

Centre Athlete Awards Guide



INTRODUCTION

The purpose of Little Athletics is to provide an environment where families can come together, have fun and provide fitness.

Little Athletics is an ideal platform for athletes of any age to develop and improve many skills that are not only necessary and used in Little Athletics, but for many other sports and life in general.

Recognising and rewarding athletes for progress gained is important. Maintaining the athletes' interest, participation and motivation to improve is a major component of developing the well-rounded athlete.

All award criteria should be clearly communicated to your Centre members at the commencement of each season. The criteria should also be clearly displayed on the Centre website and Facebook pages, noticeboards etc.

In the following pages of this guide suggest awards and criteria as a reference when establishing or evaluating your Centre Athlete Awards.

THE MCDONALD'S ACHIEVEMENT AWARD LEVELS

The McDonald's Achievement Award Levels should be the basis of your end of season awards for each athlete.

Little Athletics Queensland issues boys (blue) and girls (pink) green/red/blue McDonald's performance levels chart for U7 - U17 age groups in all standard events. The applicable card is issued to all children at the beginning of the season. Each event has its own graded levels of performance, so a child could be at different levels in different events which is often the case.

Athletes and parents are able to monitor their current level and as a means of determining which events could be improved to attain a higher achievement level, by checking on ResultsHQ.

Refer to the McDonalds Achievement Award Booklet for more specific information.

RECOMMENDED AWARDS

1. End of Season Achievement Award

- The U7 - U17 athletes be eligible to receive a trophy at the end of the season, based on their own personal performances throughout the season and having attended 60% of Centre meets.

Rather than emphasise winning, we prefer to reward striving for accepted performance standards. All Tiny Tots and U6 athletes are eligible to receive a participation trophy as long as they have attended at least 60% of Centre meets.

- Five graded levels of performance within these awards:
 - GREY represents participation with only a moderate level of athleticism.
 - GREEN represents a standard that can be achieved by about 80% of athletes.
 - RED a good standard of performance attained by about 50-60% of athletes.
 - BLUE a level that is achieved by about 15-20% of athletes and is a very good standard.
 - GOLD a level set at exactly halfway between the Blue level and the Australian Little Athletics record for the particular event - U9 to U17 only. This is an excellent standard achieved by 5-10% of athletes. The Gold performance must be achieved twice but cannot be performed in the same event at the same carnival e.g. heat & final.

Eligibility

At the end of each season all eligible athletes will receive a trophy, coloured and sized based upon a season performance assessment. (To be eligible an athlete should attend a minimum of 60% of centre competition meets both before and after the mid-season break, excepting sickness, injury and family holidays.)

Size and Colour

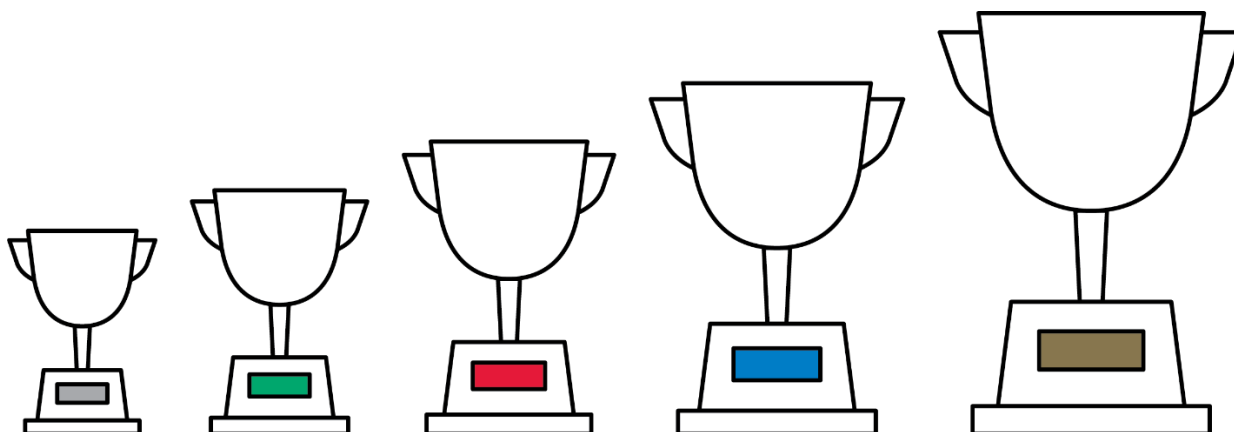
The performance assessment works as follows:

- The 'colour' of the trophy is determined using the McDonald's cards. To attain that colour the athlete must have achieved that level twice in that event.

'Colour' can refer to the name or the literal colour of the trophy or award

- The 'size' of the trophy is determined by the number of events in which the athlete has twice exceeded the above colour performance level - a small trophy for the minimum two events and a large trophy for five events.

See following page for further explanation



Example 1 - if the athlete has bettered red level in only one event but has done it five times, with all other performances of green level, then the trophy level is 'large green' because the red level was not attained in two events and green level was achieved in five events

Example 2 - if the athlete has bettered red level in two events but only twice in each event, with all other performances of green level, then the trophy level is 'small red'

Example 3 - if the athlete has bettered blue level in one event twice, red level in only one event five times, with all other performances of green level, then the trophy level is 'small red' because the red level was exceeded in two events

Example 4 - if the athlete has bettered gold level in one event twice, blue level in three events five times, then the trophy level is 'small blue' and the additional gold level trophy is awarded

Example 5 - if the athlete has not bettered green level twice in two events then the trophy level is 'small grey' (there is only one grey size).

2. AGE CHAMPIONS

Age Champions should be based on athlete Personal Best Performances (PB's), improvements and attendance for U7-U17 athletes. The most overall PB's attained by an individual athlete in each age group U7-U17 should be awarded at the end of season presentation as part of the Age Champion Award.

In conjunction and leading up to the end of season PB's should be acknowledged as soon as possible after they are achieved. This could be done by an announcement or publication or presented with a certificate at weekly competition meets.

It is strongly recommended that there be no points awarded to top placegetters on a weekly basis or a Centre Championships.

3. ATHLETE OF THE WEEK

Athlete of the Week could be awarded each week to one athlete from each age group who demonstrates good sportsmanship or performs a kind act. For example, an athlete of the week might applaud fellow athletes in their event, encourages athletes of a different age group, tries their best, puts equipment away without being asked, assists an athlete who has fallen over etc.

4. SPECIAL ENCOURAGEMENT AWARDS

Special Encouragement Awards could be presented at the end of the season to a Junior athlete U7-U11 and a Senior athlete: U12-U17.

The criteria could be as follows:

- Athletes who have shown many improvements in their performances throughout the season.
- Athletes who have shown good sportsmanship in many situations.
- Athletes who strive to do their best at all times.
- Athletes who may not have otherwise been recognized or received medals.
- Athletes who have a good attendance record at Centre meets.

5. CENTRE BEST PERFORMANCE CERTIFICATES

Athletes in the U9 - U17s who set a new Centre Best Performance throughout the season should be recognised and awarded a certificate at a Centre meet, as soon as possible after the event.