

## QUAKERS HILL LITTLE ATHLETICS CENTRE STAR AWARDS

The **STAR AWARDS** system provides athletes with goals to aim for during the season based on well-developed performance standards. It also rewards athletes for their attendance, improvement and achievement. Athletes may obtain up to five Stars in a season. The Stars may be displayed on their Centre Uniforms.

A Star will be awarded when qualifying standards have been achieved in a number of track and field events. This encourages young athletes to develop their track and field athletics skills generally rather than specialising at too early an age. Stars are awarded according to a graduated standard, starting with White, then Green, Red, Blue and finally Gold.



The **QUALIFYING STANDARDS** are as follows:

<b>U7 to U8</b>	one track and two field events, or one field and two track events
<b>U9 to U10</b>	two track and two field events
<b>U11 to U17</b>	three track and two field events, or three field and two track events

When success has been achieved in meeting the Qualifying Standard for a particular star then that star will be awarded. Further Stars may be earned when the same range of qualifying standards are met at subsequent levels. **A single performance, however, may not contribute to more than one award.** The ultimate achievement, the Gold Star, requires a Blue Star and performance equal to or better than, the Gold standard in the combination of events set out above.

Results may be entered in any column where the achievement standard is reached. For example, if the Red level for an event is achieved, it may be entered in the Red column even if there are no results entered for that event in the White or Green levels. Alternatively, it may be entered as a White or Green achievement level if preferred.

It is not necessary to use the same events at each level of award. For example, different events may be used to achieve the Green level than the events that were used to achieve the White level. When enough standards have been achieved to qualify for an achievement award, **the award record sheet should be submitted to the Awards Officer. The awards must be achieved in the correct order, i.e. White, Green, Red, Blue and Gold. So the White award must be achieved before the Green award, and so on.**

**PERFORMANCE STANDARDS** for each event are displayed on **the applicable Star Awards Sheet, which should be downloaded and completed in order to claim an award.** When a standard is achieved, the result and the date are entered on the sheet in the column of the standard reached.

The performance criteria, for each age group is accessible via the club website – under Star Awards. The Star Award record sheet for the season is to be Athletes must complete the record sheet and have their tickets glued in as evidence of their performance.

The **STAR AWARDS CRITERIA** has been calculated on age based athlete performances and have taken into consideration personal bests athletes have achieved. The Red Star level has been taken as the Mean of the PBs for all athletes for each event in each age group; the White, Green, Blue and Gold Star criteria are based on deviations from the mean. It is expected that the performance standards set, should ensure all athletes are able to achieve at some level within the system.

