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PRESIDENT'S MESSAGE

IT'S OUR 36TH SEASON!

Welcome to another year at Chelsea Little Athletics Centre – our 36th season. To all the returning athletes from past seasons, Welcome Back! And to our brand new athletes joining Chelsea for the first time, Welcome and please make yourself known to as many other athletes as possible. And a very warm Welcome to all our Parents and friends, without you all joining in there would be no Centre or competition for the Athletes. I would like to thank all the members of this season's Centre and Club committees who were elected at the completion of last season. It was especially pleasing to see the numbers increase in the Centre General Committee, an indication of the interest and enthusiasm of a number of parents and friends

Little Athletics' motto is **FAMILY, FUN and FITNESS**. At Chelsea we try very hard to meet these aims. We hope you will achieve this by sharing friendships, by participating in healthy exercise and by achieving success through friendly competition. This success should be judged by the extent to which you improve your skills and personal performance, by doing your best. Our Centre emphasises **PERSONAL BESTS** by rewarding ***STARS*** to athletes who improve their performances, therefore the only person you are competing against is yourself. To recognise and encourage this, any athlete achieving five Personal Bests in one Program will receive a Certificate of Recognition along with a free drink and hot dog from our canteen. Additionally, weekly Personal Best achievements of three or more will be published in one or both of the local newspapers and displayed on the notice board each week.

Parents are an essential part of our sport. By signing the Register of Ordinary Members you have become members of our Centre and of the Victorian Little Athletics Association. We ask that you actively assist in the many tasks necessary to run our Centre and our Clubs. This year there is a new system for parents in the way of helping with cards of how to run an event. It is a well thought out plan and will help assist all new and returning parents with all events. So lets get in there and get the kids events running as efficiently as they can so that the kids are not standing around for to long. **Events cannot commence or run to our time schedule if there are not enough officials and assistants to run them.**

At Chelsea we abide by a **CODE of ETHICS** formulated by the Victorian Little Athletics Association. This code emphasises the need to encourage our athletes in all their endeavours, and to always accept the decision of the official or referee. We want to show that good sports people are good students and are physically and mentally alert. We place the welfare and development of individual athletes above win and loss records.

We remind you that the Association and our Centre supports Heart Health and that Edithvale Reserve is a healthy, smoke free sporting environment.

There is a wealth of information in this Handbook so please take a few minutes to read through it carefully and be aware of the contents. Please do not hesitate to contact me, or any member of our Centre Committee or Club Executives to ask questions or to offer constructive criticism.

Being that I am the the first ever woman to take up the position of President I will endeavour to do the best of my ability in helping and assisting all that need it. I thank you for joining or returning to our Centre and sincerely hope that your time with us will be long, enjoyable and successful. HAVE FUN EVERYBODY!!

Good luck to you all!

Jane Farmer
PRESIDENT

ON TRACK

What is On Track?

On Track - An Athletics Skills Program, is a progressive skills-based program that aims to provide children with more:

- activity
- instruction
- skill development
- enjoyment

The program is being implemented throughout the State, with about 75% of all Centres now participating. Parents and coaches have attended training courses and have been provided with training material to run On Track at their Centres.

The On Track Levels

On Track is an athletics skills and modified event program. Children start at:

- Level 1 - Fundamental Motor Skills
- Level 2 - Fundamental Athletic Skills
- Level 3 - Transitional Athletic Skills

Currently this modified event program, designed by VLAA, is aimed at the U6's to U8's. At Chelsea Little Athletics Centre, we run On Track for the Under 6 and Under 7 age groups, with the athletes then progressing to a full 5-event program at Under 8.

As well as trained On Track Co-ordinators, we need parent assistance to run the program of activities each week. You'll find that by joining in and assisting the co-ordinators, you'll have as much fun as the athletes.

Full details are available on the VLAA web site at:

http://www.vlaa.asn.au/main.asp?Page_ID=358

2004/2005 JUNIOR DEVELOPMENT SQUAD

The Junior Development Squad (JDS) is a program aimed at giving our talented athletes a little more in terms of coaching, education, competition and a sense of accomplishment. Athletes must qualify for the squad by achieving athletic results that better a set performance criteria.

The squad is open to all registered athletes from U/12 to U/15 that achieve the performance criteria. Ranging from mid October to late February, the program consists of numerous activities including coaching days, alternate coaching sessions, coaching camp, education sessions, role model sessions with elite athletes and a presentation ceremony.

Full details are available on the VLAA web site at:

http://www.vlaa.asn.au/main.asp?Page_ID=357

CENTRE COMMITTEE & LIFE MEMBERS

CHELSEA LITTLE ATHLETICS CENTRE

CENTRE NUMBER 60

***CENTRE COLOURS - YELLOW, WHITE, RED & BLACK SINGLET
BLACK SHORTS / SPORTS BRIEFS***

CENTRE COMMITTEE 2002/2003

PRESIDENT	Jane Framer happynut@alphalink.com.au	Tel: 9512 0441
VICE PRESIDENT	Michael Stock michael.stock@aussiehomeloans.com.au	Tel: 9776 1331
SECRETARY	Andrew Holten acvh@rotaloo.com	Tel: 9580 0129
TREASURER	Sue Davis suedavis@optusnet.com.au	Tel: 9512 0052
COMMITTEE MEMBERS	Susanne Ferguson	Tel: 9772 9582
	Ross Dibbs	Tel: 9772 3853
	Alan Senior seniora@optushome.com.au	Tel: 9772 8970
	Liz Scammell carliz88@yahoo.com.au	Tel: 9772 3440
	Peter Crawford	Tel: 9512 0082
	Carlo Ballerini cballerini@vtown.com.au	Tel: 8787 7191

LIFE MEMBERS OF THE CHELSEA CENTRE

Mr Jim Rankin	Mr John Van Echteld
Mr Peter Richardson	Mr Lindsay Best
Mr Brian Gray	Mr Ian Brown
Mr John Ellem	Mr Frank Sullivan
Mr Doug Gittens	Mrs Ann Riley
Mr Paul Riley	Mrs Faye Cornwill
Mrs Carol Butterfield	Mr Greg Butterfield
Mr Ian Dornom	Mr Steve Downie
Mr Trevor Sasman	Mr Mark Thomas
Mrs Ros MacInnes	Mr Terry Clark
Mr Ray Fyans	

CLUB COLOURS AND COMMITTEES

CHELSEA LITTLE ATHLETICS CENTRE 2002 - 2003

ROADRUNNERS

Yellow T-Shirt, Black Shorts/Sports Briefs

President	Susie Johnston 5 Lysander Court CHELSEA HEIGHTS 3196 Tel: 9773 0719
Secretary	Carlo Ballerini cballerini@vtown.com.au 12 Flynn Terrace SKYE 3977 Tel: 8787 7191
Committee	Liz Scammell Huon Clough Caroline Browne

REDBACKS

Red T-Shirt, Black Shorts/Sports Briefs

President	Jane Farmer happynut@alphalink.com.au 19 Yackatooon Avenue, ASPENDALE 3195 Tel. 9512 0441
Secretary	Andrew Holten Tel: 9580 0129
Committee	Richard Cullen Samantha Gent Denise Fitzsimon Mim Phillips Christine Lee

