

VENUE

The venue for the championships changes each year. This year it is to be held in Brisbane. The competition will be held on the 24 April 2010 at the University of Queensland Athletics Track, Brisbane.

DATE: 22 – 26 April 2010

COST

There is a levy set each year. This will cover airfare, transport, uniform, accommodation, meals and sightseeing for 5 days. ACTLAA allocates money to pay the full team management costs and will subsidise 10% of the total cost to each of the selected athletes.

The levy is usually between \$1200 - \$1700.

Look out for a nomination form that will be available from your club during the season.

If you would like more information please contact:

1. ACT Team Coach:

Margaret Lane – 0411 182 235

2. ACT Team Manager:

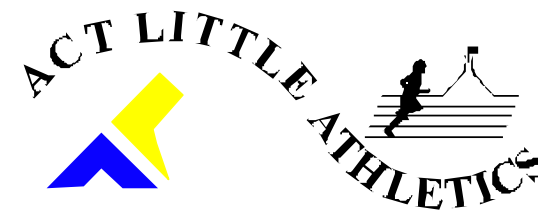
Deon Norval – 0400 901 941

**DON'T MISS YOUR
OPPORTUNITY TO
REPRESENT THE
ACT AT THE
HIGHEST LEVEL
IN LITTLE
ATHLETICS**

**GET YOUR
NOMINATION IN
SO THAT YOU CAN
BE CONSIDERED
FOR SELECTION**



ACT Little Athletics Association
Phone: (02) 6247 1296 Fax: (02) 6247 1297
Email: admin@actlaa.org.au



**AUSTRALIAN
LITTLE
ATHLETICS
CHAMPIONSHIPS**

(ALAC)

**Incorporating the
Under 13's & Under 15's**

**INFORMATION
BROCHURE
FOR PARENTS
AND ATHLETE**

What are ALAC's?

The **Australian Little Athletics Championships** for Under 13's and **Multi Event Championships (MECs)** for Under 15's are a wonderful opportunity for selected under 13's and under 15's to represent the ACT at the Australian Little Athletics Championships.

The trip is not just about the competition. For 5 days the team will travel and live together. This may be the first time away for some and we want to make sure it is a positive one. There will be time for sightseeing as well.

Parents are also welcome to travel to the championships. You will not be able to stay with the team at the same location. But you can be there to encourage your child and the rest of the team during the competition.

UNDER 13's

* It is a team's championship where each team member obtains points according to their placing in each event they compete in.

* There are 2 representatives from the ACT in all 13 events plus relays in boys and girls but only a maximum of 22 athletes can be chosen to cover all the events.

* Selection is centred on obtaining the best overall team score. An athlete winning only 1 event at the ACT State Champs might not be selected in the team, but an athlete gaining several placings may be selected.

* A key measure in selection is the relative strength of an athlete's performances compared to previous championship results.

UNDER 15's

2 males and 2 females will be selected to represent the ACT in the multi-events championships.

The multi-event consists of 5 events:

100m 800m Hurdles
Discus Long Jump

Athletes score points for each event based on a performance scale like the heptathlon/decathlon at the Olympics. The points are then added together to give a total score. Selection is based primarily on the total number of points achieved at the multi-event selection trial which is normally held between the Regional and State championships.

Selections for ALAC are based on but not limited to:

- 1. Performance at Multi-Event, Relay, Centre, Regional and State Championship levels.**
- 2. All candidates are strongly advised to compete in the ACTLAA Multi-Event Championships and Relay Championships.**
- 3. All athletes must compete in the Regional Championships and gain selection to the ACTLAA State Championships in order to be eligible for selection.**
- 4. The primary selection competition for U15 candidates is the separate Multi Event trial**
- 5. Potential to improve.**
- 6. Ability to contribute to the balance of the team.**
- 7. Ability to perform creditably under pressure.**
- 8. Team spirit.**
- 9. Application to training and competition.**

- 10. Endorsement from their Centre regarding club spirit and commitment to the ideals of Little Athletics.**

(The selection panel will have the sole discretion on the selection of athletes)

EXPECTATIONS of ATHLETES:

Once selected in the team each athlete must show 100% commitment to the team. Complete all forms and hand them in on time. Attend allocated individual and team training sessions. **Athletes must attend compulsory sessions.** We expect each athlete to **DO THEIR BEST** and have fun and learn from the experience.

INDIVIDUAL COACHES

Understand the philosophy and concept of the championships. Encourage their athletes to participate and involve themselves in as much of the team activities as possible. Discuss with the Head Coach training program requirements of their athletes.

Work cooperatively with the Head Coach to make their athletes available to event coaches, where their athletes require training in an event not covered by their coaching.

PARENTS/ FAMILIES:

Provide support at all times. Ensure that athletes attend all team activities. Ensure that levy payment and forms are handed in on time.