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Nambour Little Athletics Centre Inc

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WET WEATHER – Check WEBSITE or FACEBOOK Page

HANDBOOK FOR 2016/2017



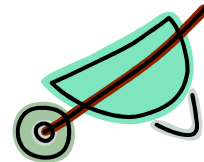
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NAMBOUR LITTLE ATHLETICS CENTRE

Your committee for 2016/2017

Position	Nominated Person	Phone Number
Centre Manager	Rob Angus centremanager@nambourlitleathletics.com.au	0432 828 180
Asst Centre Manager	Julie Cousins	0423 876 144
Secretary	Debbie Griffith secretary@nambourlitleathletics.com.au	0432 526 226
Treasurer	Hayley Newport	0400 328 590
Registrar / Recording	Brooke Dryden	0422 219 484
Officials Officer	Julie Cousins	
Coaching Officer	Simone Pearce	0418 744 725
Equipment Officer	Dan Griffith	
Uniform Officer	Maree Angus	0411 759 262
Canteen Convenor	Kerry Waters	5476 2129
Assistant Canteen Convenor	Renee Jenkins	

Coaching Staff	Simone Pearce, Kev Cordwell, Julie Cousins, Shaun White, Brooke Dryden, Paula Montgomerie, Scott Brimelow, Trish Spencer, Hayley Newport
Patron	Peter Wellington MP

MOBILE PHONE POLICY:

Athletes are NOT permitted use mobile phones, iPods, or any other personal electronic equipment on the arena during any competition, including regular Centre competitions. A box will be provided in the clubhouse for storage of personal electronic equipment, which will be locked in the safe during competition. If athletes do not want their phones to be stored in the safe, then they should NOT bring their phones to competition days.

Any athlete found using mobile phones, iPods, or other personal electronic equipment on the competition arena will be asked to leave the arena immediately and not return until the phone is secured in the safe. Exceptions to this rule are at the sole discretion of the Centre Manager.

SMOKING POLICY:

Smoking is not permitted in any competition or spectator area during any Little Athletic Competition – including Centre Level Competitions. Athletes, Coaches, Officials, and Spectators are reminded that smoking is inappropriate behaviour in a sporting environment and are asked to respect this smoking policy.



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EVENT CALENDAR 2016/17

***Check NOTICEBOARD on our website or our Facebook Page for changes to the Calendar ***

Month	Day	Event
Sept	3	New Season Starts – Sign On and Competition
	10	Competition at Nambour
	11	Gympie Spring Carnival
	17	Competition at Nambour
	24	Competition at Nambour
	24	LAQ Spring Carnival at Bundaberg
Oct	1	Competition at Nambour
	2	<i>Introduction to Coaching Course – Maroochy LAC</i>
	8	Competition at Nambour
	15	Tri-Centre Carnival at Nambour (AM)
	15	<i>Coaching Clinic at Nambour (PM)</i>
	22	Competition at Nambour
	22	Nominations close for LAQ SNR CARNIVAL / JNR PENTATHLON
	29	Competition at Nambour
	29	Nominations Close REGIONAL RELAYS
	30	SENIOR CARNIVAL / JUNIOR PENTATHLON at QSAC Brisbane
Nov	5	Competition at Nambour
	12	REGIONAL RELAYS at BLI BLI LAC
	19	Competition at Nambour
	19	Nominations Close for STATE RELAYS
	19	Caboolture Twilight Pentathlon
	26	Competition at Nambour
	27	Glasshouse Pentathlon
	Dec	3
10		Competition at Nambour
10		LAQ STATE RELAYS at QSAC Brisbane
17		Competition at Nambour and Xmas Break Up Party
24		NO COMPETITION – Enjoy the holidays!
Jan	2	NO COMPETITION – Enjoy the holidays!
	7	Competition at Nambour
	14	Competition at Nambour
	21	Competition at Nambour
	21	Nominations Close for REGIONAL CHAMPIONSHIPS
	27 or 28	Tri-Centre Carnival at Maroochy or Uni
Feb	4/5	REGIONAL CHAMPIONSHIPS at UNIVERSITY LAC
	11	Competition at Nambour
	18	Competition at Nambour
	25	Competition at Nambour
	25	Nominations Close for STATE CHAMPS and JNR CARNIVAL / SNR PENTATHLON
Mar	4	Tri-Centre Carnival at Bli Bli
	5	JUNIOR CARNIVAL / SENIOR PENTATHLON at QSAC Brisbane
	11	PRESENTATION and BREAK UP Day
	17/18/19	LAQ STATE CHAMPIONSHIPS at QSAC Brisbane

