



RUN FOR FUN

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Special points of interest...

- Girraween LAC offers some basic advice.
- Sawtell/Toormina LAC seeing double this season.
- Christmas Camp applications close on 17th November!!



Kiama LAC leads the way..



Craig Scott (Kiama President), Sandra McCarthy (Lord Mayor) & Brett Moran (Good Sports rep).

LAANSW's Alcohol Policy received the thumbs up from the Australian Drug Foundation (ADF) during October when Kiama Little Athletics Centre became the first sporting organisation in NSW to be awarded "Level 0" accreditation as part of the ADF's Good Sports program.

Good Sports has been designed to assist sporting organisations with the responsible management of alcohol through an accreditation process requiring them to implement a variety of practices and policies at each level. It is the first nationwide alcohol accreditation program of its kind. The program aims to guide organisations to a healthier and safer future, making them a more attractive place to be for a wider range of people in the local community.

Initially Good Sports representative, Brett Moran, contacted Kiama Little Athletics to gauge interest in the program and was invited to make a presentation at the next Committee meeting. After the presentation it was apparent that the Centre already met or exceeded much of the "Level 0" criteria, courtesy of the excellent policies and administration practices that LAANSW and Kiama Municipal Council have put in place. Consequently the Centre decided to apply for "Level 0" accreditation. Meeting the required criteria proved to be more of a challenge than expected. Centre policies had to be revised and, in some cases written from scratch.

At the presentation ceremony Good Sports NSW State Manager, Richard Colbran, praised LAANSW's policies and procedures. "During the accreditation process I visited the Australian Little Athletics website. I was very impressed with the quality of the documentation I found under LAANSW. Kiama Little Athletics are to be congratulated on achieving "Level 0" Accreditation. I deal with many sporting organisations and can honestly say that this Centre has been a revelation. They were a pleasure to deal with and their organising Committee is to be commended."

Kiama Little Athletics President, Craig Scott, said, "Achieving Good Sports "Level 0" accreditation was a natural extension of the existing LAANSW policies and procedures. LAANSW's comprehensive Alcohol Policy ensures that the focus is sport, not drinking. I can assure all members of our community that we provide a welcoming and safe place in which to compete and watch athletics. Our Centre is very fortunate to have a close working relationship with Kiama Municipal Council who actively promotes the Good Sports program. They also support LAANSW's Smoke Free policy and made our venue smoke free several years ago. Council were instrumental in the Centre achieving accreditation and I thank them for their assistance."

The Good Sports program was developed following research conducted by the Australian Drug Foundation, which showed high risk consumption of alcohol in community sporting organisations. Through the introduction of responsible alcohol management practices, organisations have been able to improve their image, increase their revenue and decrease their risk of liability.

Further information on the Good Sports program can be found on the official web site, www.goodsports.com.au.

A word from the President..

Our championship season for 2006-2007 is due to commence with the Trans Tasman Trials at Sylvania Waters followed by State Relays at SOPAC at the end of November. As we are all aware this season sees a new format for our State Relay Championships which is one of the largest athletics carnivals on our program. It is a two day carnival with the addition of some events, and should be quite successful in its new format.

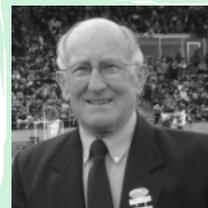
During the month of October the Association held our Zone Coordinators Workshop which proved to be very successful. There was a lot of good input from our Zone Coordinators which I am sure will assist both parties in the successful organisation of our Association.

Registrations appear to be heading in the direction of a very successful season which is great for Little Athletics in the State. Most Centres appear to be having good registrations at this stage. It is obvious that the McDonald's advertising campaign has had a

positive effect on our registrations as has been proven over the past few years. We would like to thank McDonald's for their continued involvement in Little Athletics. At the same time it would be remiss of me not to take this opportunity to thank all our sponsors for their input and financial assistance. It is also great to see our Athlete Services Award for continuous registration in Little Athletics is now up to approximately 1400 athletes. Whilst on the topic it is great to see the success of online registrations in its inaugural year and I am confident this will grow in the ensuing years.

In mid October, together with CEO Kerry O'Keefe, I attended the Australian Little Athletics Half Yearly Conference held in Melbourne. Throughout the meeting many ideas were exchanged between the states that I am sure will prove beneficial to the organisation as a whole. We are all looking forward to the Australian Little Athletics Championships to be held in Perth in April 2007.

Our Risk Management Policy is being



continuously upgraded and will be very beneficial to all Centres, and the Association, now and in the future.

Meetings are continually taking place between Athletics New South Wales and LAANSW regarding our 16 to 19 year age group with co-operation and assistance between both parties. This is proving to be very fruitful and should see some good relationships forged between the two associations with "Teen Athletics".

