

Club Contacts

Koorungal-Wagga
Athletics Club
PO Box 8569
Koorungal NSW
2650

President: Position
Mick Dare
president@kwa.org.au

Registrar:
Kelly Grant
registrar@kwa.org.au

Treasurer:
Myriam Walker
treasurer@kwa.org.au

Carnivals
Danielle Kennedy
carnivals@kwa.org.au

Uniforms
Anna & Courtney
uniforms@kwa.org.au

Dates to remember:

2nd Club Competition
Meet
1/11/2024
5pm start

Up-coming Carnivals

Leeton Carnival
Saturday 9/11/2024
Entries close 1/11/2024
Nominate via [RHQ](#)

Deniliquin Carnival
Sunday 10/11/2024
Entries close 10/11/2024
Nominate via [RHQ](#)

Zone Championships
Sunday 24/11/2024
West Wyalong
Entries close 2pm 9/11/24

Regional Championships
Sat 08/02 & Sun 09/02
Bill Jacobs Oval
Wagga Wagga

Check out the list of our
local Carnivals &
Championships at
[www.kwa.org.au/
carnivals](http://www.kwa.org.au/carnivals)

Carnivals & Gala from
other Clubs in NSW may
also appear on RHQ



KOORINGAL-WAGGA ATHLETICS CLUB INC.

Season 2024/2025

Newsletter No. 2

1/11/2024

WELCOME

The season has officially kicked off and it was great to see many new and returning families.

Although the start to the season didn't go as smooth sailing as we hoped, we wish to thank everyone for their patience, we have now resolved the technical issues.

Rego Pack Collection and Uniform sales

- **New members please bring along Proof of Age for child (passport, Birth Certificate, Hospital Book or Immunization Book—packs will not be given out if we have not sighted proof of age.**
- Print, complete (or complete, print) the [Working With Children Check Declaration](#) and hand this over to the Registrar when collecting your pack. Completing this process prior will expediate the collection process.
- Rego Pack & uniforms will also be available to collect on Friday 1st November 2024 from **4.30pm to 5pm only**.

2nd Club Competition Meet—Friday 1st November 2024

Our 2nd Club Competition will be Friday 1/11 with events starting at 5pm. **If any parents/caregivers are able to assist with set up this Friday it would be greatly appreciated as we have Javelin and high jump mats to set up.** If unsure please see one of our committee members wearing the club shirt.

The Point Score system will commence from this date. Every athlete will receive a point for every event they participate in and an additional point for every personal best (PB) they achieve. Please refer to the [Handbook](#) for more information on how the Point Score is calculated. Please note: athletes must be registered and financial for their results to be entered in RHQ. Those doing a Come Try will not have their times or distances recorded.

Results HQ (RHQ)

View and track your child's results from each Friday Meet using your Results HQ (RHQ) Family Portal. Results are generally available on your portal early the following week.

First time users are required to activate their [RHQ family portal](#). The Username (is the email used when registering the child via the RevSport portal). Click on the "Having Trouble Logging" and follow the prompts to reset your password. Check your JUNK or SPAM if you have not received the email.

Once logged, view your child/children's results and track their progress. You will find a list of Carnivals under the Nomination tab where you will be able to nominate to attend. There is even an option to print an Achievement Booklet at the end of the season. For more info on RHQ [Click Here](#)

NOTE: only registered athletes will have access to the RHQ Portal

Website
www.kwa.org.au

Uniforms can be
order via the
stack app



Athletes are
required to be in
the Club Uniform at
each

Friday Club Competi-
tion Meet and to at all
Carnivals

Bib Numbers must be
displayed on front of
shirt at each Club
Meet

No Bib = No Point
Score!

Please refer to our
[CLUB HANDBOOK](#)

For further
information

Facebook &
Instagram Koorungal
-Wagga Athletics
Club



Please like/
join our FB
and Inst
pages. We
find com-
municating



Where to place Bib Num- bers & patches on uniforms.

The Bib number, age patch and Coles patch are all required to be sewed on pinned on the Club Uniform.

Please note athletes will not be allowed to compete if they do not have their bib number displayed on their uniform . If you are waiting on a uniform order to be filled please pin the bib number on the front of the child's clothing in the interim.

Refer to the photos on the side to view where the patches are placed.

Bib number—Sew or pin in center of singlet or crop top

Age patch - top left hand side of singlet.

If wearing crop top/ lycra shorts set, age patch is to be placed on the bottom front left hand side of shorts.

Coles patch to be place on top right hand side of Uniform.



Age Managers/Parent Helpers

The Club is solely run with the aid of parent volunteers. Each week we require your help to run age group and many other areas of running the club.

Little Athletics NSW (LANSW) offer a myriad of resources for parents, Age Manager & Centre Volunteers. We highly suggest all parents review the following information in preparation for the 2024/25 season

- ◆ Hints Tips & Resources for Parents, Age Managers & Centre Volunteers [CLICK HERE](#) a must read for everyone no matter how experienced you are!
- ◆ All parents are encouraged to complete the Little Athletics Labs Course LAB's [CLICK HERE](#)
- ◆ Age Manager Training Modules—a quick training guide for parents [CLICK HERE](#)

Club Officials

We're always looking for more Officials to officiate and Chief at Carnivals & Championship. Free e-learning courses are available at <https://elearning.worldathletics.org/>
Or contact Danielle Kennedy at carnivals@kwa.org.au for more details.

Please note that it's a condition of entry for each family who nominate their child/ren to participate in carnival to assist with officiating. We highly encourage all new and returning parents/guardians to become familiar with the rules of competition

Zone Championships

Nominations are now open for Zone Championships. Zone will be held on Sunday 24th November 2024 at McAllister Oval, West Wyalong. Zone is open for athletes from 7 years through to 17 years.

Athletes aged 7 years to 11 years are allowed to nominate a maximum of 4 events. Athletes aged 12 years and over are allowed to nominate a maximum of 6 events. Cost is \$6 per event. Reminder to parents/caregivers it's a condition of entry that each family assist with the allocated duties the club will be assigned. Further information will be sent out to families closer to the day. Please note there will be fee of \$10 per athlete that progresses to Regional Championships

House keeping rules

Parents are not to drop off their child at the gate or worse still in the car park and return at the conclusion of the evening. Please ensure your child is with a supervising adult whilst down at the track.

Slip, Slop, Slap time—with the weather warming up it's time to slip on that shirt, slop on that screen and slap on hat. Please ensure your child has their water bottles as well and wear closed in shoes!

Timing Gates - Parents and children are asked to please not touch, play or hang off the Timing Gates located at the end of the track as this may cause delays with the track or may not accurately record the races. We thank you for your cooperation with this matter.

We look forward to seeing you all this coming Friday 1st!

Macca's Award

Congratulations to all the athletes who received the Macca's Award. For those who are not familiar with this, each week the Age Manager selects an athlete in each group who has shown great sportsmanship and tried their best. The awards will be in the folder each Friday night.

Changes to Age grouping

Due to numbers in some age groups the following changes have been made –

11 years boys and girls will no longer be grouped with the 12 years

12 and 13 year boys and girls will now be grouped together

Senior boys and girls will now consist of 14 years and over