FROM THE CENTRE MANAGER

Welcome everyone to the 2016-2017 season at Nambour Little Athletics. This is the ninth season that I have been involved with Nambour Little A's and the third as Centre Manager. I remember clearly bringing our two kids down to trial in 2008 and thinking how wonderfully positive and friendly it was, and how much we enjoyed ourselves (the kids and us). We've been coming ever since. We've also been involved with many other sporting clubs but I can honestly say none of the others come close to the family friendly atmosphere created at Nambour Little A's.

We are one of the smaller Centres on the Sunshine Coast, and that means that we have time to coach and help our kids improve, rather than just having straight competition every Saturday. Little A's is all about improving your own performance and not "winning". We emphasise personal bests (PB's) and not just who wins.

We also have a very friendly and collaborative relationship with Bli Bli and Maroochy Little A's Centres. The three small centres get together for three Tri-Centre Carnivals during the season which are a great opportunity for the kids to make new friends and also obviously to get used to competing against other teams. We will also be working together to hold coaching clinics, officials accreditation sessions, training, and introduction to coaching courses. The cooperation between the three Centres is a major bonus to members of Nambour Little A's and is not something that any other Centre on the Coast provides.

There are a few carnivals during the season that we encourage athletes to attend. There are two Centre Carnivals which we recommend and try to get as many kids to go to as possible – the Glasshouse Pentathlon and the Caloundra Open Day – both in November. And then the two big LAQ carnivals are the Regional Relays also in November and the Regional Championships in February. Athletes who place 1st, 2nd, or 3rd in those two Regional carnivals can then nominate for the State Relays or State Championships. Please ask myself or our Registrar Brooke for all the info on these carnivals.

One of the big changes for the Relay carnival this year is that we can now nominate composite teams (i.e. from different Centres) that will be eligible to progress to the State Relays. This new rule for small Centres was proposed by Bli Bli, supported by Nambour and Maroochy, and passed at the last LAQ conference with huge support. This is a wonderful new rule that will enable your kids to compete on a level playing field with the big Centres. Please ask me for more details of how this will work this season.

We cannot operate each Saturday morning without lots of parent and carer involvement. It is not difficult to help out – rake the long jump pit, hold a tape measure, spike the throws distances, help with the place judging. Ideally we would have two or three adults with each age group (especially the younger groups) to keep our Saturday mornings rolling smoothly. Age Marshalls are needed for each age group every week. The Age Marshall leads the group to each event on the weeks program and records each athletes results. It can seem daunting, but it's not. Just ask one of the committee for help and you will be an expert in no time.

Another new feature this year is the roll out of a new skills development program called F.A.S.T. This program will be used for our youngest members (Tiny Tots & U6). The F.A.S.T. program runs for 8 weeks and aims at developing the skills required to introduce athletics to new participants. F.A.S.T. is a fun program which runs for one hour each week and revolves around having fun and

getting everyone involved with minimal standing around. Ask me for more details.

There are also opportunities for parents and carers to become qualified officials. Please check with our officials officer Julie Cousins who will let you know what is involved. There are a couple of Official Workshops being held on the Sunshine Coast this season where the practical aspects of officiating will be covered – check the calendar for the dates or ask Julie. Once qualified you can take part as an official at LAQ carnivals, and even take it all the way to the Commonwealth Games if you so desire. That is exactly what Julie has done, she will be officiating at the Gold Coast Commonwealth Games in 2018. Well done Julie!