Our new members of the Board of Management have settled in well and are producing some very constructive ideas for the forthcoming season.

On behalf of the Board of Management, I take this opportunity to wish all our athletes every success for the coming season.

Finish Line Video System

Over the last 6 months, the LAANSW Championships Committee has been assessing a number of video capture systems which can be used to assist Chief Place Judges determine track event results, particularly in close finishing sprint races.

On Friday 20th October 2006, four such systems were put to the test for demonstration purposes at Holroyd LAC. Members of the Championships Committee, the Board of Management and other interested spectators viewed the respective systems as they were put through their paces.

On display were WinTV, PowerDirector, FinishLynx and SportsCam. Each system had

redeeming features unique to itself and this made the demonstration extremely useful because it gave everyone in attendance a good appreciation of what is on offer by way of such systems. Another system is yet to be reviewed.

So where to now? Well, the Championships Committee are now putting together a report detailing the pros and cons on each of the systems. This report will soon be submitted to the Board of Management for consideration. A final decision on which direction our State takes in relation to a finish line system will then be made.



Classification Days for Athletes with a Disability



The Little Athletics Association of NSW will be conducting two classification days for athletes with a disability during the 2006/2007 season. These days will be held at Sydney Olympic Park Athletic Centre on:

Saturday February 10th, 2007 for all interested athletes and

Friday March 16th, 2007 specifically for country athletes who are attending the 2007 State Track & Field Championships

All athletes with a disability who compete at the 2007 Little Athletics NSW State Track &

Field Championships will have to have been formerly classified by Little Athletics NSW, or another recognised organisation, prior to the event.

Classification is a way of grouping athletes of similar function or ability for the purpose of competition. Classification exists to try and create a "fair" competition amongst athletes with different disabilities.

For more information, contact Little Athletics NSW on 9633 4511 or 1800 451 295.

EVENTS FOR ATHLETES WITH A DISABILITY AT THE 2007 STATE TRACK & FIELD CHAMPIONSHIPS

Following a successful introduction to the event in 2006, invitational events for athletes with a disability will again be held at the 2007 Little Athletics NSW State Track & Field Championships.

Entries will be sent directly to the Association via a Centre entry form. Little Athletics Centres will therefore be responsible for collecting entries and forwarding them to the Association office by the closing date.

Proof of the athlete's classification will need to be provided on the entry form. Those athletes not previously formerly classified will need to be classified prior to the championships by

Little Athletics NSW or a recognised organisation.

Interested persons should direct their enquiries to their Centre committee or the Association office.



BASIC EVENT INSTRUCTION COURSES A HUGE SUCCESS!

The Little Athletics NSW Basic Event Instruction Courses (BEICs) are continuing to prove enormously successful.

The course provides Centre volunteers with education in basic event technique, rules and safety. This assists Centres to provide a better service to its members and increases the number of volunteers available and willing to assist at the Centre.

The BEIC is by far the most requested course that the Association offers and has proven to be extremely popular with participants. Comments from participants who attended some of this season's courses include:

Blacktown BEIC

"Excellent - should be taken by all age managers."

Girraween BEIC

"Enjoyed the day - gives me more confidence for instructing kids on the night."

Kiama BEIC

*"Well presented and very easy to follow. Recommended to all Little A's Centres."
"For a non-athlete I found the course provided me with the info I needed to support the kids and age manage more effectively."*

Eastlakes BEIC

*"Excellent. Should have all parents do it so we can teach the kids right from early on."
"Instructor easy to understand, helpful, clear, etc."*

Gloucester BEIC

"Well done. Great for the parents."

Kurrajong Bilpin BEIC

"Very well presented. Easy to understand and not boring."

Northern Districts BEIC

*"Good course. Worth the effort."
"I feel much more confident to help out."*

Parramatta BEIC

"Excellent course for first time managers or old hands."

Mosman BEIC

"Fantastic"

Gooloogong BEIC

"Excellent. Very interesting."

Wyong BEIC

"The hands on was great. Matt was very approachable and open for discussion. Some excellent tips were given."

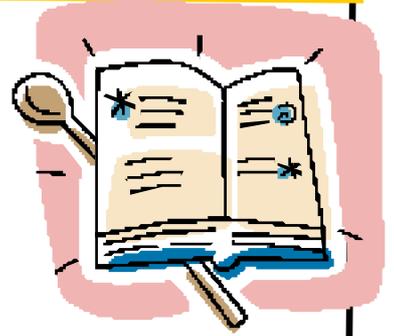
Penrith Valley/Nepean BEIC

"Enjoyed it - learnt a lot I thought I already knew."

For more information about the course, contact Matt Russo at the Association office.

A RECIPE FOR A GREAT LITTLE ATHLETICS EXPERIENCE

The following recipe is guaranteed to be a hit with all young people. A recipe for everyone, it requires little skill or experience, yet some care and patience. The results are certainly worth waiting for!