PANTHERS

White T-Shirt, Black Shorts/Sports Briefs

President	Michael Stock 18 Keith Avenue EDITHVALE 3196 Tel. 9776 1331
Committee	Peter Crawford Elaine Simpson Marc Laval Anne Mellett Wayne Hollis

CALENDAR FOR SEASON 2004/2005

OCTOBER 2004

Sat	2nd	Week 1 competition - Program 1
Sat	9th	Week 2 competition - Program 2
Fri	15th	Spirit of Victoria Meeting – hosted by Mentone (U12 – Inters)
Sat	16th	Week 3 competition - Program 3
Sat	23rd	Week 4 competition - Program 1
Sun	24th	Mentone Invitation Relays (U9 – U15)
Sat	30th	Week 5 competition - Program 2

NOVEMBER 2004

Sat	6th	Week 6 competition - Program 3
Sat	13 th	Week 7 competition - Program 1
Sun	14th	Regional Relay Championships – hosted by Springvale (U9-15)
Sat	20 th	Week 8 competition - Program 2
Fri/Sat/Sun	26th/27th/28th	SMR Coaching Camp – Merricks (U10 – U15)
Sat	27th	Week 9 competition - Program 3

DECEMBER 2004

Fri	3rd	Spirit of Victoria Meeting – hosted by Oakleigh (U12 – Inters)
Sat	4th	Week 10 competition - Program 1
Sun	5th	State Relay Championships - Whittlesea City (U9 - U15)
Fri	10 th	Week 11 competition - Program 2 (<u>Twilight meeting</u>)
Sat	18th	Week 12 competition - Program 3

JANUARY 2005

Sun	2nd	Entries close – Chelsea Open Day
Sat	15th	Open Day Working Bee & Track Preparation - Parents and Officials – No Centre Competition
Sun	16th	Chelsea Open Day
Mon	24th	Entries close – Regional Track & Field Championships
Sat	29th	Week 13 competition - Program 1

FEBRUARY 2005

Fri	4th	Spirit of Victoria Meeting – hosted by Sandringham (U12 – Inters)
Sat	5th	Week 14 competition - Program 2
Sun	6th	U6-U8 Carnival – Westernport
Sat	12 th	Week 15 competition – Program 3
Sat/Sun	19th/20th	Regional Track and Field Championships – venue to be confirmed (U9 - U15)
Sat	26th	Week 16 competition - Program 1

MARCH 2005

Fri	4 th	Week 17 competition - Program 2 (<u>Twilight meeting</u>)
Sat/Sun	5th/6th	State Multi Event - venue to be confirmed (U9 – U15)
Fri	11th	Week 18 competition – Program 3 (<u>Twilight meeting</u>)
Sat/Sun	19th/20th	State Track and Field Championships – Olympic Park (U9 - U15)

APRIL 2005

Sat	2nd	Medallion Day, Centre Presentations and AGM
Sat	16th	Cross Country Season commences (to be confirmed)

OTHER EVENTS OF NOTE (Confirm Dates with Committee, see Notice Board during season)

Sun	10 th /17 th	October	Region Level “O” Coaching Course at Dandenong
Sat	20 th	November	Waverley Open Day
Sun	9 th	January	Southern Peninsula Open Day
Sun	6th	February	Seaford Open Day

WEEKLY PROGRAM DETAILS

PROGRAM 1

U/6	On Track	50m			
U/7	On Track	50m	SP		
U/8	100m	50m	400m	DIS	LJ
U/9	100m	70m	400m	LJ	SP
U/10	100m	70m	400m	LJ	DIS
U/11	100m	70m	400m	HJ	LJ
U/12	100m	JAV	400m	HJ	LJ
U/13	100m	JAV	400m	TJ	SP
U/14	100m	JAV	400m	TJ	SP
U/15	100m	JAV	400m	TJ	SP
Inter Aths	100m	JAV	400m	TJ	SP

PROGRAM 2

U/6	On Track	LJ			
U/7	On Track	100m	DIS		
U/8	60mH	JAV	150m	SP	DIS
U/9	60mH	800m	LJ/TJ	HJ	DIS
U/10	60mH	800m	LJ/TJ	HJ	SP
U/11	60mH	800m	150m	TJ	DIS
U/12	60mH	800m	150m	TJ	SP
U/13	300mH	800m	150m	LJ	DIS
U/14	300mH	800m	150m	LJ	DIS
U/15	300mH	800m	150m	LJ	DIS
Inter Aths	300mH	800m	150m	LJ	DIS

PROGRAM 3

U/6	On Track	70m			
U/7	On Track	70m	LJ		
U/8	70m	81mH	200m	LJ	SP
U/9	JAV	81mH	200m	TJ	SP/DIS
U/10	JAV	81mH	200m	TJ	SP/DIS
U/11	JAV	81mH	200m	1500m	SP
U/12	70m	81mH	200m	1500m	DIS
U/13	70m	81mH	200m	1500m	HJ
U/14	70m	81/90mH	200m	1500m	HJ
U/15	70m	90/100mH	200m	1500m	HJ
Inter Aths	70m	90/100mH	200m	1500m	HJ

WHAT DO WE DO ON SATURDAY MORNINGS?

(Terms in CAPITALS are defined in following sections)

- 1 At 7.45 am a hardy band of Committee members and ROSTERED OFFICIALS begin to set up the equipment. Feel free to assist without being asked.
- 2 ROSTERED OFFICIALS, who need to be available at 8.30 am, are given their tasks and sent to their posts. First event for some is 8.45 am, so be on time.
- 3 Athletes wear their Club uniforms with their name tags displayed.
- 4 At 8.30 am we start our competition program with the all important warm up exercises. Announcements are also made and newsletters etc handed out, so be there and be alert.
- 5 To keep our programs running smoothly and on time we start some senior age group events at 8.45 am, after a separate warm up.
- 6 The running order of the day's program is shown on the whiteboard for all age groups.
- 7 The children are organised into their age groups or with the ON-TRACK CO-ORDINATOR (U/6, U/7), and sent to their starting events for a 9.00 am start.
- 8 Events are conducted under the COMPETITION RULES listed in a following section.
- 9 After finishing each event athletes receive a ticket showing their performance, and are given a STAR on the ticket if it is a new PERSONAL BEST. These event tickets can and should be put into each athlete's album or "STICKER BOOK". Our recording sheets are updated weekly to show each athlete's current PERSONAL BEST so that instant recognition and encouragement can be given at the event.
- 10 The recording sheets are input to our computer to:
 - record athletes' PERFORMANCES
 - highlight and update PERSONAL BESTS
 - highlight and update CENTRE RECORDS.
 - calculate INDIVIDUAL PERFORMANCE POINTS
 - calculate CLUB PERFORMANCE POINTS
- 11 As events are completed they are crossed off the whiteboard and announcements made over the Public Address to direct age groups to their next event.
- 12 We aim to finish each program by 12.30, after which many hands help to put away the equipment.
- 13 **Please parents, if you are not present all morning, don't be late picking up your child. This is particularly important if bad weather causes an early finish or cancellation. We cannot be responsible for children after competition finishes.**

WHAT DOES MEAN?

OFFICIALS & OFFICIALS' ROSTER

Little Athletics needs officials to run smoothly. Being an Official is not demanding and is an excellent way of helping and encouraging our children. It can also be a very social event for the Officials! Jobs range from measuring discus throws to raking the long jump pits, and include setting up equipment and recording results. There is something for everyone, and you are insured. To share the tasks fairly we establish a roster. Please do your best to be available and on time, or find a replacement if you are unavailable.