I hope you enjoy the 2016-2017 season at Nambour Little A's. If anyone has any questions or suggestions please contact one of the committee.

Rob Angus
Centre Manager

LITTLE ATHLETICS MISSION STATEMENT

“To develop children of ALL abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletic activities”

This statement translates into the following priorities for the Little Athletics Movement:

To develop children of all abilities

To promote positive attitudes and a healthy lifestyle

To involve the family and community in our activities

To use athletic activities and the means to achieve these aims

AND YOUR CENTRE WHOLEHEARTEDLY SUPPORTS THESE IMPORTANT ATTITUDES!!!!

WHAT LITTLE ATHLETICS IS ALL ABOUT

The concept of Little Athletics was the brainchild of Trevor Billingham and the first competition started in the 1960's in Victoria. The activity has spread throughout Australia commencing in Queensland in 1975. Competing athletes in the first year totalled 1,500 and this number has spiralled to over 70,000 in recent years and the movement has developed philosophies in tune with needs of those members. For example:

"To Improve Rather Than Win"

WHAT IS THE OBJECTIVE?

The aim is to bring children and their parents together and provide the children with a range of outdoor physical activities. While most of these activities are oriented towards the conventional notions of athletics some are not. A typical programme for a child may involve running, jumping, throwing and walking in many ways. The nature of the activity is essentially an organised outdoor recreational sport with family involvement.

A secondary objective is to provide championships at Regional, State and National levels for children who are interested in participating in them and who demonstrate appropriate skills.

YOUR CENTRE HISTORY

Your Centre commenced in December 1983 at the Nambour State Primary School grounds and as numbers grew moved to the present PCYC (Police Citizens Youth Club) grounds in 1986. This move and the magnificent efforts of the Centre's parents has seen the venue develop into one of the finest Little Athletics grounds in Country Queensland, good enough, in fact, for the Queensland Senior Association to hold its country championships here in April 1993. In Feb 2014 we hosted the Suncoast Regional Championships at USC and it was one of the most successful Regionals ever!

Don't forget to visit our website (nambourlittleathletics.com.au) and our Facebook page, to stay up to date with all the news and events happening around our Centre like:

- closure dates for nominations of all the Regional carnivals and centre carnivals,
- any clinics which may be happening and of interest to parents as officials and coaches,
- reminders about important issues such as bringing your water bottle, wearing hats and each morning using the sunscreen which is available at the desk,
- jokes of an athletic nature (please submit via email)



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- *Upstyles
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- *Colours
- * Ladies Cuts
- *Kids cuts
- *Makeup
- *Ear piercing

CENTRE COMPETITION

Centre competition is conducted at the PCYC (Police Citizens Youth Club) Grounds, Youth Avenue, Nambour on Saturday mornings between 7.45 am and 11.00 am and is open to all athletes registered with the Centre, visiting athletes from other Centres who register on the day, and other visitors who register on the day.

REGISTRATIONS

Your centre caters for registered children between the ages of 4 to 17 years. The minimum age for registration is 4 years and you can register as soon as the child turns that age. Children registered for this season will be organised into age groups according to their age at midnight on 30th September, 2016 (see the following table). This registration is valid for 12 months and covers all LAQ events in that period.

Child's Age as at Midnight 30/9/16	Age Group for Competition
4	Tiny Tot
5	Under 6
6	Under 7
7	Under 8
8	Under 9
9	Under 10
10	Under 11
11	Under 12
12	Under 13
13	Under 14
14	Under 15
15	Under 16
16	Under 17

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WHAT DO YOU GET WHEN YOU REGISTER?

Each family receives: The Centre Handbook
Each child receives: A registration number, age label, sponsor patches and results book

Registration fees for the 2016/17 season are as follows:

Age	Fee
Tiny Tots	\$50
Under 6	\$100
Under 7 to Under 17	\$120
Parent Levy	\$30

Family discounts for three or more children are available. Please inquire when registering.

The fee covers registration and affiliation with Little Athletics Queensland and Police & Citizens Youth Club ground fees. Athletes are encouraged to be members of the PCYC. Individual and family memberships are available. Registrations should be made at the PCYC desk.

