



RUN FOR FUN

THE FIRST AUSTRALIAN TO RECEIVE THE QUEEN'S BATON! Carly Rodger's Story

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Special points of interest:

- Disability Athletes competing at State.
- 2006 Super Coaching Clinic wrap-up.
- What is a School Visit?
- Coaches wanted.
- Kiama LAC... back from the brink of extinction.
- What does Summer mean to me?
- LAANSW athletes representing Australia!



Recently I was lucky enough to be chosen by NSW Little Athletics to receive the Queen's Baton as it arrived in Australia for the Melbourne 2006 Commonwealth Games.

I had to accept the baton from Sophie Healy a 14 year old New Zealand athlete who brought the baton on a plane specially painted with the games mascot "Karak" on it.

Whilst I was waiting for the plane to arrive, I was looked after by Kirsty from the Commonwealth Games media team who organised three radio interviews for me. (On one of the interviews I also got to talk with Dawn Fraser). At the conclusion of the interviews, I began to get nervous, but the thrill of being the first person in Australia to hold the baton was such an exciting feeling that I couldn't stop smiling.

When the plane arrived and Sophie walked off the plane onto the red carpet with Trevor Mallard, the New Zealand Sport and Recreation Minister, they were met by three indigenous Australians, dancing and playing the didgeridoo. Sophie then handed the baton to me and we continued walking down the red carpet to hand the baton to the Prime Minister of Australia, Mr John Howard. The Prime Minister then placed the baton in its stand and welcomed the baton to Australia.

After the official speeches I was then interviewed by television stations, which was a huge experience for me. I was fortunate enough to meet many interesting and famous people and would like to thank Darren Wensor for supporting me on the day and to Little Athletics NSW for giving me the opportunity of a lifetime.

Carly Rodger



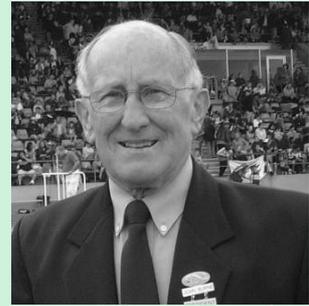
A word from the President...

Welcome to this the second edition of our electronic 'Run for Fun' Association magazine.

LAANSW Inc. is a strong & vibrant children's sporting body and its high community standing was evidenced in the prominent role it was assigned in the Australian leg of the Queen's Commonwealth Games Baton Relay. Carly Rodger, Port Hacking Little Athlete was asked to be the recipient of the relay baton on its arrival at Sydney Airport from NZ, & take a prominent role in the ceremony with Association Life Member, Ron Richter, who also had the honour of being the first relay runner on Australian soil. Congratulations to both, who acquitted themselves and our Association with distinction in the media frenzy surrounding this landmark event. Congratulations also to another Association life member in Ken Gardiner who also ran a relay leg in his home territory.

But to maintain its profile & relevance, & grow as a key provider of safe, friendly and fun children's athletic activities, the Association needs to have a Board and governance structure which enables it to focus on its not inconsiderable contemporary and

predictable future challenges/ obligations. That is why your Association Board resolved recently to restructure its existing portfolios and take the new structure to the AGM in Bathurst in July. In effect, there will remain the same number of Directors, but it is proposed to amalgamate the existing Public Relations and the Marketing portfolios into the combined portfolio of **Business Development**, in recognition that these two portfolios often overlap in their promotional responsibilities, whilst no one portfolio exists in the current structure to cover the increasingly onerous governance (including policy review and development), risk management and child protection, as well as other statutory obligations. Amalgamation of the two related business promotion/development portfolios removes any ambiguity in director responsibilities, whilst enabling a new **Business Assurance** position to be created so that these important "business survival" tasks can be overseen by a Board Director, with clear accountabilities and responsibility at the Board table. I am talking about this restructure proposal now, to give Centre delegates attending the AGM an opportunity to carefully consider these



John Burns

proposals, which still retain a seven member Board of Directors, but provide a more relevant, fit for purpose structure, so we can continue to effectively manage the Association's contemporary & emerging business opportunities/ challenges.

Returning to the upcoming Melbourne Commonwealth Games, I would also like to take this opportunity to congratulate the 30 former members of NSW Little A's who made the 2006 Games Athletics Team. You can find out more about these individuals later in the magazine, but I just wanted to reflect that our Association provided vital athletics grounding & skills development for almost 25% of the Melbourne athletics team.