AGE GROUP CO-ORDINATORS

These are Officials who are in charge of one of the younger age groups (U/6 - U/8), to keep them together and at the correct event. We try to fill these on a season basis so the young ones know who their "mother/father hen" is.

COACHING

Training and coaching is not compulsory, **but** we like our Athletes to have some knowledge of basic skills for each event. It is all too easy to fall into incorrect techniques and so very hard to "unlearn" these and "re-learn" correct techniques later. As there is not much time on Saturday mornings, the Centre provides coaching by qualified coaches on most Sundays (10.00 am. - 12.00 noon) and some evenings. Full details are given during the season.

PERSONAL BEST *STARS*

Each time an athlete improves their own Personal Best performance they are rewarded with a **STAR** on the event ticket. At Chelsea we try to emphasise this aspect by concentrating not on where you may come, but how well you perform against your best. We have special **5 STAR** Awards for those fortunate enough to achieve 5 Personal Bests on one day. If an Athlete gains 3 or more Personal Bests on the one morning, their names and result are published in one or both of the local newspapers in recognition of their effort.

STICKER BOOKS

This is the term applied to the season recording book given to each athlete, which is provided for keeping event tickets ("sticking them in") and details of performances. Over time these become wonderful mementos. Sticker books are handed in to the Clubs at the end of the season and count towards end-of-season awards.

CENTRE RECORDS

These are the best recorded performances achieved by Chelsea Little Athletes at Centre competitions.

PERFORMANCE POINTS - INDIVIDUAL and CLUB

Each athlete's performance is rated against set Victorian standards and points awarded, with typically 50 points for an excellent performance and at least 25 points awarded for competing. These are tallied for end of year awards. The total points for each Club are divided by the number of events and number of athletes and added to the Club average Personal Best Performance to compare the Clubs and decide the Centre Shield.

SMR, VLAA

SMR is Southern Metropolitan Region, which is the next organisation level up from our Centre. It comprises 18 Centres from Brighton to Southern Peninsula (at Rosebud) to Pakenham. There are 3 other Metropolitan Regions and 4 Country Regions in the Victorian Little Athletics Association or VLAA.

WHAT DOES MEAN? (continued)

REGION HEATS and STATE CHAMPIONSHIPS

Competitions are conducted for Relays in the first half of the season and for individual Track and Field in the second half. Registered athletes in the Under 9 age groups upwards are eligible to enter. The Region Heats have often been held at Caulfield Centre's track at Murrumbeena and the State Finals at Olympic Park. The Relay heats this year will be held at Springvale.

These championships are run by volunteers and each Centre has to provide a certain number of officials to fulfil specific duties. **We remind parents that should your child decide to enter these competitions, you will be required to officiate on those days for a short time.**

BRING A FRIEND DAY

On this day athletes are asked to invite their friends to come and try our activities.

SMR CAMP

This is a coaching clinic held for U10's to U15's. The children always have great fun at these Camps and make a lot of new friends. Southern Metropolitan Region have organised this season's Camp to be held on the weekend of Friday 22nd November to Sunday 24th November at Shoreham. Entry forms are available from our Centre Secretary. All eligible athletes are strongly encouraged to attend. The cost is \$ 55.00. (Subject to amendment on advice from SMR).

CHELSEA OPEN DAY

Open Days are run for athletes of all age groups and from all Centres. We will hold our 23rd Annual Open Day on Sunday, 19th January 2003. Our Open Day has always been noted for its happy and relaxed atmosphere and good organisation. It is open to all registered Little Athletes from Victoria and interstate and we encourage all of our Chelsea Athletes to help make this another successful day.

MEDALLION DAY

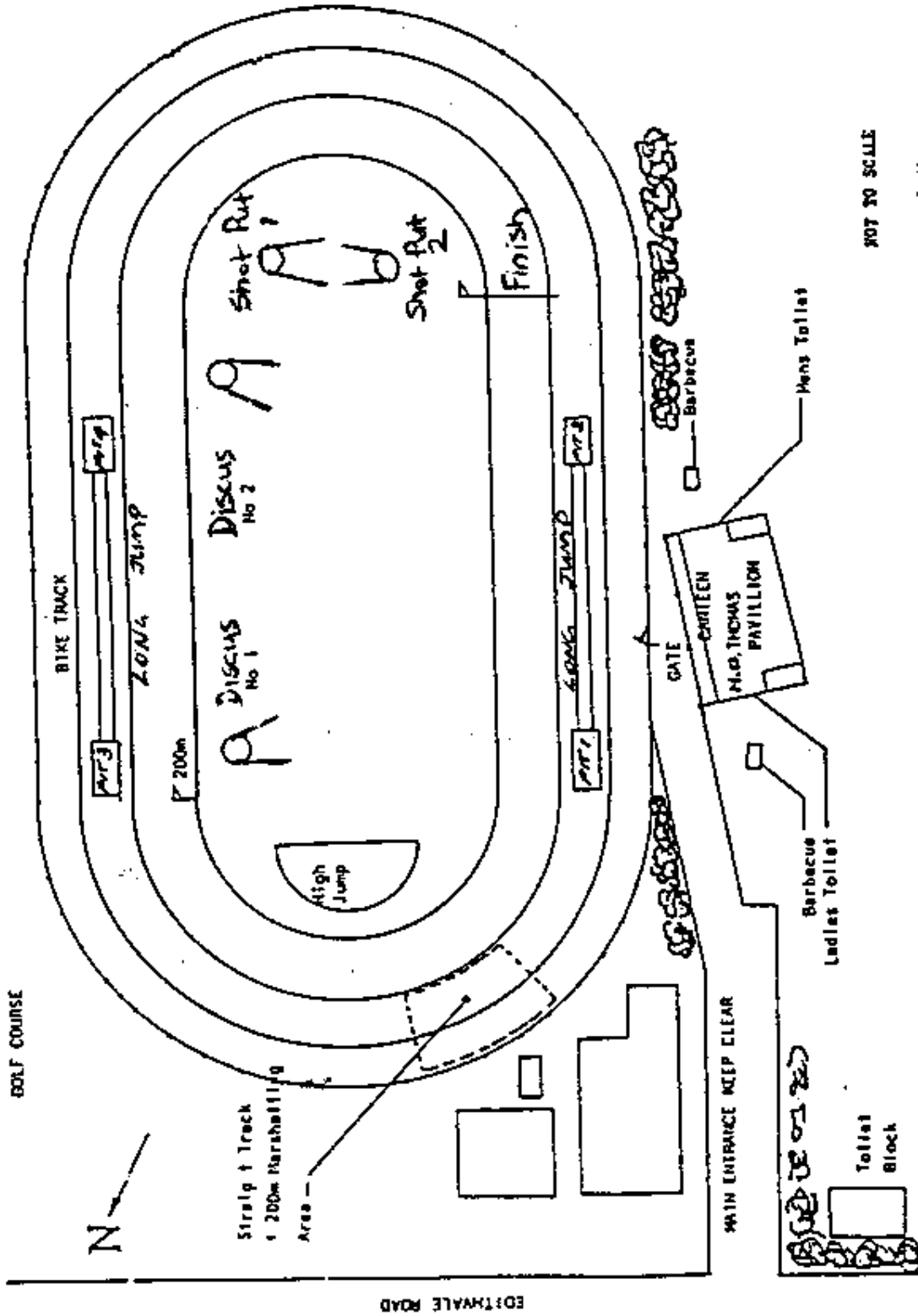
This is our last event for the season, after which we have our AGM and Centre Presentation. The programme is run as a Multi-Event. Each child will then be awarded a Bronze, Silver or Gold Medallion according to the levels of performance achieved.