There is a compulsory parent levy of \$30 per family, which is refunded to families who assist on Saturdays and meet their obligations under the Parent Help Roster. The Parent Help Roster entails working a ***minimum*** of 14 days during the season - **8 before Christmas and 6 after Christmas.**

IS THERE ANY INSURANCE?

All members and voluntary helpers are covered to some degree by insurance policies, which the Centre has as a result of its affiliation with the Little Athletics Queensland and information can be obtained from your Centre Secretary.

PLEASE NOTE THAT THE LITTLE ATHLETICS INSURANCE POLICY DOES NOT COVER ANY CHILD WHO LEAVES THE AREA CONTROLLED BY THE OFFICIALS UNLESS THE CHILD IS TRAVELLING DIRECTLY TO OR FROM HOME OR THE PLACE OF COMPETITION.



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WEEKLY SIGN ON

To protect the safety of your child/children the Centre requires that **EVERY ATHLETE BE SIGNED IN EACH SATURDAY MORNING BY A PARENT/GUARDIAN** so that Centre officials are aware that the child is at the Centre for competition. The sign on book is available at the desk each morning. **Any child not signed in by their parent is not covered by insurance against any injury.**

MEETINGS

Your Centre Committee meets at the Centre Clubhouse generally on the last Saturday of every month (after morning competition) and members are welcome to attend. Please feel free to approach any of the committee if you have any concerns or have any agenda items to be brought up at the next meeting. Your committee is available at all times, so feel free to talk to them. We are always pleased to hear constructive comments about the Centre and its activities.

CANTEEN

The Centre operates a canteen including a sausage sizzle most Saturdays. Your support of the canteen is appreciated as profits go directly towards improving our facilities and equipment and providing awards for the athletes.

FIRST AID

In the unfortunate event that an injury occurs to one of the children, please take him or her to the Clubhouse where we will render all assistance possible. If the child cannot be moved please notify us immediately. A first aid kit is available at all times and where possible someone trained in the application of first aid will also be available.

ON-LINE RESULTS

See results from every week, season best performances, graphs of results, print your own performance tickets and more. Here are the instructions :

1. Go to www.resultshq.com.au
2. Log in with your email address and password, or if you have forgotten your password or using the system for the first time, click on "forgot your username"
3. Type in your email address (that you used to register) and you will be emailed your username and password. This will be a family login so you will see results for all your children in one place.
4. Go back to www.resultshq.com.au and enter your username and password.
5. Once logged in you will see your children's name(s), a list of recent meets, upcoming meets, a button to list our centre records, and from time to time messages from the Club.
6. Click on your child names and it will show results for the most recent meet. You can access results from all meets here, and print out tickets.

For more info please view the following video :

<https://www.youtube.com/watch?v=knwjekPU-O4>

RAINY DAYS OR WET GROUNDS

If rain or ground closure results in cancellation of a competition day, notification will be posted on our Website and Facebook page. We will also endeavour to send an email and/or text message. Notification will be prior to 7:30am.

PUBLICITY

All matters of interest and concern, as many results as possible, gossip and information and helpful coaching hints will be published on the Centre's website (nambourlittleathletics.com.au) and on our Facebook Page.

OFFICIALS

Little Athletics is not only for the children, most new parents receive great joy and pride just watching their children trying to better their personal abilities and cope with personalised competition. As much as the athletes enjoy being watched while they compete, they are even more enthusiastic when their parents are directly involved as well. Parent support is **VITAL** to the functioning of our programme. Each week, apart from age marshals, we need about 30 helpers.

These may seem frightening jobs to some but we all started in this way and more experienced parents are always on hand to help new parents learn the ropes. Our Officials Manager will be asking for volunteers to take permanent positions each week, so that delays to the start of our programme are avoided.

COACHING

Your Centre coaching staff, Simone Pearce, Kev Cordwell, Shaun White, Julie Cousins, and Brooke Dryden welcome all athletes to the new season. Training and coaching will be conducted on Thursdays from 4.00pm to 6.00pm at the Centre grounds, PCYC, Nambour. Please double check the noticeboard or website for news on when training starts this season.