OPPORTUNITIES FOR ATHLETES WITH DISABILITIES

The 2006 State Track & Field Championships will see events for athletes with disabilities formally conducted for the first time at a State Little Athletics event!

Operated on an invitational basis, all events for athletes with disabilities will utilise the multi-disability format. The multi-disability format sees all athletes, regardless of their disability, compete together. Each athlete, however, will compete under a classification which relates to their particular disability. The athlete's results are then calculated by comparing their time/distance to the world record for their particular classification in that event.

Final results will be determined by calculating the athlete's time/distance as a percentage of the world record. Percentage results will then be compared for all competitors in the age group and placings allotted. First place will be the result with the highest percentage.

The events for athletes with disabilities will be 100m, long jump and shot put.



2006 Super Coaching Clinic



Fantastic COACHING PLUS Words of Wisdom From a Superstar!!

The 2006 Little Athletics NSW Super Clinic, held January 9-10 at Sydney Olympic Park Athletic Centre, was a huge success. 38 Little Athletes from as far north as Stuarts Point and Kiama in the south were treated to two days of specialised coaching where all events were covered. Coaches included the current

LAANSW State Team Coaches; Darren Wensor, Alvin Umadhay, Adrienne Gibbs and Mandy Robertson, with highly respected guest coaches Roger Green, Belinda Lavarack and Joe Ebejer.



The two days saw the group participate in both coaching and recreation activities, as well as sport related workshops. Day one saw athletes participate in three specialised coaching sessions of their choice and a recovery swim at the Aquatic Centre in the afternoon. Day two also saw three specialised coaching sessions with Paul Penna from the NSW Institute of Sport (Psychologist for Australian Track & Field and Swim

Team) presenting a fun and practical Sport Psychology workshop. The topics included goal setting, positive self talk, the use of imagery and controlled vs uncontrolled variables. He also highlighted that athletes should not only train their body but also their minds.

Paul explained that at the elite level, competition performance is 65% physical and 35% mental. Most young athletes train the body but not the mind. The difference between coming first and second can be less than 1%. Young athletes should begin to train their mind to ensure they develop as a total athlete to gain that 1%. It is not just about PB's (Personal Best) but PBE's (Personal Best Efforts). Have you ever heard the saying "an athlete having the mental edge over the others?"

Following the workshop, the athletes had the opportunity to meet the entire Sydney FC squad including international superstar Dwight Yorke. If you have never heard of Dwight



Yorke, he is the seventh highest goal scorer in the history of the English Premier League and has winner's medals from the FA Cup, the English Premier League and the European Champions League playing with Manchester United. He is currently the highest profile player in the Australian A League. He has represented his country, Trinidad & Tobago 39 times and has scored 13 goals. Dwight reflected on his career and his pathways to success. During his talk he provided the athletes with some inspirational words with his main message to the athletes was to:

"believe in your coach and your abilities... and most of all, to be successful, you must enjoy what you are doing"

Coming events.....

State Multi-Event Championships

- 4th & 5th March 2006
- Turner Park, Cessnock
- Any registered U7-U15 Little Athlete

2006 Commonwealth Games

- 15th - 26th March 2006
- Melbourne, Australia

State Track & Field Championships

- 18th & 19th March 2006
- Sydney Olympic Park Athletic Centre (SOPAC)
- Athletes qualified from Region (U9-U15)

Australian Little Athletics Championships

- 22nd April 2006
- AIS Athletics Field, Canberra

State Cross Country & Road Walks

- 2nd July 2006
- Spicer Park, North Parkes Oval, Alexandria Street, Parkes
- U7 to U15 for Cross Country & U9 to U15 for Road Walks

Tamworth Coaching Camp

- 4th & 5th July 2006
- Farrer Memorial Agricultural High School
- U9 to U15 registered Little Athletes



2006 SCHOOL VISIT PROGRAM



What is a School Visit?

Would you like Little Athletics to visit your school? Each year Little Athletics NSW (LAANSW) conducts promotional visits to schools on behalf of your local Centre. Last year 40,000 children were contacted in primary schools and high schools throughout the State. The purpose is to promote the Little Athletics movement and encourage more children to register with their local Centre.

When are School Visits conducted?

The school visit period is between the end of July and early September – an essential time for encouraging new and renewed registrations.

What happens at a School Visit?

A presentation is given to large groups of children, informing them about Little Athletics. During the presentation, children are involved as 'helpers' to demonstrate events and the group is shown video clips about athletics.

