

Clarence Little Athletics Centre Inc.

ABN 68 670 875 945

Tiny Tots – Policy – Adopted Season 2020-2021

Objectives:

The main objective for the Tiny Tot program is to provide a safe, fun, but structured environment to enable a developing physical literacy, where possible in line with the Athletics Australia FIT Model.

Main focus:

To provide game based activities with a focus on fun while participants are supported to explore and develop fundamental skills such as running, jumping, and throwing in an encouraging environment in readiness to join Little Athletics.

Who’s it for / Registration:

The Tiny Tots program is available for children aged 3 – 5 years, who are too young to be eligible to register as an under 6 Age Group athlete as determined by Little Athletics Tasmania.

Tiny Tots are required to pay a registration fee of $25.00 (or other amount as determined by the LTAS Board) this fee goes directly to Little Athletics Tasmania to provide insurance. CLAC offers this program free, as a feeder activity to our normal CLAC program.

The Tiny Tot program will be limited to a maximum of 25 registered Tiny Tots each season and priority will be given to those with older siblings already registered at CLAC. Registered Tiny Tots will receive a name badge like all other Athletes who register however uniforms are not compulsory.

Appropriate Activities:

Fun, learning, acquisition and development of fundamental movement skills (FMS) is the intent of the program. Whilst we will replicate some competition events, there is no intent to provide ‘little athletics’ for this group. There is no scoring or measuring in Tiny Tots.

Activities will include balance, agility, locomotion (running, hopping, jumping) and ball skills (catching, throwing, kicking) in different movement patterns. Activities for this stage are best delivered as fun, games-based approach that allows children to explore and develop gross motor skills through movement.

Recommended Duration:

Between 30-45 minutes, or occasionally a little longer if the group is big, of athletics based activities per week. The program is not provided on Twilight Meets due to time constraints. Where possible a specific time will be pre-identified for the start of Tiny Tot activities each week. Although this is subject to change for various reasons, normally weather related or coordinator availability.

Centre Facilities:

The centre facilities, long jump pits, javelin area, lower grounds, main grounds, running track, scissor high jump mats etc. will be used throughout the season as available and determined by the Coordinator. A run on the competition track will be held each week where possible, to a maximum distance of 100m, this track run may be combined with a toddler race, depending on participant numbers. This is a massive highlight for them. **Competitive Hurdle races will not be provided to Tiny Tots**; although hurdles will be done for gross motor skill acquisition in a non-competitive setting.

Parent / Guardian Help:

Parents or Guardians must be available to support their Tiny Tots throughout the activity sessions provided at CLAC, this is to ensure that athletes can be encouraged to participate and have support around them if they need a cuddle or start to wander.

Ideally a parent will become the Tiny Tot Coordinator during the season, to work with the relevant committee member who will initially begin the season activities.

Tiny Tots’ Coordinator:

The Role of the Tiny Tots’ Coordinator at CLAC is to plan and provide appropriate fun activities for children aged 3 – 5 years. Being the Coordinator does not mean that you have to run every event or activity. Parents should be contributing to this role as well. The role can be shared with other parents. After a few sessions you will all get the idea of how we run Tiny Tots. It’s really very simple. Older CLAC athletes will help out at time to time depending on their own Event timetable.

The Official Tiny Tot Coordinator is, however, required to possess a Working With Vulnerable Person (WWVP) registration card, and Registrations details are to be provided to the Committee via email.

The daily coordinator role is to organise the athletes in the Tiny Tots group. Check the number of adults and gather more adults if required. Collect the equipment as required and make your way to the site to get them going. The main objectives for the Coordinator are generally as follows:

* A means of communication between the Committee, announcer and the parents/guardians and athletes.
* Pass on any messages about things we need the Tiny Tots to know etc.
* Check with the ground announcer about starting and finishing activities.
* Deal with and report any issues in the age group.

Message for Parents/Guardians:

This is a voluntary program, please be considerate with the volunteers. With your support and involvement as the parent/guardian, you will give your child every opportunity to “Be Their Best” and at Little Athletics, this is all you can ever ask for!

Please note, The Tiny Tots’ program is optional, and Centres are not compelled to offer the program and we believe it is the best value activity your children can participate in.

Uniform:

The Uniform is not compulsory for Tiny Tots although you are most welcome to purchase items if you wish.