We would like to remind you that coaching is for **ALL** children regardless of ability. Coaching fees are a Gold Coin donation. These coaching fees go towards the cost of getting more parents accredited as coaches.

WE ALSO NEED HELP WITH COACHING

If you have any athletic skills and /or experience that may be of help to the children and you are prepared to share that knowledge with the children, please contact our coaching officer Simone Pearce who will be pleased to accept any assistance offered. This season, NLAC will be hosting a FREE LAQ Coaching Clinic and we encourage all athletes from U7 to U17 attend. Stay tuned for more information on this clinic.

REPRESENTATIVE COMPETITION

Little Athletics Queensland conducts the following representative meets:

1: **Regional Championships**

Queensland is divided up into Regions. The Nambour Centre is part of the Suncoast Region along with Bli Bli, Caloundra, Maleny, Maroochy, Cooloola Coast, South Burnett, Glasshouse Mountains, Noosa, Gympie, University, Caboolture and Deception Bay.

All Centres in the region can select athletes for each event to compete at the regional championships. The Centre will give your child every encouragement to nominate and compete against other children within the Region. Each athlete can compete in up to 5 individual events of his or her choice.

Placing in the first three at Regionals entitles the athlete to compete at the LAQ's State Championships, they will also receive medals on the day.

Under 7 and 8 athletes compete at this level and no further. They do however receive Participation medals on the day.

2. **State Championships**

The first three placegetters in each event at the Regional Championships qualify to represent the Centre at the State Championships and compete against the State's finest athletes.

3. **Regional Relays**

The Centre will select teams for both track and field events to compete against other Centres from our Region. Teams for track events have 4 members while field teams have 2 members.

Again the first three placegetters at this Regional level competition qualify to compete at the State Relay Championships.

Under 7 and 8 athletes compete at this level and no further.

4. **State Relay Championships**

The first three placegetters in the Regional Relay Day qualify to compete in the State Relay Championships against Centres from all over Queensland. This is one of LAQ's most exciting meetings.

5. **Age Days**

During the season LAQ will be holding a number of events for the different age groups. These are great days for those athletes who love that extra bit of competition. These are usually:

Spring Carnival in Bundaberg

Junior Carnival for Under 7 to Under 11

Senior Carnival for Under 12 to Under 15

LAQ Pentathlon for Under 9 to Under 15

Please check our event calendar to see when these will be held this season.

RULES OF COMPETITION

All events conducted by the Centre are done so under the rules laid down by the Little Athletics Queensland. LAQ has adopted the rules set down by the IAAF Handbook except as modified to suit the needs of the children. Some appropriate rules are:

1. ATTIRE

Centre Uniform- the official competition uniform is:

Club Polo Shirt : Yellow with Bottle Green and White flashes, Bottle Green Sleeves and Collar

Bottle Green Shorts, Briefs or Bike Pants (Boys must wear shorts)

Yellow Bucket Hat

These items are available from the Clubhouse on Saturdays at near cost price. Note that the old design polo shirt can still be worn at LAQ competitions for the 2016/17 and 2017/18 seasons.

It is Centre policy that, whilst not compulsory at Centre level competition, it is recommended that you wear your uniform at all levels of competition. It is also Centre policy that jewellery **NOT** be worn during competition.

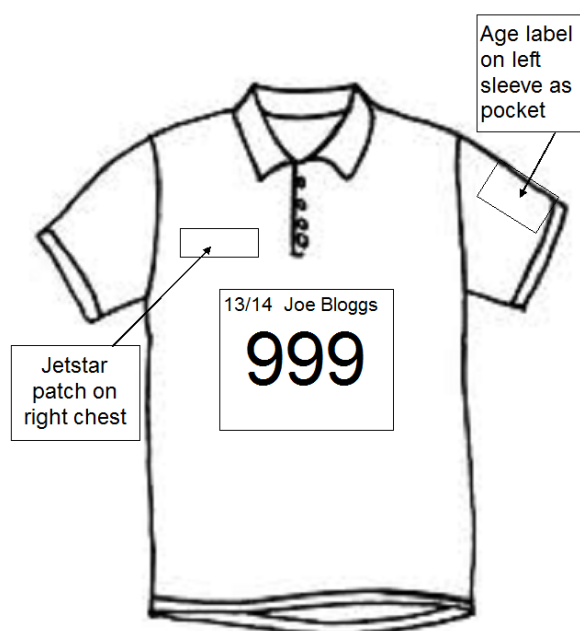
It is compulsory to wear correct and complete Centre uniform at all LAQ competitions.