METHOD

- Take even measures of **RUNNING**, **JUMPING**, **THROWING** and **WALKING** (being careful not to add too much at the expense of another) and mix them thoroughly with a huge quantity of **FUN**. (Note: too little **FUN** may lead to a bland taste).
- Stir in a large amount of **PARENTAL SUPPORT** and **INTEREST** through the mixture.
- Blend in some **GOOD COACHING** and allow the mixture to settle.
- A dash of **TRAINING** is fine, however too much may cause early spoilage.
- Resist the temptation to add any **ADULT EGO**, **BRIBERY**, **PRESSURE** or **PUNISHMENT**. While seeming like a good idea at the time, the results may be disappointing.
- Allow the mixture to simmer over low heat for some years, regularly stirring through some **ENCOURAGEMENT** and **PRAISE**.



ADDITIONAL NOTES

- Other versions of this recipe have been tried by those looking for quick success, often resulting in total disaster.
- A bad experience with this recipe may lead to a reluctance to try it again.

LIGHTNING AWARENESS

Did you know that all thunderstorms produce lightning and are dangerous?

Did you know that lightning can strike as far as fifteen kilometres from any rainfall?

Thunderstorms can unfortunately be a common occurrence during the Little Athletics season. In the case of a thunderstorm occurring during a Little Athletics competition or training session, injuries will be far less likely if those present have knowledge of safe practices to follow in this situation. This is why Little Athletics NSW developed "Lightning Guidelines". The guidelines list some important facts about lightning, and present recommendations about what steps to take if a thunderstorm occurs.

A full copy of the guidelines can be found under "Policies & Guidelines" at www.littleathletics.com.au or can be obtained from the Association office.

ONLINE REGISTRATION

We now have almost 30 Centres offering online registration to their members, with a further 40 Centres utilising the online registration database. There are approximately 12,000 athletes currently registered through or entered on to this system.

There are still some growing pains which we are addressing as we become aware of them. Some problems have to be expected.

Moving into a new computer system and data base offers many advantages for us in the future. Some of these being:

- Parents having the convenience of registering their children via a computer, with or without credit card facilities.
- Parents being able to pay by credit card using computer facilities and having the security of a large international company specialising in this area.
- Centres not having to enter parents and athletes data when the information has been entered by the parent.
- Centres will in the future be handling less cash and cheques and writing fewer receipts, when payment is made by credit card.
- LAANSW will receive immediate details of the athlete's registration.
- Centres will be able to email information to athletes/parents when an email address is entered.

An information sheet has been prepared outlining some commonly asked questions and their answers. This has already been distributed to Zone Coordinators and will be sent to all Centres in the November mail out.

We will keep you advised of future developments with the introduction of this exciting new program.



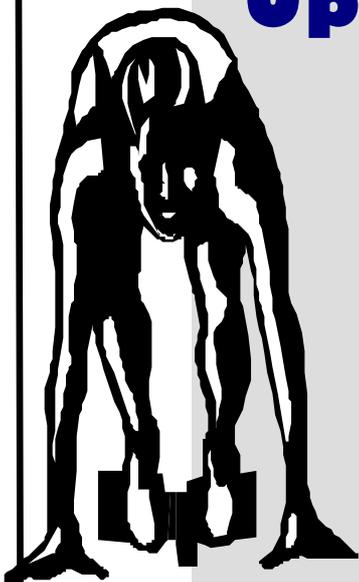
Update on 'Teen Athletes'

We are continuing to move forward with Athletics NSW on this project.

A "Teen Athletics" brochure has been jointly produced explaining the concept of "Teen Athletics". Included on the brochure is some frequently asked questions and their answers. One of the questions is "are we obliged to use the name 'Teen Athletics'?", the short answer being "No". More information is available in the brochure.

Many Little Athletic Centres throughout NSW have incorporated programs involving 16 and 17 year old athletes into their operation or alternatively they are working with an Athletics NSW Club to provide athletics for this age group. We will continue to work with ANSW on improvements in this area and welcome suggestions and input.

For a copy of the "Teen Athletics" brochure or information on this program, contact the LAANSW office.



CENTRE NEWS



Girraween LAC offers some basic advice!



On Saturday 23 September 2006, Girraween Little Athletics Centre hosted a Basic Event Instruction Course (BEIC) at our ground. It was well attended by our age managers and helpers and facilitated by two of our members who were under assessment delivering the course by Alvin Umadhay from LAANSW.

I strongly recommend that Centres or Zones seek to accredit their own BEIC facilitators to allow them to run their own courses without having to compete for the finite resources of the Association. Well trained and confident age managers/helpers can save Centres time and resources in managing age groups and their movement through events. They can also provide basic level coaching to help young athletes develop.

