cancelled last minute
- RevSport
- ResultsHQ
- Posts on Instagram





Compulsory Parent Volunteering

Like many others, our centre is run entirely by volunteers and cannot function without the help of our athletes' parents. All families are expected to contribute on a regular basis for competition days.

Please note: Extended family can stand in to Volunteer, but they will require a working with children check. Forms are available from Australia Post. The fee for volunteers is \$11.00. Parents and guardians are exempt from this national requirement.

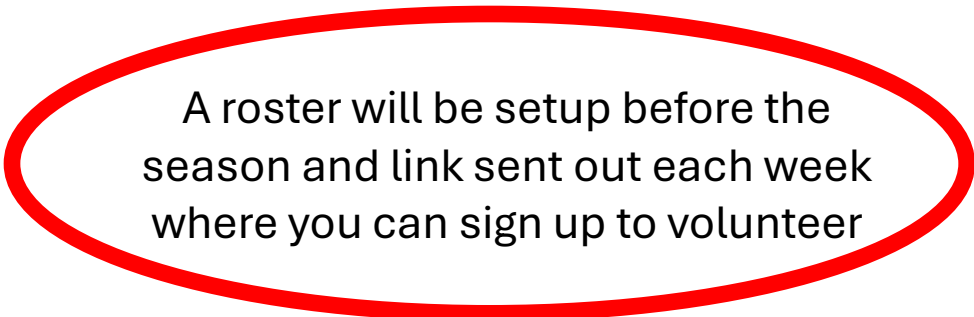
Volunteering roles include:

- Site Officials & Site Assistants
- Group Leaders & Group Assistants
- Set up & Pack up helpers
- Canteen Helpers

All information regarding these rolls can be found on our website www.kwinanaathleticscentre.com

Additional training modules for site roles can be found here: [Training Modules](#)

(<https://www.athletics.com.au/participant-hub/officials/>)



A roster will be setup before the season and link sent out each week where you can sign up to volunteer

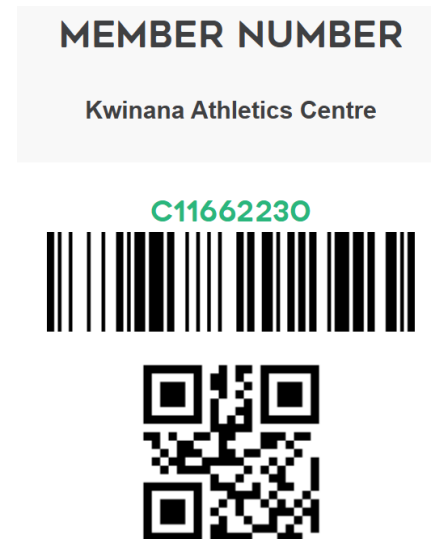


Fundraising and Sponsorship

Kwinana Athletics Centre is a not-for-profit organisation. We rely heavily on Sponsorship and Fundraising events throughout the year to run our Centre.

Some fundraising events include:

- Raffles throughout the year
- Bingo / Quiz Night (TBC)
- Bunnings Sausage Sizzle
- Containers for Change (C11662230)
- Canteen profit (cash and eftpos available)



You can also donate or sponsor our centre via [RevSport Donations/Sponsorship tab](#).

If you know of any businesses that may like to be a sponsor of our club, please let us know.

Registration



Registration opens in September each year.

You can head to our [KAC Facebook page](#) or our webpage [KwinanaAC.com](https://www.kwinanaac.com) for more details about registering in person at our Club Open Day or register here via RevSport <https://www.revolutionise.com.au/kwinanalac>.

Please also join our [Family Group](#) on Facebook (Kwinana Athletics Family) as we use this for communication, along with regular email communication.

Once you have registered your athlete, you will receive our Welcome Information Pack with all the information required for the Season. All relevant information can also be found on our webpage [KwinanaAC.com](https://www.kwinanaac.com).

Please note: We accept KidSport Vouchers! To use a KidSport Voucher, please email KwinanaAC@outlook.com with your Voucher code, full name and amount you will be using. We will then send you a Voucher with the amount provided. You will then be able to register your Athlete via RevSport.

Uniforms



Our uniform is compulsory. It consists of a competition singlet or crop (pictured below), bib number, black shorts (no labels) and appropriate shoes.

Please see our [Uniform Policy](#) for all the details.

Uniforms can either be purchased at our Open Club Registrations Day, the first few training sessions and on competition days.

Once registered you will receive a bib for competition. This bib must be worn at every competition day. Bibs can be collected on our Club Registration/Open Day, the first week of training or on the first competition day.