Athlete Registration Number

These patches must be firmly affixed to the front of the athlete's top so as to be clearly visible at all times and the athlete's name must be clearly marked.

Age Group Patch

The age group patch, as supplied, must be firmly affixed to the **left sleeve** of the Athlete's shirt.



The Jetstar patch should be sewn to the right chest of the shirt.

If any athletes still have Medibank or IGA patches on their shirts from previous seasons these **MUST** be removed.

Club Uniform Prices :

Club Polo (New Design) and Hat	\$35
Old Design Polo	\$20
Shorts / Bike Pants	\$10
Yellow Bucket Hat	\$7
COMBO DEAL : New Design Shirt + Old Design Shirt for training + Hat	\$50

2. FOOTWEAR

At Centre and Association days **shoes are compulsory for all events** regardless of the track surface.

Spike shoes may **NOT** be worn by-

- athletes in the Under 6,7,8,9 and 10 age groups,
- competitors in any event that has a pack start (except for Under 15+)
- competitors in track relays (except for Under 15+)

Spike shoes may be worn by-

- athletes in other age groups for the long and triple jumps, high jump, javelin and any individual event run entirely in lanes.

Spike shoes may be worn only **IMMEDIATELY PRIOR TO THE EVENT** and **DURING THE EVENT**. They **MUST** be removed **IMMEDIATELY** the event is finished. It is **NOT PERMITTED** to wear these shoes any other time.

Parents are especially asked to ensure your children are aware of the serious injury that may be caused to other people from the wearing of spiked shoes. Your assistance in preventing such injuries is appreciated.

The maximum spike length permitted is 6mm for synthetic track, 9mm synthetic field and 12mm for any grass event.

3. SLIP SLOP SLAP

Slip Slop Slap is serious. Your Centre requires that hats be worn at all times where possible and that a maximum protection sunscreen be used at all times. Sunscreen is available at the Clubhouse for use by athletes and parents.

REGIONAL RELAY DAY

Regional Relay Day will be held on **Saturday November 12th 2016 at Bli Bli**.

Listed below are the events available for each age group. We encourage each athlete regardless of age and ability to nominate in all events for their age group. We would like as many of the younger children to enter as possible - it is a competition open to athletes Under 7 and upwards. The Registrar will place all athletes into teams.

Our Centre will be allocated officiating positions for the event and parents will be asked to assist on the day. Nominations close for the event on October 29th to enable us to arrange both our younger and older teams.

The first 3 placegetters overall in each event from Under 9 to Under 17 will progress to the State Relay Day to be held at the State Athletics Facility at Brisbane on **December 10th 2016**. Therefore the more teams entered the better our chances are.

Any queries, questions or advice as to whether your children should enter, please speak to Julie Cousins or Rob Angus. They will be pleased to help you understand the significance of putting in your nomination forms for these relays.

- U7 4 x 70 (shuttle), Long Jump, Discus
- U8 4 x 100 (shuttle), Long Jump, Discus
- U9 4 x 100, 4 x 200, Shot, Discus, High Jump
- U10 4 x 100, 4 x 200, Shot, High Jump, Long Jump
- U11 4 x 100, 4 x Medley Relay, Discus, High Jump, Long Jump
- U12 4 x 100, 4 x Medley Relay, Discus, Shot, Long Jump
- U13 4 x 100, 4 x Medley Relay, High Jump, Shot, Discus
- U14 4 x 100, 4 x Medley Relay, Shot, High Jump, Long Jump
- U15+ 4 x 100, 4 x Medley Relay, Discus, High Jump, Long Jump

This season we will be able to nominate Composite Teams made up of athletes from different small Centre's, and these teams will be eligible to progress to the State Relays. We will be working closely with Maroochy and Bli Bli to organise these composite teams where required.