END OF YEAR AWARDS

Centre trophies are awarded at the end of the season based on the number of points accumulated by the athletes during the season.

Club trophies are awarded at the end of the season at the discretion of the Club Committees and may be based on an entirely different system.

TRACK LAYOUT



COMPETITION RULES

GENERAL

1. **Officials** may send children off the arena for any undisciplined behaviour or bad language (NOT THAT WE EXPECT THIS TO EVER OCCUR).
2. **Spectators** and parents not acting in an official capacity should remain outside the grassed arena.
3. **Footwear.** Running shoes need to be worn for all events, including training sessions. **Spikes** may be worn by the U12's and upwards for laned track events and jumps only. For safety reasons spikes can only be put on at the starting line and must be taken off immediately after the race at the finish line, or at the jump venue. Athletes who do not follow these conditions will not be allowed to wear spikes for the remainder of the season.
4. Children **must** have their name and age group **clearly** displayed on their uniform using the name tag supplied when registering.
5. **Hurdles** commence at Under 8, and **high jump** and **triple jump** events at Under 9.
6. **Javelin** commences at Under 8, with Athletes using a lightweight plastic TurboJav until Under 10. Under 11's upwards use a real javelin.
7. **The Finish Line.** Competitors must cross the white line. Time is taken from the smoke of the gun or electronic flash until the athlete's **body** crosses the finish line.
8. **Lanes.** In all laned events (60m, 81m, 90/100m and 300m Hurdles, 50m, 70m, 100m, 150m, 200m and 400m) competitors must stay in their marked lanes, ie. between the marked lines.
9. **Coaches** for relay teams will be selected by the Centre Committee, based on nominations received.
10. **Selection of relay teams** will be based on Coach's assessment of relay requirements such as baton changing, participation and attendance at training as well as ability. **The Coach's decision will be final.**
11. **Banners or batons** won by relay teams remain the property of the Centre, but may be held by the respective coaches whilst they remain actively involved with the Centre.

SEE THE VLAA HANDBOOK FOR EVENT SPECIFIC RULES

CENTRE RESULTS

CLUB PREMIERSHIP SHIELD

<u>Season</u>	<u>Premier Club</u>	<u>Runner up</u>	<u>Third</u>
1969/70	Aspendale	Edithvale	Rockets
1970/71	Aspendale	Rockets	Edithvale
1971/72	Aspendale	Rockets	Edithvale
1972/73	Aspendale	Rockets	Roadrunners
1973/74	Aspendale	Roadrunners	Edithvale
1974/75	Aspendale	Edithvale	Rockets
1975/76	Aspendale	Edithvale	Roadrunners
1976/77	Aspendale	Edithvale	Roadrunners
1977/78	Aspendale	Edithvale	Roadrunners
1978/79	Aspendale	Roadrunners	Edithvale
1979/80	Aspendale	Edithvale	Roadrunners
1980/81	Roadrunners	Aspendale	Edithvale
1981/82	Aspendale	Roadrunners	Edithvale
1982/83	Aspendale	Roadrunners	Edithvale
1983/84	Roadrunners	Aspendale	Edithvale
1984/85	Aspendale	Roadrunners	Edithvale
1985/86	Roadrunners	Aspendale	Edithvale
1986/87	Aspendale	Edithvale	Roadrunners
1987/88	Aspendale	Edithvale	Roadrunners
1988/89	Aspendale	Roadrunners	Edithvale
1989/90	Aspendale	Roadrunners	Edithvale
1990/91	Aspendale	Roadrunners	Edithvale
1991/92	Roadrunners	Aspendale	Panthers
1992/93	Roadrunners	Aspendale	Panthers
1993/94	Roadrunners	Redbacks	Panthers
1994/95	Panthers	Roadrunners	Redbacks
1995/96	Redbacks	Panthers	Roadrunners
1996/97	Redbacks	Panthers	Roadrunners
1997/98	Redbacks	Roadrunners	Panthers
1998/99	Redbacks	Roadrunners	Panthers
1999/00	Redbacks	Roadrunners	Panthers
2000/01	Redbacks	Roadrunners	Panthers
2001/02	Redbacks	Roadrunners	Panthers
2002/03	Roadrunners	Panthers	Redbacks
2003/04	Roadrunners	Panthers	Redbacks

CENTRE CHAMPIONS

<u>Season</u>	<u>Boys</u>	<u>Girls</u>
1969/70	K. Greenwood	D. Gail
1970/71	Peter Bresnanhan	Cathy Pert
1971/72	Andrew Sinclair	Melindy David
1972/73	Glen Philby	Mandy Davidson
1973/74	Kevin Naismith	Melindy David
1974/75	Kevin Naismith	Mandy Davidson
1975/76	Rohan David	Mandy Davidson
1976/77	Steven Gray	Kylie Meighan
1977/78	Sean Gray	Lindy Essing
1978/79	Steven Gray	Katie Nelson
1979/80	Craig Best	Katie Nelson
1980/81	Andrew Casey	Alicia Gray
1981/82	Brett Callaghan	Alicia Gray
1982/83	Brett Callaghan	Alicia Gray
1983/84	Brett Callaghan	Heidi Weiland
1984/85	Brett Callaghan	M. Deane-Freeman
1985/86	Travis Hopgood	Jemima Butterfield
1986/87	Brock Fletcher and Steven Connolly	Louise Macklin and Jemima Butterfield
1987/88	Brock Fletcher and Christian Gionis	Fiona Harris
1988/89	Brendon Bride	Melissa Cordy
1989/90	Mark Occhipinti	Melissa Cordy
1990/91	Brendon Bride	Melissa Cordy
1991/92	Chris Ascuncion	Fiona Harris
1992/93	Adam Cagney	Fiona Harris
1993/94	Ryan Green	Marisa Butterfield
1994/95	Mark Occhipinti	Marisa Butterfield
1995/96	Ryan Green	Marisa Butterfield
1996/97	Laurence Angwin	Marisa Butterfield
1997/98	Laurence Angwin	Samantha Clark
1998/99	Matthew Douglas	Carly Chapman
1999/00	Thomas Senior	Rachael Evans
2000/01	Thomas Senior	Emily Johnston
2001/02	Luke Smith	Ruby Holten
2002/03	Luke Smith	Emily Johnston
2003/04	Luke Smith	Ruby Holten

JUNIOR CHAMPIONS

1986/87	Martin Watts	Catherine Jamieson
1987/88	Mark Occhipinti	Shanen Gittens, Melissa Cordy and Belinda Gray
1988/89	Mark Occhipinti	Marisa Butterfield
1989/90	Lucas Georgiadis	Kelly Bartling
1990/91	Ryan Green	Katie MacInnes
1991/92	Ryan Green	Katie MacInnes
1992/93	Ryan Green	Katrina Iles
1993/94	Damien Lee	Katrina Iles
1994/95	Damien Lee	Lauren Blunt
1995/96	Timothy Yeowart	Samantha Clark
1996/97	Ryan Campbell	Carly Jennings
1997/98	Rick Scammell	Rachael Evans
1998/99	Matthew Clifford	Emily Johnston
1999/00	Matthew Johansson	Emily Johnston
2000/01	Dylan Shiel	Megan Rosenbrock

The Little Athletics motto is
**“FAMILY, FUN and
FITNESS”.**

With your help, Chelsea Centre provides all three.

