

# GOULBURN-MULWAREE LITTLE ATHLETICS CLUB

## Support and Advise to children.

The objective of Little Athletics is for the enjoyment and competition of the children. Parental encouragement is recommended, but in a friendly and helpful way. Chastising or criticising performance cannot be tolerated, as it is not in the best interest of the children. Any such behaviour will be dealt with by the President of the club, and if need be that person will be asked to remove themselves from the competition areas.

Our centre endorses the following rules for parents taken from the publication of the Aussie Sport Organisation:

- If the child is interested, encourage them. However, if they are not interested, do not force them.
- Focus on the effort and performance rather than the outcome of the event.
- Never ridicule or yell at children for making a mistake.
- Remember the children are involved in athletics for their enjoyment, not yours.
- Remember that children learn by example. Applaud good effort by all athletes.

## Parental/Carer Support.

For Little Athletics at Goulburn to continue operating, parental participation is essential.

Some of the ways in which you can assist are:

- Be one of the time keepers or place judges.
- Become an age manager
- Run the BBQ. This helps raise funds for new equipment and line marking throughout the season.
- Set out and pack away equipment.
- Raking, retrieving, measuring and recording at field events.
- Be actively and positively involved in the on track training sessions.
- Sell raffle tickets at the RSL bi-monthly( this is part of our sponsorship requirements)

Do not worry if you do not know how to assist, as there will be plenty of people around to help you out. One of the main aims of Little A's is for the family to have a fun evening together. Your children will love you being there and joining in.

Similarly, in relation to ACTLAA events, parents of children representing our club at regional or state competitions **are required** to assist in running the carnival. If we do not fill the positions we are given, then it is possible that our club will be disqualified from these fun filled events.