Shoes are compulsory for all track and field events. [See LAWA Code of Safety for spiked shoes.](#)



Committee



Committee members will be at key locations throughout training and competition days and are there to help with all questions.

All committee members wear a red committee shirt on competition days to easily identify them.

To find out who our current committee members are, please head to our website or our Facebook page, along with our Family Facebook Group.

Tiny Tots



The Tiny Tots program is for children aged 3 to 4 years and encompasses skills-based games that are focused on participation and fun.

The fundamental skills of running, jumping and throwing are approached through “appropriate” activities for 3-4 year olds. Emphasis is not on competition but on the development of young children and this is incorporated in play and relatively unstructured games.

Tiny Tots is fantastic for the development of gross motor skills, balance, co-ordination and fitness as well as being heaps of fun.

Our club follows the Coles Tiny Tots program from Australian Athletics. For more information, please click this [link](#).

Games include activities such as running and jumping over rope ladders, mini hurdles, hoops, throwing and catching bean bags or playing with the big parachute.

The children also get to participate in “Athletics” events such as a 50m run on the track, long jump and throwing a vortex.



Tiny Tots cont...



Key points:

- Training will be on a Thursday every 3 weeks and run from 5pm to 5:45pm. Dates will be posted on our social media page and/or by email.
- Every three weeks on a normal competition day, we expect to hold 2 competition events for the Tiny Tots. No times, distance measurements or placings will be given. It is all for fun. Exact events, dates, and timing will be posted on our social media pages and/or emailed.
- Tiny Tots will be coached by our level 1 qualified coaches.
- Parents are asked to stay and watch their child. However, if they have other children competing/training or they are on the roster, they can leave their child in our care.
- Tiny Tots do not compete at State events.
- Uniform is optional for Tiny Tots, but they must wear shoes (no bare feet) and comfortable sporting clothing.



Competition Results via ResultsHQ

All competition results can be found in ResultsHQ. Simply log in and click on the Athlete you require to check results.

Please note that all results are manually added by our Records and Ranking Officer. These results won't always show immediately. Please allow up to 24-48 hours for results to be entered. We appreciate your patience.



Rules



All competition rules can be found on our website. We also provide a rules book at the Results desk in front of the Canteen.

Rules can also be found laminated at every station. Please ask any committee members if you are unsure.



Centre Records



Any athlete that breaks a centre record will be rewarded with a certificate prepared by our Records and Ranking Officer, and a picture will be posted on our social media pages within 2 weeks.

Centre Records will also be updated on our website as often as practicable.



Behaviour Policy



INAPPROPRIATE BEHAVIOUR IS:

- Cheekiness / back chatting / foul language
- Bullying
- Behaviour that disrupts the smooth running of the event or training site
- Behaviour that endangers the safety of the child or others
- Behaviour that can cause damage to the equipment

[Codes of Behaviour Policy](#)

[Behaviour Management Policy](#)

CONSEQUENCE:

Penalties may include verbal warnings, written warnings or suspension from training and/or competition depending on the severity of the behaviour and any prior incidents the child may have been involved in.

Committee decisions are final and no discussion will be entered into. For more information, please see our website.



HOW OUR DAYS ARE RUN!

Training Days



Training is Tuesdays and Thursdays:

U7-U12 is 5pm-6pm

U13-Seniors is 6-7pm

- The training schedule will be posted on our Facebook family group page each week.
- For anyone who has put their name on the set up roster, committee members should be in Uniform to help guide volunteers.
- Parent help is required to assist with the set up of the training stations, so we do ask that you if you can arrive early, please do. Please ask a committee member how you can help.
- Warm-ups will be done at each station and proper warm-up techniques will be given. There will be coaches at most stations, but we will require parent help at all stations.
- Athletes will be broken up into different age groups (some age groups will run together depending on Athlete numbers). Athletes will go to their assigned location to begin training. Athletes will rotate around to different stations when the megaphone siren sounds.
- Parents **must** help with children up to under 18's training and be within sight of their child. No children are allowed to be left at training or competition without a parent or guardian. Please see our [Athlete Supervision Policy](#) on our website.
- Committee members will be in uniform and easily spotted for any questions.
- When training finishes, please help out where possible with returning equipment to the shed. Encourage your kids to help.