2003/04 CENTRE TROPHIES

THE JOHN ELLEM AWARD

(For the Most Improved Athlete, measured by number of Personal Best "Stars")

1 st	Chantelle Thompson – Roadrunners	36 PB's
2 nd	Daniel Clough – Roadrunners Lauren Evans – Roadrunners Lachlan Stock - Panthers	33 PB's
3 rd	Carmen Simpson – Panthers	32 PB's

AGE CHAMPIONS

	GIRLS	BOYS
U8	Tamara Ballerini	Lachlan Stock
U9	Chantelle Thompson	Daniel Clough
U10	Monique Meade	Jordan Ballerini
U11	Ruby Holten	Jesse Ramirez
U12	Emily Johnston	Luke Smith
U13	Afton Harrington	Thomas Senior
U14	Katherine Watts	Christopher Williams
U15	Laura York	Andrew Fyans

CENTRE CHAMPIONS

Ruby Holten Luke Smith

PRESIDENT'S TROPHY

Matthew Milligan - Redbacks

RECOGNITION PLAQUES (for completing 10 years as an athlete)

Brock Downie (Redbacks)
Andrew Fyans (Redbacks)
Kane Simpson (Panthers)

2003/04 CLUB TROPHIES

PANTHERS

AGE CHAMPIONS

U/8	Lachlan Stock	Erin Meade
U/9	Toby Bredin	Rhiannon Hemingway
U/10	Sean Hendricks	Monique Meade
U/11	Dylan Weickhardt	Amy Fischer
U/12	Jeffrey Janbu	Naomi Parker
U/13		Afton Harrington
U/14	Chris Williams	
U/15	Kane Simpson	

CLUB CHAMPIONS

Jeffrey Jambu Rhiannon Hemingway

PRESIDENT'S TROPHY

Ethan Stephenson

ROADRUNNERS

AGE CHAMPIONS

U/8	Jayden Rozairo	Tamara Ballerini
U/9	Daniel Clough	Chantelle Thompson
U/10	Jordan Ballerini	Fiona Browne
U/11	Jesse Ramirez	Kate Senior
U/12	Luke Smith	Emily Johnston
U/13	Thomas Senior	
U/14		Katherine Watts
U/15		Kellie Ferguson

CLUB CHAMPIONS

Luke Smith Emily Johnston

PRESIDENT'S TROPHY

Kylie Craik

REDBACKS

AGE CHAMPIONS

U/8	Matthew Milligan	Alice Holten
U/9		
U/10		Maggie Gent
U/11		Ruby Holten
U/12	Justin Thompson	
U/13		Stephanie Downie
U/14		
U/15	Andrew Fyans	Laura York

CLUB CHAMPIONS

Andrew Fyans Ruby Holten

PRESIDENT'S TROPHY

Laura York

P.B. MEDAL

Skye Farmer

UNIFORMS AND CLOTHING

CLUB POLO SHIRTS

CENTRE TRACK SUITS

CENTRE UNIFORMS

Polo shirts will again be available for this season. They are available in the three club colours and are of very good quality. Any one new to the Chelsea Centre can see them any time out on the track.

The Centre Track Suits have proven very popular and are available again this year.

This year, we also have a new track suit design available that can be purchased as a separate jacket and pants for \$25 each or \$50 combined for athletes, and \$30 each or \$60 combined for adults. The basic black jacket and pants feature the Centre logo and a coloured arm/leg stripe available in white, red or yellow to match your Club.

The clothing comes in sizes to suit all - children and adults alike.

PRICES

<i>Children's Club Shirts</i>		<i>6 yrs to 16 yrs</i>		<i>\$15</i>
<i>Adults' Shirts</i>	<i>Sizes</i>	<i>14 to 24</i>		<i>\$20</i>
<i>Track Suits</i>	<i>Children</i>	<i>\$55</i>	<i>Adults</i>	<i>\$80</i>
<i>Track Jacket</i>	<i>Children</i>	<i>\$25</i>	<i>Adults</i>	<i>\$30</i>
<i>Track Pants</i>	<i>Children</i>	<i>\$25</i>	<i>Adults</i>	<i>\$30</i>
<i>Centre Singlet</i>				<i>\$15</i>
<i>Centre Polo Shirt</i>				<i>\$25</i>

You can order any clothing through Centre Committee Member and Uniform Co-Ordinator Elaine Simpson.

Some orders may take a few weeks for delivery depending on stock on hand.

BOYS

BOYS U6

50m	T. Hopgood	RR	9.40	81
70m	T. Hopgood	RR	13.20	81
100m	B. Gately	A	19.10	84
	M. Watts	A	19.10	85
	J. Tilley	E	19.10	86
150m	D. Shiel	A	30.37	98/99
400mW	A. Dalrymple	E	2:47.10	81
Shot Put	J. Tilley	E	5.39m	86
Discus	D. Costanzo	RR	14.03m	80
Long Jump	C. Liddell	E	2.78m	83
	M. Watts	A	2.78m	85

BOYS U7

50m	T. Senior	RR	8.51	97/98
70m	M. Ockerby	A	11.20	74
100m	K. Naismith	A	16.30	72
150m	R. Green	RR	26.76	91/92
200m	B. Callaghan	A	35.30	81
60m H	D. Costello	E	12.10	79
81m H	J. Norton	RR	18.09	92/93
90m H	B. Adams	E	19.60	88
400mW	M. Ayles	A	2:31.10	78
Shot Put	C. Liddell	E	7.06m	84
Discus	C. Liddell	E	20.30m	84
Long Jump	K. Naismith	A	3.48m	72
Javelin (Turbo)	Z. Graham	A	11.65m	01/02

BOYS U8

50m	M. Occhipinti	RR	8.30	89
70m	K. Naismith	A	11.00	73
100m	A. Mathers	RR	15.40	72
150m	M. Occhipinti	RR	24.40	89
200m	D. Gill	A	33.60	77
400m	K. Naismith	A	1:15.80	73
60m H	A. Sinclair	RR	10.90	71
81m H	D. Shiel	A	16.66	00/01
90m H	J. Dowling	RR	17.80	88
700mW	A. Snowden	RR	4:12.20	81
Shot Put	M. Johansson	A	7.34m	99/00
Discus	K. Meehan	P	25.26m	94/95
Long Jump	K. Naismith	A	3.68m	73
Javelin (Turbo)	J. Holden	A	14.90m	03/04