BEHAVIOUR MANAGEMENT POLICY

The motto of Little Athletics is Family, Fun and Fitness. To achieve this, the Committee has found it necessary to develop behaviour management guidelines so that the athletes know what is expected. Likewise, parents and supervising adults are aware of the expectations and consequences of inappropriate behaviour.

INAPPROPRIATE BEHAVIOUR IS:

- ◆ Cheekiness/ back chatting.
- ◆ Behaviour that disrupts the smooth running of the event.
- ◆ Behaviour that endangers the safety of the child or other athletes.
- ◆ Behaviour that can cause damage to the equipment.

CONSEQUENCE GUIDELINES:

- Level 1** If a child shows inappropriate behaviour then the Age Marshall/Event Official warns the child, explains what he/she has done wrong and the consequence of repeating the behaviour, i.e. sit out of the event.
- Level 2** If the behaviour is repeated at the same event or subsequent events then the Age Marshall sits the child out of the event and their ticket is marked "did not compete due to poor behaviour".
- Level 3** If the behaviour is repeated a third time then the child is sent to the "Sin Bin".

This is a weekly arrangement and not to be carried over from one week to the next.

***PLEASE NOTE THAT LITTLE ATHLETICS INSURANCE POLICY
DOES NOT COVER ANY CHILD WHO LEAVES THE AREA
CONTROLLED BY THE OFFICIALS UNLESS THE CHILD IS
TRAVELLING DIRECTLY TO OR FROM HOME OR THE PLACE
OF COMPETITION.***

AWARDS

The Centre awards three main perpetual trophies at the end of each season.

The McDonald's Trophy is an encouragement award given to an athlete who exemplifies the ideals of Little Athletics.

The two Shields, one each for a boy and girl, are also encouragement awards and these are presented to those athletes who:

- ◆ have been registered members of the Centre for a minimum of 2 years
- ◆ are in the Under 10 to Under 14 age group
- ◆ attend on a regular basis
- ◆ attempt all events on the program enthusiastically.

These athletes need not be of outstanding ability at any one event.

The following have been the recipients since the instigation of each Shield/Trophy:

McDONALD'S TROPHY

Year	Recipient	Year	Recipient
2015/16	Lily Plowman	2003/04	Nicholas Collingwood
2014/15	Ashlee Spencer	2002/03	Daniel Brooke
2013/14	Blade Heinemann-Tilley	2001/02	Greta Devlin
2012/13	Jonathan Angus	2000/01	Ryan Devlin
2011/12	Hannah Pringle	1999/00	Matthew Horsey
2010/11	Cecilia Webbe	1998/99	Lucy Killip
2009/10	Sophie Tiver	1997/98	Dana Pringle
2008/09	Jayden Butler	1996/97	Adam Griffiths
2007/08	Amanda Kenny	1995/96	Dominic Tyrell
2006/07	Jordan Duncan	1994/95	Kobey Misios
2005/06	Starlea Wyllie	1993/94	Rebecca McKinley
2004/05	Scott Simenauer	1992/93	Fiona Turnbull

ERIC REA SHIELD

Year	Recipient
2015/16	Louis Rogers
2014/15	Jamie Griffith
2013/14	Cameron Labinsky
2012/13	Kodi Heinemann
2011/12	Corey McNeish

JULIE COUSINS SHIELD

Year	Recipient
2015/16	Kirra Rond
2014/15	Annabelle Woods
2013/14	Madison Jordan
2012/13	Troy Cordwell
2011/12	Cecilia Webbe