School Visits are motivating and promotional, rather than 'practical' coaching sessions. This allows LAANSW staff to speak to large numbers (e.g. 100–300+) of students at a time, and encourages the likelihood of

recruiting new members. The visit is designed for all children, not just the interested.

Each session is approximately 30-45 minutes in length and five sessions can be held in one day. Promotional material about Little Athletics is also distributed and Centre contact details are given to students and teachers.

- All 'School Visit' presenters are accomplished public speakers/ coaches and very experienced in dealing with children of varying ages.
- The sessions are fast moving and involve maximum audience participation.
- A Centre representative/s is encouraged to accompany the LAANSW officer during the visits to help answer any questions that may arise about local issues.
- To ensure smooth coordination of the program, all relevant information that has been sent to the Centre must be given to the Centre School Visit organiser.

- At the end of the 2005/2006 season, should there be a change of Centre Committee members, it is vital that all information regarding your School Visit Request be given to the new Committee members.
- The 2005 Program included elite athlete and role model, Petrina Price (Athens Olympian & 2006 Commonwealth Games). It is envisaged that elite athletes will be utilised for the 2006 program, subject to their availability.

If you would like to get your school involved with the Little Athletics NSW School Visit Program, please contact your Little Athletics Centre or call the Association Office.



Liverpool Sport & Lifestyle Expo

In December 2005, Alvin and Adrienne headed out to the Liverpool Sport and Lifestyle Expo at the Michael Wenden Aquatic Centre.

They were there, along with representatives from many other sports, to promote sport and an active lifestyle to the parents and school children in the area. They conducted three activity sessions for the school kids throughout the day.

Also present at the Expo were the gang from Liverpool Little Athletics. They did a great job of promoting Little Athletics in Liverpool and had a fantastic stall set up.

It is great to see volunteers from the Centres getting out and about and representing Little Athletics in such a positive way!



Little Athletics NSW is seeking casual coaches for



The Jump Start Schools Program involves staff visiting schools, on a casual basis, to promote the sport of athletics through fun and fast-paced activity sessions. The program aims to assist the development of athletics skills in primary school children. At this stage the program is conducted in the Sydney Metropolitan area only, but with plans to expand into country regions.

DUTIES & RESPONSIBILITIES

- Coach/teach primary school children in a variety of athletic events
- Teach school staff how to teach the events
- Promotion of Little Athletics in schools
- Liaise with the Programs Administration Assistant before each allocated job
- Check, collect and return athletic equipment to/from Association office
- Punctuality at all Jump Start sessions and the ability to work unsupervised
- Provide athletic information to teachers, as required
- Report to the Programs Administration Assistant following a school program
- Contact school organiser in the event of wet weather

ESSENTIAL REQUIREMENTS:

- Minimum Level 1 accreditation in track and field
- Current member of the Australian Track & Field Coaches Association (ATFCA)
- A current drivers license and own car
- Willingness to attend schools anywhere in the Sydney Metropolitan area
- Ability to coach all events or willingness learn
- Available during school hours, on selected days
- Proven organisational and time management skills
- Good communication and leadership skills
- An enthusiastic and bright personality – a positive role model
- Experience and knowledge in Little Athletics
- Previous experience in coaching primary aged children is desirable



Please note: this is a casual role only and demand for the program varies throughout the year. Regular work cannot be guaranteed. Opportunities for work on other programs may come up and be offered to selected Jump Start Coaches.

TRAINING

Training will be provided to all successful applicants and consists of voluntary observations of all event groups. Coaches will be supplied with lesson plans and then assessed on practical components prior to employment. Additional ongoing training will also be provided.

All coaches employed must undergo a "Working with Children" probity check and sign the "Prohibited Employment Declaration" in accordance with State Government Legislation. In addition, all coaches must abide by the LAANSW Coaches Code of Conduct.

If you do not have a Level 1 accreditation and wish to obtain one, please contact Roger Green at ATFCA-NSW on 9520 9324.

Responsible to: Programs & Services Officers and Programs Administration Assistant

More Information: Contact Alvin Umadhay at Little Athletics NSW on 9633 4511

Work Hours: Casual during school hours

Wages: Level 1-3 accreditation = \$20 per hour
Level 4 accreditation = \$35 per hour

Applications Close: Monday March 31, 2006

Please send a cover letter with resume to

LAANSW, Locked Bag 85, PARRAMATTA 2124 OR via email to admin@laansw.com.au

CENTRE NEWS

KIAMA LITTLE ATHLETICS CENTRE came back from the brink of extinction to record one of it's best seasons ever in 2004-05. This is our story:

2004-05 was a very successful season for Kiama Little Athletics and what a difference a year made! Just 12 months before our Centre was struggling, with few more than 50 registered athletes, even less turning up to club competition each week and an under-manned, over-worked committee almost ready to throw in the towel.

