



# RUN FOR FUN

## CHRISTMAS COACHING CAMP 2007

On the 21st-23rd December 2007 our annual Christmas Camp was held at the "Life" Adventure site at Kurrajong. This year we had 91 eager and enthusiastic athletes in attendance, who all enjoyed the coaching, recreational activities and friendships made over the weekend.

Our Friday night started with a BANG. Registrations were held, then the athletes were placed into teams. We commenced the night with an action packed team tabloid, where individuals were encouraged to earn as many points as possible for their team by completing small challenges. After the conclusion of the team tabloids everyone went to bed, eager to see what the next day of athletic coaching would bring.

Saturday morning was slightly overcast, however the weather held off long enough for all coaching sessions and recreational activities to take place. All participants loved the variety and experience offered by our coaches. The recreation activities included the waterslide, pool, low ropes initiative course, flying fox (U9-U11) and the giant swing (U12-U15). HEAPS OF FUN was had by all. MANY LAUGHS, pictures and screams!!!!.

On Saturday night we held our Fluoro Disco, where the nut-bush was a hit, as well as the Macarena and Bus Stop. Thank you to everyone who made the night enjoyable. The funky bright outfits were amazing!!!!

Sunday held our final two coaching sessions, waterslide, pool and free time. After our final pack up, everyone met in the hall to share their experiences. We ended our fantastic camp with the 'snort game' and handed out the participant's certificates, prizes, rulers and stickers.

Many thanks to all the athletes for their continued support of our Christmas Camp. Their enthusiasm, eagerness to learn, and behaviour makes our camp very successful. A special thank you to our coaches, Mandy Robertson, Richard Berrell, Glen Howell, Joe Ebejer, Belinda Laverack, Alvin Umadhay, Darren Wensor, Wayne Thurlow (volunteer) and Nadine George (volunteer).

Good luck to all of our athletes for 2008!!!! We hope to see you all again at the Christmas Camp in 2008.

Camp Coordinator  
Kristy Tinnion

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### Special Points of Interest...

- Photo finish system
- Breakfast: An Athletes most important meal
- Sports Rage





## A WORD FROM THE PRESIDENT...

# DERECK FINEBERG

Well we are now at about the halfway mark of our season and all Centres will be down to business. I hope Centre committees and officials are receiving the support they require and deserve.

We have now conducted the first two of our Association events – Trans Tasman Trials at Albion Park and the State Relays at Sydney Olympic Park.

The Trans Tasman trials were a very good day and we were certainly blessed with the weather, after it looked certain to be a wet day. Congratulations to the Albion Park Centre for hosting the event. They should be proud of their efforts. Congratulations also to the children selected in the touring team and I hope they, the team officials and the travelling supporters have a wonderful time in NZ.

State Relays was a successful carnival and was conducted with a minimum of fuss with the 2 day format proving a winner for the second year in a row. The one disappointing issue was the number of 'no shows' by many of the teams. There may be several reasons for this and we need to understand what they were in the hope it can be rectified for the future.

A very big thankyou to all those officials who worked at either or both carnivals.

Some Zones have now held their Zone Championships and I hope they were successful. A number of members of the Board of Management attended some Zones and this will continue for other Zones, as well as Regions. We hope this will build even better relationships with the athletes, families, Centres and Zone Cos and help the communication of ideas in both directions, as well as a better understanding of the issues and challenges. For my part, I attended the Hunter (Cessnock) and Lake

Macquarie (Glendale) Zones and found it an extremely worthwhile exercise. I wish to thank both zones for their hospitality and the feedback I received indicated a genuine appreciation for these BOM visits.