CHELSEA CENTRE RECORDS

BOYS U9

70m	A. Mathers	RR	10.10	74
100m	R. Carey	RR	15.10	71
150m	M. Occhipinti	RR	23.50	90
200m	W. Killender	RR	29.70	70/71
	D. Eden	RR	29.70	70/71
400m	I. Sykes	RR	1:14.00	72
800m	S. Gray	A	2:39.00	76
60mH	T. Downie	A	9.50	90
81mH	L. Taylor	A	14.62	92/93
90mH	B. Fletcher	A	15.90	87
1100mW	C. Riley	A	6:47.00	87
Shot Put	M. Johansson	A	8.38m	00/01
Discus	K. Meehan	P	26.01m	95/96
Long Jump	B. Callaghan	A	4.05m	83
Triple Jump	B. Callaghan	A	8.69m	83
High Jump	G. Philby	E	1.28m	72
Javelin (Turbo)	C. Douglas	P	19.33m	01/02

BOYS U10

70m	S. Mathers	RR	10.00	72
100m	B. Callaghan	A	14.50	84
150m	M. Jackson	RR	23.20	90
200m	S. Imer	RR	29.90	73
400m	B. Callaghan	A	1:08.60	84
800m	A. Best	A	2:34.00	77
60m H	B. Callaghan	A	9.70	84
81m H	S. Gaertner	A	15.47	99/00
90m H	M. Whitelaw	RR	15.10	86
1100mW	M. Jamieson	A	6:28.10	87
Shot Put	G. Deas	E	9.26m	74
Discus	K. Meehan	P	31.92m	96/97
Long Jump	S. Gray	A	4.58m	77
Triple Jump	B. Callaghan	A	9.28m	84
High Jump	G. Philby	E	1.38m	74
Javelin (Turbo)	L. Smith	RR	23.89m	01/02

BOYS U11

70m	J. Quinn	RR	9.40	85
100m	J. Quinn	RR	13.10	85
150m	B. Jackson	RR	21.41	92/93
200m	B. Callaghan	A	28.30	85
400m	B. Callaghan	A	1:01.40	85
800m	B. Dick	E	2:33.20	86
1500m	T. Johnston	RR	5:15.20	90/91
60m H	B. Callaghan	A	9.70	85
81m H	R. Bernaudo	RR	14.48	96/97
90m H	B. Callaghan	A	14.90	85
1500mW	S. Brown	RR	8:06.90	83
Shot Put	M. Johansson	A	10.52m	02/03
Discus	E. Mathieson	E	32.40m	80
Long Jump	S. Gray	A	4.88m	78
Triple Jump	B. Callaghan	A	10.57m	85
High Jump	G. Philby	E	1.49m	74
Javelin	L. Smith	RR	33.70m	02/03

CHELSEA CENTRE RECORDS

BOYS U12

70m	J. Quinn	RR	9.20	86
100m	J. Quinn	RR	13.10	86
150m	M. Jackson	RR	21.28	91/92
200m	J. Quinn	RR	28.40	86
400m	J. Quinn	RR	1:01.90	86
800m	B. Dick	E	2:32.90	87
1500m	R. Elphinstone	RR	5:05.00	71
60m H	B. Callaghan	A	9.50	86
81m H	D. Sparks	RR	13.73	94/95
90m H	B. Callaghan	A	14.10	86
1500mW	P. Dick	E	7:35.20	87
Shot Put	J. Quinn	RR	10.18m	86
Discus	Kallai Meehan	P	31.36m	98/99
Long Jump	S. Gray	A	5.11m	79
Triple Jump	J. Quinn	RR	10.56m	75
High Jump	G. Philby	E	1.57m	75
Javelin	L. Smith	RR	38.40m	03/04

BOYS U13

70m	M. Occhipinti	RR	9.53	93/94
100m	B. Callaghan	A	13.00	87
150m	C. Ascuncion	RR	19.83	91/92
200m	C. Ascuncion	RR	26.31	91/92
400m	B. Bride	RR	1:02.30	89/90
800m	C. Perrett	P	2:26.97	95/96
1500m	C. Perrett	P	5:05.01	95/96
60m H	B. Callaghan	A	9.40	87
81m H	D. Sparks	RR	14.01	95/96
90m H	C. Ascuncion	RR	14.76	91/92
300m H	L. Angwin	RR	49.66	95/96
1500mW	S. Brown	RR	8:21.30	84
Shot Put	J. Harris	RR	11.03m	93/94
Discus	J. Harris	RR	32.07m	93/94
Long Jump	C. Ascuncion	RR	5.21m	91/92
Triple Jump	C. Ascuncion	RR	11.27m	91/92
High Jump	T. Downie	A	1.60m	93/94
Javelin	T. Senior	RR	20.31m	03/04

CHELSEA CENTRE RECORDS

BOYS U14

70m	M. Occhipinti	RR	9.10	94/95
100m	M. Occhipinti	RR	12.70	94/95
150m	R. Holt	RR	18.90	90/91
200m	M. Occhipinti	RR	25.68	94/95
400m	B. Bride	RR	1:00.10	89/90
800m	B. Bride	RR	2:23.90	89/90
1500m	C. Perrett	P	5:02.75	96/97
60m H	B. Bride	RR	9.80	89/90
90m H	M. Occhipinti	RR	14.26	94/95
300m H	L. Angwin	RR	44.94	96/97
1500mW	S. Irish	RR	8:33.20	88
Shot Put	J. Harris	RR	13.19m	94/95
Discus	J. Harris	RR	39.56m	94/95
Long Jump	M. Occhipinti	RR	5.40m	94/95
Triple Jump	L. Angwin	RR	11.59m	96/97
High Jump	L. Angwin	RR	1.68m	96/97
Javelin	M. Johnston	P	20.60m	03/04

BOYS U15

70m	B. Bride	RR	8.70	90/91
100m	B. Bride	RR	12.40	90/91
150m	M. Occhipinti	RR	18.11	95/96
200m	B. Bride	RR	25.10	90/91
400m	B. Bride	RR	56.30	90/91
800m	N. Brennan	A	2:15.99	93/94
1500m	N. Brennan	A	4:58.91	93/94
60m H	L. Harris	E	9.60	89/90
90m H	B. Bride	RR	14.20	90/91
100m H	L. Angwin	RR	15.86	97/98
300m H	T. Vo	A	45.11	94/95
1500mW	S. Bown	E	7:49.00	89/90
Shot Put	M. Bown	P	12.90m	93
Shot Put 4 kg	J. Harris	RR	13.32m	95/96
Discus	C. Ascuncion	RR	32.02m	93
Discus 1 kg	J. Harris	RR	42.82m	95/96
Long Jump	L. Angwin	RR	5.67m	97/98
Triple Jump	L. Angwin	RR	12.35m	97/98
High Jump	L. Angwin	RR	1.82m	97/98
Javelin	J. Douglas	A	22.11m	01/02

CHELSEA CENTRE RECORDS

BOYS U16 (no longer contested)

70m	B. Bride	RR	8.89	91/92
100m	B. Bride	RR	12.27	91/92
150m	B. Bride	RR	19.30	91/92
200m	B. Bride	RR	25.29	91/92
400m	B. Bride	RR	57.18	91/92
800m	B. Bride	RR	2:21.00	91/92
1500m	B. Bride	RR	5:13.23	91/92
90m H	B. Bride	RR	14.77	91/92
300m H	B. Bride	RR	42.80	91/92
1500mW	R. Gittens	A	9:59.00	91/92
Shot Put	B. Bride	RR	11.37m	91/92
Discus	R. Gittens	A	28.62m	91/92
Long Jump	B. Bride	RR	5.10m	91/92
Triple Jump	B. Bride	RR	10.62m	91/92
High Jump	L. Hines	RR	1.48m	91/92