Jump forward just 12 months and we've had one of the most successful seasons ever in Kiama Little Athletics 26 year history! It all started with the addition of some new faces onto the committee to help ease the workload carried by the existing committee members. Together they mapped out a plan to revive the Centre and establish Little Athletics as a premier sport in the Kiama region. First was a series of School Visits by LAANSW which saw registration numbers boost to in excess of 180 registered athletes. A vibrant new uniform was developed and a lot of hard work was put into improving the facilities at the Kiama Leisure Centre Fields. New equipment was purchased or borrowed where necessary and plans hatched to raise money for a new set of Hurdles & High Jump bags.

Club Pointscore began in mid-October and Mother Nature conspired against us to wash out 4 of the first 8 weeks of competition. In the lead up to Christmas some Kiama athletes participated in several carnivals for the first time in many years and a few of them also represented South Coast at the All Schools Track & Field Championships. One athlete, Talissa Scott, went on to represent NSW at Nationals in Adelaide. Four athletes trialled for the 2005 Trans-Tasman Challenge Team with two, Talissa Scott and Samantha Broadhead being selected for the NSW Team to contest the Challenge in January. Both girls performed very well and returned home as medal winners. Kiama also had 13 Athletes as members of the Mid South Coast Team competing at the State Relay Championships on the Olympic Track at Homebush.

This was the first time ever at State Relays for Kiama with 3 athletes,



Samantha Broadhead, Abbie Taddeo and Justin Tejero winning GOLD in their respective events. This was a huge achievement given the size of our Centre compared to some in the Metropolitan areas.

January saw Kiama host the Mid South Coast Zone Championships. Our fields looked "picture postcard perfect" after a lot of hard work by the Committee in conjunction with Kiama Council. Again Mother Nature wasn't kind to us with scorching conditions on Saturday and pouring rain on

Sunday but it was a credit to the preparation work done that the Championships were able to proceed without any delays. Kiama had 45 entrants for Zone (compared to just 6 the year before) and came away as March Past Champions and runners up to Albion Park in the Dean Blair Trophy (awarded to the Club pointscore winner). 30 of those 45 athletes qualified for the Region 5 Championships to be held in Orange during February where we only had 4 qualify the year before.

February saw the Mid South Coast Grand Prix carnival series draw to a close with 3 athletes, Mitchell Scott, Abbie Taddeo and Talissa Scott all finishing first in their respective age groups. Four others, Rydge Smith, Devin Gould, Chad Gordon and Samantha Broadhead finished second and Sarah Broadhead was placed third in her age group. The trip to Orange for the Regional Championships proved to be very eventful. 20 of the 30 Kiama qualifiers travelled to Orange and competed against the best Region 5 has



to offer. Once again Mother Nature decided to intervene and the Championships were abandoned mid-Sunday due to a severe Electrical Storm. Before the storms could wreck the weekend, Kiama again won the March Past to add that Trophy to the one won at Zone. The



events that were not contested then had to be run on the Friday prior to the State Track & Field Championships in mid March, where Emily Forrest added herself to the list of State qualifiers taking the number to 14.

Not satisfied with the 5 hour trek to Orange, some of our athletes and their families decided to travel even further out to Dubbo for the State Multi-Event Championships. Again the Kiama contingent performed extremely well with 4 top 10 finishes out of 6 entrants. Talissa Scott was the best placed, winning the BRONZE in her age group.

The State Track and Field Championships were held on 19th-20th March in Sydney and Kiama's team competed in fine style again, winning the March Past and making them the first Little Athletics Centre in NSW to win Zone, Regional & State March Past titles in the same year. With the demise of the March Past for this season, it is a record that will never be beaten. The 14 strong team returned from the Olympic Park Athletics Centre with 16 "top ten" finishes from 29 events contested, including a BRONZE medal winning performance in the Triple Jump by Abbie Taddeo.

Presentation Night was a great success with over 100 athletes and their families enjoying the festivities and party atmosphere. Talissa Scott was a worthy winner of the Dean Blair Memorial Trophy finishing as the overall pointscore winner with Abbie Taddeo and Joe Knott the runners up. We also bid a sad farewell to our 3 U/15 athletes, A J Forrest, Ashleigh Scott and Rebekah Tobin who between them have been enjoying Little Athletics for over 20 years.