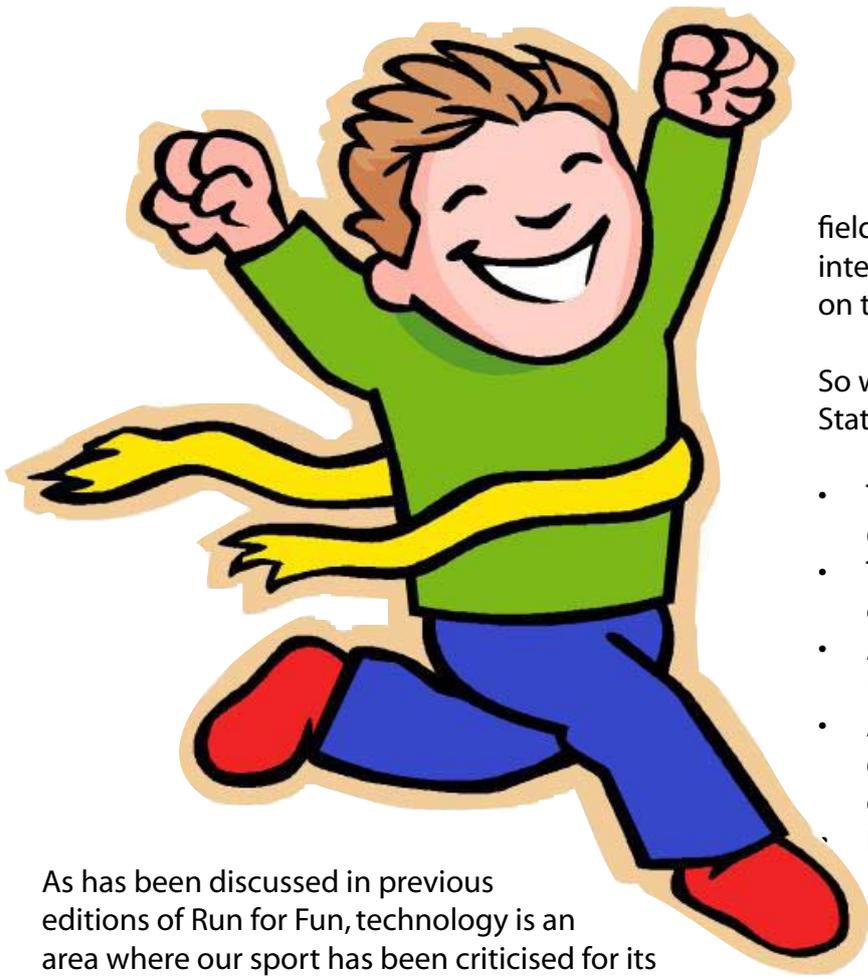
As mentioned previously, the Association has established a number of sub-committees within the various Directors' portfolios, in order to leverage from the experience and talents of a number of people in our organisation. These sub-committees are an important part of our overall structure and they provide opportunities for people to contribute to the overall framework of the Association and to put forward suggestions and recommendations to the Board for consideration.

Apart from the Championships and Officials sub-committees, others have not attracted the amount of interest we were hoping for. So, can I ask all Zone Cos, and Centre committees to think about whom within their areas might be good candidates for these sub-committees and to ask them to consider getting involved. Members of these sub-committees do not have to be on a Centre committee. They may simply be parents who have particular expertise and can make a positive contribution. We on the Board know that we do not possess all the answers or ideas and would welcome as much input as possible via these groups. So – please think about it and if you want to know more, contact the office.

I'd like to take this opportunity to wish all the athletes the best of luck in the upcoming championships.

Cheers,  
Dereck Fineberg OAM  
PRESIDENT

# editorial



As has been discussed in previous editions of Run for Fun, technology is an area where our sport has been criticised for its perceived appearance of not keeping pace, and in many respects, this is possibly so.

Over the last six months, various LAANSW Advisory Committees have been looking at this issue and as a consequence, one of the first major initiatives to take place in this regard, the Board of Management at its October 2007 meeting endorsed the use of a photo finish system for the 2008 NSW State Championships being held at SOPAC.

Since that decision, a number of people have been working very hard behind the scenes looking at how the photo finish system works, the current database systems we use for recording track and

field results and how the whole package can be integrated into a process that will work well for us on the track at SOPAC, come March 2008.

So what does this all mean? Well, at this season's State Championships, the following will be different:

- The photo finish system will be used to determine places in all track events.
- Times for events will be determined electronically by the photo finish system.
- Athletes will wear hip numbers during non-laned events.
- Athletes will leave the track and see their results on the scoreboard moments after the event is completed.
- Processing of results for track events will be sped up considerably which means medal presentation will happen a lot faster than in the past.

Records are still to be hand held times and this is for good reason. All track records currently are hand held and it is up the Association as a whole, through the Annual Conference, to determine when and if State track records will be accepted electronically. In addition, all National track records must be hand held so therefore, we are bound by this ruling at present if NSW State results are to be recognised at the National level.

Overall though, we hope you can see and appreciate this is a positive step in utilising available and proven technology to enable our sport to move forward.



## the progress report...

With the season now well underway, it is pleasing to be able to look back upon the last few months and acknowledge the accomplishments of the Association in relation to our Annual Goals. Below is a summary of our progress on two of the four Association Goals. Future editions will focus on the remaining areas.

