**Balmoral Little Athletics**

**Frequently Asked Question’s**

Q. Where is Balmoral Little Athletics held?

A. Balmoral Little Athletics is held at the Clem Jones Centre on the oval at the corner of Creek and Stanley Roads, Carina. [BLAC Google Maps](https://www.google.com/maps/place/Stanley%2BRd%2B%26%2BCreek%2BRd%2C%2BCarina%2BQLD%2B4152/%40-27.4897657%2C153.0995077%2C17.24z/data%3D%214m5%213m4%211s0x6b915bfa713045b3%3A0xe0b57d25674c242e%218m2%213d-27.4900121%214d153.1011186)

Q. What night is competition?

A. Competition night for Balmoral Little Athletics is on a Wednesday nights.

Q. What time does competition start and finish?

A. Your family should arrive at Balmoral Little Athletics at 5.30pm on Competition nights (Wednesday) to ensure that you have signed in and are ready to start at 5.45pm sharp. Usually the night will conclude at approximately 7.30pm-8pm.

Q. What night is training?

A. Training at Balmoral Little Athletics is held on a Tuesday night from 6-7pm. You DO NOT need to wear your Balmoral Little Athletics uniform to training. Please make sure your child is dressed appropriately for training along with correct footwear and always remember to bring your drink bottle.

Q. What time is training?

A. Training at Balmoral Little Athletics is every Tuesday during the season. It runs from 6-7pm. Please check the Facebook page on the day of training if there is bad weather for any updates or cancellation to that nights’ session.

Q. Is training compulsory?

A. Training at Balmoral Little Athletics is NOT compulsory. It is however a great advantage for your child to receive training from qualified coaches in a range of different athletic events. The training schedule will be posted each Tuesday to the Facebook page.

Q. When does the season start and end?

A. Check the Calendar on the Balmoral Little Athletics website for more info on season start and finish dates.

Q. What ability level does my child need to join little athletics?

A. At Balmoral Little Athletics your child only requires a good attitude. Our emphasis is on Family, Fun and Fitness. Children can join with any level of skill or fitness and will be given plenty of encouragement to achieve their personal best! Balmoral Little Athletics wants your child to discover new skills and learn to be their best while making friends and having fun.

Q. How much does little athletics cost?

A. Check the Balmoral Little Athletics website under ‘Joining the Club’ for more information.

Q. What is the little athletics uniform?

A. Every athlete at Balmoral Little Athletics is required to wear a complete uniform, including appropriate footwear, on competition nights (Wednesday). The uniform includes a club shirt with current age group attached to the left shoulder of the sleeve and their athlete number fixed to the front-lower section of the shirt. A Coles badge must be secured to the shirt on the right hand side above the athlete’s number. Dark navy shorts, bike shorts or tights are acceptable. For more information, or to purchase a uniform, please visit the uniform shop at the club on Competition nights.

Q. Does my child need special shoes?

A. All athletes MUST wear appropriate footwear to participate in competition on Wednesday nights. Appropriate footwear includes options such as joggers, waffles and spikes. As per the rules at QSAC and other facilities using synthetic surfaces, athletes must not use sharp spikes that will penetrate the surface of a Rekortan Track. Blunt spikes to a Rekortan track depresses the surface then causing a rebound affect that will propel the athlete forward, maximising performance. The only spikes permitted on the Rekortan track at QSAC and the long jump track at Balmoral Little Athletics are the Christmas Tree and Pyramid shape variety (see image below). The following rules also apply;

1. Track spikes must not exceed 7mm

2. Field spikes must not exceed 9mm except for Javelin and high jump, which must not exceed 12mm.



Q. How do I register my child to join Balmoral Little Athletics?

A. There are two steps to the registration process. First, you must create a user name and profile for your family and child. You can do this via the website, www.blac.org.au

Once you have completed your child’s profile you will then be able to register and make a payment for your child.

Q. What age does my child need to be to join BLAC?

A. For information on your child’s age group click on the table below.

[Registration Age Table 2019/2020](1920-Registration-Age-Table-.pdf)

Your child must compete in their correct age group. Unfortunately they CANNOT go up or down an age group due to their ability or because they have friends in another age group.

Q. Can my child do a trial before signing up for the season?

A. Yes! At Balmoral Little Athletics we offer new athletes a paid trial period of 2 weeks before committing to the season. Contact the club to find out more or to register your child for a trial. After you have decided to join the club, we will offset your trial payment against your season fees. All trial periods must be completed by 30th October.

Q. What is expected of parents?

A. Little Athletics is a voluntary organisation and Centres cannot operate without the help of parents assisting each week. At Balmoral Little Athletics we need parents to help out with a variety of jobs within each age group. These jobs include, marshalling, recording, assisting with raking long jump pits, measuring jumps, picking up shot puts, measuring shot put throws, measuring javelin throws, replacing bumped high jump poles, moving the height of the high jump rope/pole, setting up for competition, packing up from competition and more.

Each week an age group will be allocated to set-up for competition night. A Facebook post each week will list which age group is responsible for that particular week. The roster can also be found on our website under the calendar on our Home page.

BLAC offer a parent levy refund at the completion of each season to all families who have helped out at Competition Nights. A minimum of 60% parent involvement for the season is expected if you wish to receive your parent levy refund.

Please remember that if you do help out on Competition nights that you complete your name against the appropriate job in the age group folder that is given to each age group along with the tablet for recording. These records are used to calculate which families are entitled to the parent levy refund at the end of the season. If you have not added your name to these records you WILL NOT be entitled to a refund.

If there is a skill that you have and would prefer to help out doing one particular thing, more than another, that’s great! Talk to your group of parent helpers and together many hands make light work.

Q. How do I check the progress of my child’s events?

A. At Balmoral Little Athletics we use a program call ResultsHQ to record our athletes results each week. Once your child is registered you will use your username and password to log into the program and your little athlete can see when they have completed a PB (Personal Best) and how many times in the season they have done it. The program also allows your athlete to track their results in each event over the season giving them an understanding on how they are performing. They will be excited to see how they improve each week, month and season.

Q. If it’s raining how do I know if Little Athletics is still on?

A. All notifications from the club to our families are done via the Facebook page, via email and through the webpage. Add us to your Facebook likes and make sure you turn on notifications for our page to receive instant updates regarding wet weather cancellations etc.

If competition has started and the weather turns bad, an announcement will be made over the loud speaker at the club. Your family’s safety is our priority so rest assured we wouldn’t keep competing or training if it is too dangerous. [BLAC Facebook Page](https://www.facebook.com/pages/category/Sports-Club/Balmoral-Little-Athletics-167593156621415/)

Q. How do I become a member of the committee?

A. Nominations for committee members at Balmoral Little Athletics are done prior to the AGM, which usually happens after the season has finished around March. If you are interested in a spot on the committee please contact our president or any other committee member. All committee member roles are unpaid roles. All current roles are filled by parents and/or community members and are current registered blue cardholders.

Q. Does Little Athletics training and competition run through the school holidays?

A. No. We appreciate that kids need a break from normal school term work and activities. BLAC does not run in the official Queensland school holidays. Check the calendar to find out more info.

Other Centre Carnivals operate during some school holidays – check the calendar for these dates also.