



"To strive with honour"

Week 1 Survival Guide!

Dear Parents and Families,

Welcome to all of the families who have joined us this season - both returning families and new ones!

The first night of the season can get a little crazy, despite our best planning and hard work behind the scenes, so here are a few little tips and expectations to try and get us all through:

- ▲ Age Managers - please meet at the round track table at 6:10pm for a quick briefing.
- ▲ Expect the first few weeks to run a little late as we have many new athletes attending, along with new Age Managers. Things settle down around Week 3 once everyone finds their groove.
- ▲ We have a second set of timing gates this year. The gates will be on the round track and will run both laned (200m, 200/300H & 400m) and non-laned (walks, pack starts, 800m, 1500m & 3000m) events. Please ask your athletes to listen to the instructions of the starter at each of these events.
- ▲ Parent/carers must remain at the ground at all times. Athletics is not a drop-off sport.
- ▲ There is no designated finish time. We finish when all age groups have completed their events. The times in our program are a guide only.
- ▲ We have an enormous amount of equipment that needs to be set up and we would be grateful for assistance if anyone can come early to help.
- ▲ Tiny Tots start at 6pm on the top oval. Be sure to write your child's name on the sign-on sheet. This includes trialists. TT's are split into colour groups and yes you can put them in the same group as their friends. Nicole Davidson is our co-ordinator again this year and she is excited to be back. Please do your best to give her some assistance. Tiny Tots works best when parents get involved.
- ▲ All other athletes muster on the main oval at 6:20pm behind their age group bucket.
- ▲ The field inside the track fence on the main is not for spectators. Only those who are assisting with events and designated parent helpers are to be on the field. Please respect this rule. It's no different to footy and soccer. Spectators are welcome anywhere around the outside of the fence. This does not apply to Tiny Tots on the top oval.
- ▲ Please label jackets, hats, drink bottles and bags. Kids are notorious for losing these items on a Friday night.

▲Be patient. We are a very large club with a lot of athletes and, whilst we pride ourselves on our organisation, sometimes there are hiccups. We are ALL volunteers and give our time to ensure your athletes enjoy theirs. (And we are only human 😊).

▲ The BBQ will be fired up and available. There are also other items for sale. Please try and support our canteen/BBQ efforts. In order for it to be successful we will need helpers each week - please consider giving your time if you can. All proceeds from Friday night go straight back to the club for future investment. 🍷🍷🍷

▲The ground is an alcohol and smoke-free zone.

▲It will be cold for the next few weeks, so please ensure your athletes have warm jackets. It is ok for them to wear a long-sleeved shirt under their singlet as long as their registration number is visible.
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▲All registration numbers must be visible.

▲Registration packs may be handed out on Fridays - time permitting - only once Trial athletes have been processed and only up until 6:15pm so come early if you need to collect one.

▲Uniforms will be available for sale from 6:30pm if you need one. If your child starts this week and you don't have a uniform please pin their numbers to comfortable shorts and shirts and collect a uniform on the way out.

▲Enjoy the atmosphere and competition. Remember, this is a kids sport and it is meant to be fun!!

Please feel free to contact anyone from the committee with anything you need.

Thank you for joining and enjoy your Friday nights!

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