Competition Days



- **Each week we MUST have parent helpers, You can put your name down in advance via our online rostering system. Committee members will be in uniform to assist new volunteers.**
- An estimated schedule of events for each comp day will be posted to our Facebook Family page and emailed out the day before. Please note that the schedule is always subject to change as conditions change and it is to be used as a guide only.
- Arrive 30 mins prior to competition start time.
- Athletes to check in at the check in desk next to the Canteen. Check in consists of signing your athlete in for the day. Clipboards are provided with each age group at the check in desk. Find your Athletes age group, find their name on the page and sign next to the name.
- Warm up will be run by either the committee, coaches, parent volunteers or senior athletes
- Our announcer will then begin to announce age groups to their relevant site event. Parent volunteers are to usher their Athlete to the sign in desk for their name to be checked off for the event they are competing in. Once checked off, the Athlete will make their way over to the event site and commence competition. Once everyone has completed their event, they are to be ushered out of the competition area and await their next event announcement.
- All parents and athletes must be mindful of competition going on around the grounds. Do not walk across areas where a race or a throw is in action. This is both dangerous and can hinder the athlete. Always wait until there is an appropriate time to cross certain areas.
- Result sheets are to be taken to the results desk after each event. Not all results can be entered immediately, and some can take more than 24 hours. We are all volunteers so please be mindful of wait times. Results can be found on ResultsHQ
- Once the competition events finish, volunteers who have put their name on our pack up roster must help pack up. Committee members will be in uniform to help direct volunteers.



**OUTSIDE COMPETITION
AVAILABLE**

Athletics West

Each year, Athletics West run events affiliated with our club which are usually run at the Athletics West Stadium. These events are posted on our Family Facebook Group page and emailed out to the relevant age groups. Some events require prior qualification. Athletics West provide the qualifications each year and once received, we will post out to our families across our Social Media pages and help from our committee will be available to guide you through the process.

Some events may include:

- State Relay Championships in December
- Combined State Championships in February/March
- Winter Cross Country State Championships
- Fuel to Go & Play Junior Challenge



ATHLETICS WEST



Affiliated Club & Centre Invitations

Athletics clubs affiliated with Athletics West can send out invitations to other affiliated clubs to come and join in a competition day at their club. This means your Athlete can compete at clubs other than Kwinana but still compete under Kwinana's banner.

Any invitations to affiliated clubs will be sent out via email and posted on our Family Facebook page.

Registering is through ResultsHQ and a link will be provided.

Coastal Cup



Each year a club in our district is chosen to run Coastal Cup. This is a competition that gives clubs a chance to compete against one another for the Coastal Cup trophy. Clubs rotate around each year for hosting to allow a fair opportunity for each Club. Once a host Club is chosen, information will be provided via our Facebook Family group and emailed out to families.

Clubs in our district:

- Kwinana
- Rockingham
- Baldivis
- Cockburn
- Peel
- Dale





END OF SEASON EVENTS AND AWARDS

Centre Championships



Every year at the end of our Season, we hold our Centre Championships. See our [Championship Policy](#) document – *this is a WIP.*

This is usually held over two days.

Athletes can choose what events they would like to enter in. This is capped for different age groups.

All events and registration information will be provided at the end of the year via our social media and emailed out.

Athletes are awarded medals for 1st, 2nd and 3rd place in each event.

This day is set up to allow a high opportunity for Athletes to be able to get a medal.



Season Points Calculations



Points are earned throughout the season and go towards the end of season awards. They comprise of:

- Attendance Points: 10 points for attending the day, plus 5 points for each event participated in.
- Place Points: Points are awarded for each placing in an event:
 - 1st = 10 points
 - 2nd = 8 points
 - 3rd = 6 points
 - 4th = 4 points
 - 5th = 2 points
- Personal Best Points: 20 points for setting a new personal best.
- Centre Record Points: 40 points for breaking a Centre record, and 20 points for equalling a Centre record.

Please note:

- If an athlete misses a competition day, they will receive 0 points.
- If an athlete attends a competition day but participates in only 1 out of 5 events, they will only earn points for that single event.

End of Season Presentation / Wind-up Day



The following awards are presented for each age group:

- Track Champion and Runner-Up Track Champion.
- Field Champion and Runner-Up Field Champion.

The following are presented as **OVERALL** Centre Awards:

- *Overall Track and Field Male and Female Champion and Runner-Up.*

- *Most Improved Male and Female*

This award is given to the male and female athlete who has achieved the highest number of personal bests throughout the season and is based on an aggregate of events competed in. This ensures fairness for all age groups as not all ages groups have the same amount of events.

- *The Strive Award*

This award recognises athletes who demonstrate exceptional dedication, perseverance, and a strong work ethic, regardless of their performance outcomes. It is often awarded to individuals who consistently strive to improve their skills, show resilience in overcoming challenges, and maintain a positive attitude throughout the season. This award highlights athletes who embody the values of hard work, commitment, and a growth mindset, often focusing on effort and determination rather than just results or standings. The Strive Award is a way of acknowledging athletes who give their best and inspire others to do the same.