



# 2023/2024 AWARD CRITERIA

To be eligible to receive any of our club awards, athletes must attend a minimum of 50% of centre competitions and complete a minimum of 3 events each attendance.

## McDonald's Encouragement Award

The McDonald's Encouragement Award is presented to an athlete who exemplifies the ideals of Little Athletics, and makes a significant contribution to Nambour Little Athletics during the season.

The required attributes are Leadership, Respect, Perseverance, Sportsmanship and Enthusiasm.

## Julie Cousins Perpetual Shield

The Girls Perpetual Shield is an encouragement award presented to a girl athlete who:

- has been a registered member of the Centre for over 2 years
- is in the Under 10 to Under 17 age group
- attends Centre competitions on a regular basis
- attempts all events on the program enthusiastically.

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

The Girls Perpetual Shield has been named after committee members who have contributed significantly to Nambour Little Athletics.

## Keffed Cordwell Perpetual Shield

The Boys Perpetual Shield is an encouragement award presented to a boy athlete who:

- has been a registered member of the Centre for over 2 years
- is in the Under 10 to Under 17 age group
- attends Centre competitions on a regular basis
- attempts all events on the program enthusiastically.

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

The Boys Perpetual Shield has been named after committee members who have contributed significantly to Nambour Little Athletics.

## Most Improved

The Most Improved Trophies are to recognise those athletes who have significantly improved their individual performances over the season.

Most Improved Trophies are based on number of personal best performances over the course of the season. Trophies are awarded to Junior (U6 to U11) and Senior (U12 to U17) Boys and Girls winners and runners-up.

## Rising Star Awards

The recipients of these awards are selected by our coaching team. Recipients must show consistency of effort, dedication and commitment to continual improvement and a positive attitude and effort in competition.

## Male & Female Athlete of the Year

This award will be awarded to one male and one female athlete with the most consistent and strong competitive performances across the season. This includes weekly club meets as well as LAQ carnivals and competitions. The recipient of these awards demonstrates consistent high-level performance eg PB's at a McDonald's Blue Level across a number of events and/ or qualifying for State Titles in more than one event.

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour Little Athletics with distinction.

## Club Champion Award

This award acknowledges an athlete who demonstrates the most significant performance at a competition outside of the weekly Nambour centre competition. For example:

- setting a new club record
- setting a new regional record
- Regional Championship medal recipient
- State Championship medal recipient
- LAQ Carnival medal recipient
- selection in an LAQ State Representative Team or development squad

In addition, the athlete must display positive sportsmanship to fellow athletes, officials and coaches and represent Nambour LAC with distinction.

The award recipient is selected at the discretion of the NLAC committee. If there is no significant achievement for an athlete in a year, the Committee may present the award to an athlete whose performance came close to the above measures.

## Personal Best (PB) Medals

Medals will be awarded to athletes who achieve the following level of Personal Best Performances (PB's) in a season, prior to the State titles.

Points are achieved by:

- achieving a Personal best performance at any meet in the conduct of one event (heat or final) = 2 points
- achieving a Personal best performance at any meet in the conduct of one event at a Bonus Meet = 5 points

Achievement levels are set as follows:

Gold	40 points
Silver	20 Points
Bronze	10 Points