The LAANSW Annual Conference and AGM in July at Port Macquarie saw Kiama win a Bronze Award as well as both the Athlete Increase and Athlete Retention Awards. We were awarded a grant for the purchase of new equipment and gained a major sponsor in AllClear Roof & Guttering. So all in all, it was a very satisfying season for Kiama and so far, the 2005-06 season has been just as good, if not better.



“What does summer mean to me?”

When U8 athlete from Glenbrook Little Athletics, Andrew Coulshed, was asked at school "What does summer mean to me?", this is what he drew.



“it embodies the spirit and enthusiasm that all Centre's should be striving to engender in their athletes”.

Andrew's vision of what summer is: Little Athletics.

If you look, the oval is visible, along with the straight track and the sand pit. There are large symbols to represent a hurdle, running shoes, and a discus. The shot-put pit and a discus cage are there, and even the recorder under a sunshade!

Adrian Cusack, President of Glenbrook LAC has asked for this to be included in the Run for Fun E-Newsletter as he feels "that it embodies the spirit and enthusiasm that all Centre's should be striving to engender in their athletes".

This space in the NEW Run for Fun E-Newsletter is available for Centres to share any news on what is happening in their Centre!



Please send any news item to admin@laansw.com.au.

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

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FITNESS

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www.littleathletics.com.au



LAANSW WELL REPRESENTED AT COMMONWEALTH GAMES!

The track and field team for the 2006 Melbourne Commonwealth Games was recently announced. It was extremely pleasing to note that thirty (30) athletes, equating to 1/4 of the total athletes named in the track and field team were once members of the Little Athletics Association of NSW. Twelve (12) of these athletes have been members of the LAANSW State team. The athletes are:

Name	Event	Name	Event
Joshua Ross	100m, 4 x 100m Relay	Suzy Walsham	800m, 1500m
Nick Bromley	800m	Lisa Corrigan	1500m
Jeremy Roff	1500m	Kerryn McCann	Marathon
Elliot Wood	400 Hurdles	Jane Saville	20km Walk
Martin Dent	3000m Steeple	Natalie Saville	20km Walk
Luke Adams	20km Walk	Cheryl Webb	20km Walk
Matt Shirvington	4 x 100m Relay	Preya Carey	4 x 100m Relay
Fabrice Lapierre	Long Jump	Claire Mallett	High Jump
John Thornell	Long Jump	Petrina Price	High Jump
Clay Cross	Shot Put	Dani Samuels	Shot Put, Discus
Benn Harradine	Discus	Monique Nacsa	Discus
Rosemary Hayward	400m, 4 x 400m Relay	Greg Eyears	110 Hurdles
Jaimee-Lee Hoebergen	400m, 4 x 400m Relay	Jane Jamieson	Heptathlon
Daniel Batman	200m, 4 x 100m Relay, 4 x 400m Relay	Eloise Wellings (nee Poppett)	5000m
Karyne Di Marco (nee Perkins)	Hammer	Jana Pittman	400m Hurdles, 4 x 400m Relay

On behalf of LAANSW, we wish all the athletes every success at the Games!

Find-a-Word Competition

To win a \$50 gift voucher from The Athletes Foot, send the completed puzzle, along with your name & address to LAANSW Locked Bag 85, PARRAMATTA NSW 2124 by 31st March 2006.

Congratulations to **EMMA GLINN (U8 athlete from Katoomba LAC)** who won last issues Find a Word!!

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

Ex NSW Little Athletes who are now part of the 2006 Commonwealth Games Team!!

Surnames to find:

- Joshua Ross (100m, 4x100m Relay)
- Daniel Batman (200m, 4x100m Relay, 4x400m Relay)
- Jeremy Roff (1500m)
- Elliott Wood (400m Hurdles)
- Luke Adams (20k Walk)
- Matt Shirvington (4x100m Relay)
- John Thornell (Long Jump)
- Clay Cross (Shot Put)
- Suzy Walsham (800m, 1500m)
- Lisa Corrigan (1500m)
- Jana Pittman (400m Hurdles, 4x400m Relay)
- Jane Saville (20km Walk)
- Petrina Price (High Jump)
- Dani Samuels (Shot Put, Discus)
- Jane Jamieson (Heptathlon)