To gain accreditation as a course facilitator I was required to:

- submit an email to Matt Russo outlining my experience with athletics (e.g. competing, age managing, etc) and my training delivery experience (e.g. coaching, delivering presentations, teaching etc),
- attend a BEIC as a spectator to watch how it is delivered by LAANSW personnel,
- review and prepare training sessions using the lesson plans within the course facilitator notes, and
- deliver various sessions of the course under supervision of one of the LAANSW development staff.

The Girraween course was attended by Membership & Development Director, Mr Trevor Hinwood and our Zone Coordinator, Mrs Marian Bennett. Trevor described the BEIC as, "a well structured course for

managers and age group helpers. Every Centre should utilise these courses as even the experienced people will learn from it. Each Centre can tailor the information to suit their requirements." I can echo Trevor's sentiments as I recently attended the Parramatta LAC BEIC and despite spending the last few years gaining various C level official accreditations I learned a lot, particularly in a practical way. Marian, "found the course very informative and can honestly see how it would benefit the many parents assisting at centre level. I strongly recommend Centres look at holding a course for their parent helpers".

Age managers and their helpers will leave the course feeling that they can give basic instruction to athletes or other parents on techniques, rules and safety for each event. They will learn practical and fun ways to teach children how to compete at the 'not get fouled' level. They will also leave the course with a participant workbook full of notes and answers regarding each of the athletics disciplines. Since the course our Friday night competition has run much smoothly and I am enjoying watching age managers/helpers confidently assist the development of the kids. Strong positive feedback was received from all of the Girraween participants who agreed that they will encourage others to attend our next course.

For more information regarding hosting the BEIC and the accreditation of course facilitators contact Matt Russo at LAANSW on 9633 4511 or 1800 451 295 (toll free from within NSW). Alternatively email Matt at mrusso@laansw.com.au.

Wayne Thurlow

Sawtell/Toormina Seeing Double this Season

Sawtell/Toormina Little Athletics is seeing double for a few reasons this season. Registrations are currently 181, the same as the Centre's number. This number is getting up towards double last year's registration total of 104. The Centre also has five set of twins which has caused double trouble for a few officials!

Sawtell/Toormina has benefited greatly from the LAANSW School Visits Program as well as a coaching clinic conducted by three excellent LAANSW coaches and is looking forward to great season.



Christmas CAMP...

2006 Annual Christmas Coaching Camp

Location: 'Life' Adventure Site, 113 Mill Road, KURRAJONG

Date: 15th - 17th December 2006

Age: U9 to U12 Registered Little Athletes

The LAANSW Christmas Camp can cater for approximately 90 athletes and will again offer some excellent coaching in all event groups, along with the traditional camp disco and several other fun recreation activities.

For more information please see our website www.littleathletics.com.au or contact the Association office on 02 9633 4511 or 1800 451 295.

Applications close on 17th November 2006, so hurry!!!



LITTLE ATHLETICS NSW
 Locked Bag 85
 PARRAMATTA NSW 2124
 Phone: 02 9633 4511 or
 1800 451 295
 Fax: 02 9633 2821
 E-mail: info@laansw.com.au

**FAMILY FUN
 FITNESS**

Check out our website!
www.littleathletics.com.au

Find-a-Word Competition



To win a \$50 gift voucher from The Athletes Foot, send completed puzzle, along with your name & address to LAANSW Locked Bag 85, PARRAMATTA NSW 2124 by the 19th of December 2006.

Congratulations to U8 Little Athlete FUTI MAUIGOA from Hawkesbury City LAC who won last edition's Find-a-Word!!

O	H	C	A	R	R	O	T	J	A	Y	R	E	L	E	C
T	C	O	K	S	E	G	A	B	B	A	C	R	E	I	L
A	U	M	N	Z	N	W	A	S	P	A	R	A	G	U	S
T	C	O	H	I	B	R	O	C	C	O	L	I	G	T	P
O	U	O	Q	S	O	S	P	L	O	T	Y	S	P	B	I
P	M	R	K	U	A	N	V	D	F	R	F	W	L	E	N
C	B	H	X	E	Z	U	C	C	H	I	N	I	A	A	A
G	E	S	P	H	E	I	Q	J	M	C	L	Y	N	N	C
B	R	U	S	S	E	L	L	S	P	R	O	U	T	S	H
A	Q	M	K	F	G	P	U	M	P	K	I	N	A	O	W
T	O	M	A	T	O	I	M	U	C	I	S	P	A	C	J

VEGETABLES

- Asparagus
- Beans
- Broccoli
- Brussell Sprouts
- Cabbage
- Capsicum
- Carrot
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Leek
- Mushroom
- Onion
- Peas
- Potato
- Pumpkin
- Spinach
- Squash
- Tomato
- Zucchini

Name: _____

Centre: _____ Age Group: _____

Address: _____
