

# Welcome



## Randwick Botany Little Athletics 2021-2022 season



### A message from the President

Welcome back, or welcome to RBLAC for the 2021/22 season. We hope that you are as excited about the summer season as we are.

This season will look and operate a little differently from previous ones but the new committee have been working hard behind the scenes to ensure a safe and enjoyable season will be had.

We wish each and every athlete the best of luck. The season ahead will offer you many challenges but also many opportunities.

We encourage you not only to do your best but to fulfill the Little Athletics motto.....be your best !

Anthony  
President

### Season 2021/22 is different

The greatest amount of preparation has been undertaken to ensure the safety of athletes and parents/guardians during the season.

Please help us to stay safe by

- Downloading the ServiceNSW App and checking in at the gate. You will need to show your vaccination certificate at the gate.
- All adults must observe 1.5m physical distancing
- Avoiding physical contact, including shaking hands, high fives, or hugging
- If you, or anyone in your direct contact, are feeling unwell with any potential COVID symptoms, please do not attend Little Athletics, stay at home, and contact your local GP.
- Masks are recommended when in large groups

RBLAC is confident that, with the support of athletes and families, we can continue to run a successful season



**We have a  
COVID-19 Safety Plan  
and are committed to  
keeping you safe.**



## Training nights

The field is open from Monday - Thursday nights 5-7pm for training.

Monday 5-6pm under 6's can improve their skills and agility with Cameron, while sprint training with the coaches from Speed and Agilty is available for athletes over 6.

We will be announcing in the upcoming weeks training for other disciplines. Please let the committee know if you are interested in attending.

## What to bring

Centre uniform must be worn every Saturday along with bib and age patches. Should you loose your number please let the committee know ASAP to organise a replacement. There is a replacement fee of \$5 per patch. Bring a small bag with a water bottle, morning tea, sunscreen and a hat, and be sure to label everything clearly. Shoes are compulsory for all events

## Parent involvement

If you are able to rake the long jump pit, be a time keeper for the running events or measure the distance of a shotput throw it helps us to keep the day running smoothly.

Parent involvement is critical for us to run a season. If you are interested in being an age manager please let Anthony or the committee know.