BOYS - INTER ATHS

70m	B. Bride	RR	8.89	91/92
100m	B. Bride	RR	12.27	91/92
150m	T. Sullivan	RR	18.33	92/93
200m	B. Bride	RR	25.29	91/92
400m	B. Bride	RR	57.18	91/92
800m	B. Bride	RR	2:21.00	91/92
1500m	L. Angwin	RR	5:03.80	98/99
90mH	L. Occhipinti	RR	14.59	95/96
100mH	L. Occhipinti	RR	15.34	95/96
300m H	B. Bride	RR	42.80	91/92
1500mW	S. Bown	P	8:31.72	92/93
Shot Put	J. Harris	RR	13.32m	96/97
Discus	J. Harris	RR	42.66m	96/97
Long Jump	L. Angwin	RR	5.77m	98/99
Triple Jump	L. Angwin	RR	12.70m	98/99
High Jump	L. Angwin	RR	1.85m	98/99

CHELSEA CENTRE RECORDS

GIRLS

GIRLS U6

50m	M. Storan	P	9.57	95/96
70m	C. Jamieson	A	13.60	84/85
	B. Harding	A	13.60	87
100m	C. Jamieson	A	19.50	84/85
150m	C. MacInnes	A	30.01	94/95
200m	P. Leeds	RR	42.20	82
400mW	A. Hudgson	A	2:54.36	91/92
Shot Put	L. Blunt	P	4.64m	92/93
Discus	L. Blunt	P	11.95m	92/93
Long Jump	C. Jamieson	A	2.99m	84/85

GIRLS U7

50m	T. Webb	E	9.10	80
	C. Jamieson	A	9.10	85/86
70m	M. Davidson	A	11.60	70
100m	M. Davidson	A	16.60	70
150m	K. Iles	P	28.06	93/94
	E. Johnston	RR	28.06	98/99
200m	P. Leeds	RR	37.80	83
60mH	L. Davis	A	12.80	71
81mH	E. Johnston	RR	18.50	98/99
90mH	C. Jamieson	A	20.00	85/86
400mW	A. Mitchell	E	2:32.00	79
Shot Put	J. Dugdale	P	5.37m	95/96
Discus	L. Blunt	P	13.94m	93/94
Long Jump	C. Jamieson	A	3.26m	85/86
Javelin(Turbo)	N. Deacon	P	7.35m	01/02

GIRLS U8

50m	A. Gray	A	8.50	81
70m	M. Davidson	A	11.40	71
100m	M. Davidson	A	15.60	71
150m	M. Rosenbrock	A	25.50	00/01
200m	M. Davidson	A	34.30	71
400m	S. Clark	A	1:21.86	95/96
60mH	N. Clerke	E	11.30	79
81mH	K Storan	P	16.32	98/99
90mH	C. Jamieson	A	18.80	86/87
700mW	C. Jamieson	A	4:41.60	86/87
Shot Put	K. Aburrow	A	6.39m	85/86
Discus	T. Ballerini	RR	17.71m	03/04
Long Jump	A. Gray	A	3.45m	81
Javelin (Turbo)	T. Ballerini	RR	10.53m	03/04

CHELSEA CENTRE RECORDS

GIRLS U9

70m	M. Davis	RR	10.30	71
100m	M. Davidson	A	15.40	72
150m	S. Kilby	E	25.90	90/91
200m	J. Bourne	RR	32.90	79
400m	A. Gray	A	1:17.10	82
800m	K. Mohr	RR	2:56.90	73
60mH	L. Jellie	E	10.80	73
81mH	R. Evans	RR	15.29	99/00
90mH	J. Butterfield	E	16.40	85/86
1100mW	C. Prosser	A	6:28.10	84
Shot Put	J. Pinsent	A	6.20m	72
Discus	L. Blunt	P	19.41m	95/96
Long Jump	K. Webb	E	3.70m	80
Triple Jump	A. Gray	A	8.35m	82
High Jump	C. Joycey	A	1.10m	80
	K. Lambert	A	1.10m	82
	F. Harris	RR	1.10m	86/87
	M. Cordy	A	1.10m	88/89
	R. Deacon	P	1.10m	01/02
Javelin (Turbo)	R. Holten	A	12.67m	01/02

GIRLS U10

70m	M. Davis	RR	10.30	72
	K. Rymer	E	10.30	72
	A. Ockerby	A	10.30	72
100m	M. Davidson	A	14.50	73
150m	B. Gray	A	23.70	89/90
200m	M. Davis	RR	29.50	72
400m	A. Gray	A	1:12.10	83
800m	C. Prosser	A	2:52.20	84/85
60mH	J. Egan	E	10.00	81
81mH	R. Evans	RR	16.12	00/01
90mH	F. Harris	RR	15.90	87/88
1100mW	C. Prosser	A	6:10.10	84/85
Shot Put	Y. Parker	RR	7.06m	81
Discus	E. Murray	RR	22.95m	00/01
Long Jump	A. Gray	A	4.05m	83
Triple Jump	A. Gray	A	9.00m	83
High Jump	J. Dugdale	P	1.24m	98/99
Javelin (Turbo)	E. Johnston	RR	17.50m	01/02

GIRLS U11

70m	A. Gray	A	10.10	84
100m	J. Dalton	A	13.24	96/97
150m	T. Fletcher	A	22.66	94/95
200m	K. Rymer	E	31.30	73
400m	A. Gray	A	1:10.40	84
800m	C. Prosser	A	2:45.00	85/86
1500m	J. Franken	RR	5:36.20	83
60mH	A. Gray	A	10.30	84
81mH	A. Hibberd	A	15.12	93/94
90mH	F. Harris	RR	17.00	88/89
1500mW	S. Alexander	A	8:27.06	99/00

CHELSEA CENTRE RECORDS

GIRLS U11 continued

Shot Put	Y. Parker	RR	9.00m	82
Discus	J. Iles	P	23.21m	94/95
Long Jump	A. Gray	A	4.44m	84
Triple Jump	A. Gray	A	10.00m	84
High Jump	C. Joycey	A	1.33m	82
Javelin	E. Johnston	RR	21.76m	02/03

GIRLS U12

70m	K. Rymer	E	9.70	74
	M. Davis	RR	9.70	74
100m	M. Davis	RR	13.70	74
150m	T. Fletcher	A	21.66	95/96
200m	M. Cordy	A	29.46	91/92
400m	A. Gray	A	1:06.70	85
800m	K. Kilpatrick	A	2:41.00	79
1500m	C. Prosser	A	5:29.30	87
60mH	K. Kilpatrick	A	9.70	79
81mH	C Chapman	A	13.84	97/98
90mH	A. Gray	A	15.30	85
1500mW	J. Sullivan	RR	8:25.00	84
Shot Put	M. Davis	RR	9.68m	74
Discus	M. Davis	RR	31.30m	74
Long Jump	A. Gray	A	4.74m	85
Triple Jump	A. Gray	A	10.59m	85
High Jump	J Dalton	A	1.42m	97/98
Javelin	E. Johnston	RR	26.02m	03/04

