

A GUIDE FOR GROUP LEADERS/ AGE MANAGERS

At Tuggerah Lakes Mingara Little Athletics Club, all parents should at some stage be in charge of the dreaded clipboard and lead the group around the events. The role of a group manager is very important as you are responsible for caring for and nurturing our young athletes. Your role is to provide a supportive environment in which athletes can learn and develop. You have the ability to ensure that this experience is a fun one (for both athletes and parents) so they come back again in future seasons.

Tips for Supervision - The younger groups need constant supervision & will follow you around the park.

- Ensure children are always within sight and/or hearing – if this is too difficult, ask for help from the other parents.
- The children should not leave the group without letting you know. Use a buddy system if the children need to go somewhere, eg toilets.
- Compliment good behaviour eg paying attention, organising quickly, helping other children, good sportsmanship.
- In the case of misbehaviour, a clear, calm, firm verbal reprimand is usually enough; not harsh or a put down. Get the child's parents to help if it continues, or speak to an official.

Speeding up events- In large groups, some events can drag on too long. On bad days, suggestions to speed things up are:

Throws - Allow 3 consecutive throws instead of 3 rounds; have two implements so the next athlete is ready, waiting, holding the implement in their hand; in very large groups, stop after 2 throws instead of 3.

High Jump - Start athletes at 15cm below their personal best (eg if PB is 115cm, start at 100cm).

Long Jump/ Triple Jump - Have athletes lined up in order as on the name list, ready to start; in a large group, limit the jumps to 2 instead of 3.

Learning the Skills of each event- Encourage attendance at training on Thursdays. Limit the amount of instruction during competition time (except in the first few weeks for new athletes or new events- ask officials for help if needed.)

- A flexi-bar (elastic band) is used a training to encourage confidence in high jumping.
- Practising using starting blocks at training makes it much easier and faster to do it in races.
- To increase confidence in hurdling, try slowly increasing heights and practising the correct technique at training.

All FIELD RECORDS must be claimed at the time of the event on the night of the performance and must be checked by a Club Official & SIGNED OFF.