KEV CORDWELL SHIELD

Year	Recipient
2010/11	Jack Wyllie
2009/10	Henry Montgomery
2008/09	Jonathan Angus
2007/08	Zac Tindale
2006/07	Brodie Tucker
2005/06	Jamin Rea
2004/05	Jeremy Hutton
2003/04	S Punshon
2002/03	Matthew Kelly
2001/02	Matty Maher
2000/01	Daniel Ireland
1999/00	Ben Carroll

MAUREEN MURPHY SHIELD

Year	Recipient
2010/11	Isabelle Simpson
2009/10	Kathleen Waters
2008/09	Sophie Tiver
2007/08	Kenley Wyllie
2006/07	Michelle Kenny
2005/06	Starlea Wyllie
2004/05	Lauren Simpson
2003/04	Bridgette Simpson
2002/03	Kate McWaters
2001/02	Sharna McIntosh
2000/01	Sarah Ireland
1999/00	Brooke Dryden

Bernie & Sue SMITH SHIELD

Year	Recipient
1998/99	Brendan Savage
1997/98	Luke Ehrenberg
1996/97	Edward Heron
1995/96	Brendan Murie
1994/95	Luke Watkins
1993/94	Peter Sleep
1992/93	Joel Harden
1991/92	Nigel Grevett
1990/91	Marc Castro
1989/90	Tim King
1988/89	Lance Brown
1987/88	Tony Elms

Robert & Cynthia GARVIE SHIELD

Year	Recipient
1998/99	Ashleigh Vandermeer
1997/98	Lynda Langton
1996/97	Melanie Schlanger
1995/96	Debbie Ackerman
1994/95	Shannon Murphy
1993/94	Sally Eales
1992/93	Lisa Rimmelzwaan
1991/92	Suzanne English
1990/91	Brooke Stilla
1989/90	Sarah Walker
1988/89	Joy Clarke
1987/88	Mardi Griffiths

MOST IMPROVED

The Most Improved Trophies were first awarded in the 2012/2013 season to recognise those athletes who have significantly improved their individual performances. Most Improved Trophies are based on personal best performances over the season compared to the athletes performances over the first month of the season. Trophies are awarded to Junior (U6 to U11) and Senior (U12 to U17) Boys and Girls.

Year	Junior Girls	Junior Boys	Senior Girls	Senior Boys
2015/16	Grace Brimelow	Kyl Emery	Harley-Rose Heinemann	Jonathan Angus
2014/15	Harley-Rose Heinemann	Jake Simpson	Troy Cordwell	Jordan Hill
2013/14	Lily Plowman	Jack Bannister	Hannah Paulsen	Corey McNeish
2012/13	Holly de Klerk	Scott Hannaford	Kenley Wyllie	Blade Heinemann-Tilley

THE McDONALD'S ACHIEVEMENT AWARDS

To receive a McDonald's Achievement Award (certificate) an athlete must reach the relevant level in all events applicable to their age group in **three (3) event groups** eg. An Under 12 would be awarded a green certificate if they were to equal or better the green level times in **(1) Jumps:** Long, Triple and High, **(2) Sprints:** 100m and 200m and in the **(3) Throws:** Discus, Javelin and shot Put. Any event group combination can be used to meet the criteria, as long as the levels in three event groups are attained.

Achieving the relevant levels entitles an athlete to an award, which can be redeemed from their local McDonalds store. The maximum number of certificates an athlete can receive each season is three: 1 green, 1 red and 1 blue.

The McDonald's Achievement Levels are calculated from the average of performances of Queensland's Little Athletes over the years. Anyone achieving a green level has achieved a good level of performance, but one, which is within the reach of 95% of children with a little application. A red level represents a very good performance, but still achievable by about 65% of children. A blue level represents an excellent performance achievable by about 20% of Little Athletes. Levels for each age group and all events are detailed on the following pages.

LIFE MEMBERSHIP

Life Membership of the Nambour Little Athletics Centre is awarded for outstanding contribution to the Centre over a significant period of time.

Life Member	Year Awarded
Kev Cordwell	1993
Eric Rea	1993
Maureen Murphy	2013

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We also extend a huge THANK YOU to **Peter Wellington** our patron. Once again he has kindly assisted in the production of this handbook.

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