GIRLS U13

70m	J. Dalrymple	E	9.90	84
100m	A. Gray	A	13.90	86
150m	C. Chapman	A	20.71	98/99
200m	C. Chapman	A	28.51	98/99
400m	K. Thompson	A	1:00.00	79
800m	M. Butterfield	P	2:39.83	94/95
1500m	E. Cordy	A	5:39.70	86
60mH	A. Gray	A	9.90	86
81mH	M. Butterfield	P	14.46	94/95
90mH	A. Gray	A	14.70	86
300mH	M. Butterfield	P	50.70	94/95
1500mW	S. Prosser	A	8:15.10	85
Shot Put	C. Van Buren	E	9.24m	84
Discus	J. Iles	P	30.97m	96/97
Long Jump	A. Gray	A	5.06m	86
Triple Jump	A. Gray	A	11.10m	86
High Jump	J. Dalton	A	1.44m	98/99
Javelin	L. York	A	13.79m	01/02

CHELSEA CENTRE RECORDS

GIRLS U14

70m	T Fletcher	A	9.62	97/98
100m	T Fletcher	A	13.60	97/98
150m	A. Gray	A	20.60	87
200m	A. Gray	A	27.70	87
400m	M. Butterfield	P	1:03.58	95/96
800m	N. Riley	A	2:34.50	90/91
1500m	E. Cordy	A	5:39.50	87
60mH	E. Cordy	A	9.60	87
81mH	M. Butterfield	P	13.73	95/96
90mH	K. Scanlon	A	14.70	88
300mH	M. Butterfield	P	49.83	95/96
1500mW	K. Brown	RR	8:09.40	84
Shot Put	H. Weiland	E	10.72m	85
Discus	J Iles	P	27.50m	97/98
Long Jump	A. Gray	A	5.20m	87
Triple Jump	A. Gray	A	11.42m	87
High Jump	F. Harris	RR	1.53m	91/92
Javelin	J. Nowak	RR	16.06m	01/02

GIRLS U15

70m	E. Cordy	A	9.50	88
100m	T. Fletcher	A	13.24	98/99
150m	T. Fletcher	A	19.72	98/99
200m	T. Fletcher	A	27.59	98/99
400m	N. Riley	A	1:04.48	91/92
800m	M. Butterfield	P	2:33.94	96/97
1500m	E. Cordy	A	5:22.30	88
60mH	E. Cordy	A	9.80	88
90mH	E. Cordy	A	14.20	88
300mH	M. Butterfield	P	48.71	96/97
1500mW	E. Dornom	A	8:41.94	94/95
Shot Put	P. Froling	E	9.05m	85
Discus	J. Iles	P	27.54m	98/99
Long Jump	A. Gray	A	5.26m	88
Triple Jump	A. Gray	A	11.30m	88
High Jump	B. Meades	A	1.53m	91/92
Javelin	K. Ferguson	RR	14.05	03/04

GIRLS - INTER

70m	M Butterfield	P	9.72	97/98
100m	N. Riley	A	14.07	92/93
150m	M Butterfield	P	20.93	97/98
200m	M Butterfield	P	28.60	97/98
400m	N. Riley	A	1:07.18	92/93
800m	E. Dornom	A	2:47.97	95/96
1500m	H Clarke	S	5:53.69	97/98
90mH	N. Riley	A	15.81	92/93
300mH	M Butterfield	P	50.21	97/98
1500mW	E. Dornom	A	8.30.95	96/97
Shot Put	N. Riley	A	8.70m	92/93
Discus	N. Riley	A	24.89m	92/93
Long Jump	M Butterfield	P	4.50m	97/98
Triple Jump	N. Riley	A	9.41m	92/93
High Jump	M Butterfield	P	1.40m	97/98

SUNSMART POLICY

This SunSmart policy was implemented on September 1st 1996.

The health of our members is of primary concern for the Chelsea Little Athletics Centre. Australia has the highest rate of skin cancer in the world, with two out of three people experiencing some form of skin cancer during their lifetime. It is acknowledged that skin cancer is a preventable disease and that the Chelsea Little Athletics Centre has implemented a preventative strategy including the following actions

1. Wherever possible competition and training shall be scheduled outside the hours of 11.00 a.m. to 3.00 p.m. (daylight savings time).
2. The Centre will maximise the use of natural shade provided by buildings and trees.
3. Portable shade will be provided at all field event venues and in the track marshalling areas.
4. Individuals shall be encouraged to bring their own shade structures to all outdoor Centre and Region activities.
5. Officials and athletes shall promote the wearing of sun protective clothing.
This will include: Shirts with long sleeves and a collar.
 Wide brimmed or legionnaires hats.
 Sunglasses.
6. Athletes shall be encouraged to wear hats and sunglasses while competing. SPF15+ or higher sunscreens will be promoted and provided by the Centre. Athletes and officials will be reminded to apply sunscreen prior to activity during peak UV periods.
7. The Centre canteen will have sunscreen available for sale.
8. The Centre will provide skin cancer educational sessions to increase awareness of this health issue.
9. Event programs, newsletters and public announcements will be used to maintain awareness and promote sun protective behaviour.
10. Centre Executive members, coaches and officials will act as SunSmart role models.

The sun protective policy shall be reviewed annually to ensure that it remains current and practical.

NUTRITION POLICY

This nutrition policy was implemented on September 1st 1996.

Healthy eating is a vital part of good health. Lifestyle diseases such as cardiovascular disease, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat. These diseases are major causes of death in Victoria.

The Chelsea Little Athletics Centre acknowledges that healthy eating can have an impact on health status and that the provision of healthy foods will contribute to better health for all.

The Chelsea Little Athletics Centre is committed to ensuring that

1. The Centre canteen will provide a variety of healthy food choices.
2. Healthy food choices will be available at all events.
3. Healthy eating and the role of food in relation to health will be promoted in Centre publications.

This policy will be reviewed annually to ensure that it remains relevant to the needs of the Centre.

SMOKING POLICY

This Smoke-free policy was implemented on September 1st 1996.

1. Cigarettes shall not be sold at any venue used by the Chelsea Little Athletics Centre.
2. Executive members, coaches and officials shall not smoke in public when representing the Centre.
3. All Centre meetings will be smoke-free.
4. Edithvale Recreational Reserve is smoke-free. Smokers are advised to use the grass area in the park, behind the equipment shed.
5. The Centre shall supply and have available Quit smoking literature for members and supporters.
6. Reference will be made to the smoke-free policy in all Centre publications and on Centre letterhead.
7. All visitors shall be encouraged to observe this policy.

CODE OF ETHICS

Parents, coaches and officials by example of behaviour, have an enormous influence on our children. All adult participants in Little Athletics should form an accepted pattern of behaviour based on the following ideals.

1. Do not criticise children in front of others, but offer constructive criticism in private.
2. Do not criticise opposing athletes or supporters by word or gesture.
3. Accept decisions made by officials as being fair and called to the best of their ability.
4. Set a good example by your own personal appearance and actions.
5. Make every athletics meeting serve as a training ground for life and as a basis for good mental and physical health.
6. Place the welfare and development of the individual child above the need to win.
7. Do read and put into practice the relevant sections of the "Code of Conduct" leaflet which is available from your Club Team Manager.
8. Support the VicHealth policies outlined in this Handbook.

If Little Athletics is to be enjoyed by all in the spirit of "Family, Fun and Fitness" then the co-operation of all parents, coaches and officials is of primary importance.