Identifying and better utilising available technology is one of the goals for which we can report significant progress, through such things as: the full introduction of our online registration system (approximately 2000 members utilised the system to pay their registration fees by credit card and thousands more completed the registration form online); many online training sessions in the use of the registration system have been conducted by IMG eCommerce for Centre personnel; the Association has purchased a copy of the Meet Manager Championships software system for use at future events; it has been agreed that the photo finish system at the Sydney Olympic Park Athletics Centre will be used for the

2008 State Track & Field Championships and a 'Technology Advisory Committee' has been appointed to assist with identifying other technological advances that may be of benefit to LAANSW.

Developing strong risk management support programs is the second area for which we can report steady progress. Examples of some of the actions in this area include: completion of the LAANSW Safety Plan which summarises all Association policies and guidelines; appointment of a safety coordinator at all championship events; distribution of various fact sheets and guidelines for Centres and a focus on the issue of 'Sports Rage' including the distribution of resource material produced by the NSW Department of Sport and Recreation.

If you would like to know more about any of the items mentioned above, please feel free to contact the LAANSW office.

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## 2007 Coach of the Year



Do you know of a coach that:

- Is making a positive difference in the sport by doing that "little bit extra"?
- Steadily improves the performance of the athletes that he or she coaches?
- Continually looks for opportunities to improve his or her own knowledge and skills?
- Is a positive role model to his/her athletes and the wider Little Athletics community?
- Presents a really positive image for coaching and participation in the sport?

If so, why don't you recognize these excellent qualities and nominate them for the 2007 ATFCA (NSW) Little Athletics Coach of the Year Award?

Nominations for the 2007 award will close at 5.00pm on Monday, February 25th, 2008.

A special award presentation will take place at the 2008 LAANSW State Track & Field Championships, at Sydney Olympic Park Athletic Centre.

Little Athletics NSW and the Australian Track & Field Coaches Association have cooperated to present this award to an outstanding Little Athletics Coach since 1998. This year's conduct of the award marks its tenth anniversary.

For a nomination brochure, ask your Centre Committee, contact the Little Athletics NSW office, see [www.littleathletics.com.au](http://www.littleathletics.com.au) or email Darren Wensor on [dwensor@laansw.com.au](mailto:dwensor@laansw.com.au).



## Continuing to support Little Athletics in NSW.

IGA are proud to again sponsor Little Athletics for the 2007/2008 season. We look forward to a successful partnership and many personal bests for all athletes throughout the season. For the 2007/2008 season, we have implemented a new promotion in addition to our sponsorship, the **IGA Docket Competition**, with a **\$15,000 prize pool** up for grabs!

There will be 3 divisions (based on the number of athletes per Centre) each offering \$3,500 for the LA Centre who spends the most money at IGA stores, \$1,000 for 2nd and \$500 for 3rd. This means every Centre is in with a chance to win. The competition will be judged on the greatest value of IGA dockets collected from a LA Centre.

Our website [www.iga.net.au](http://www.iga.net.au) currently features tips for keeping you fit and healthy, with recipes to help you achieve your best, and the Australian Little Athletics Calendar.

IGA's dietician, Rachel Jeffery, has also started sharing her knowledge through our website and will be growing this information bank throughout the season. From details of seasonal fruits and vegetables to nutritional mythbusters, there's information for everyone here.

We encourage all Little Athletics families to visit your local IGA stores and say hi! Be sure to shop at IGA (and keep your receipts) as you can help your Little Athletics Centre **win extra support from IGA.**

All the best for a fantastic season!



*Local Heroes*



# Championship News

## STATE RELAYS

A very successful State Relays Carnival was held at SOPAC on Saturday 24th and Sunday 25th November 2007. Although 1219 teams entered not all participated, this is a shame for them because those who competed appeared to enjoy themselves. At this Carnival, 13 State Records were broken, 7 in track and 6 in field. Congratulations to those athletes and teams.

## REGION CARNIVALS

These Carnivals will soon be upon us after the completion of all the Zone Carnivals. This is a timely reminder that the first four finalist from Region 1, in the U9-U15 age groups, qualify for the State Championships. The first three finalists qualify from all other Regions.

Region Carnivals will be held on Saturday 16th and Sunday 17th February 2008 at the following locations:

### Region 1

Blacktown Olympic Park  
Eastern Creek

### Region 2

Dwyer Oval  
Liverpool

### Region 3

Sylvania Waters  
Athletic Track  
Sylvania Waters

### Region 4

BCU Stadium  
Coffs Harbour

### Region 5

Rygate Park  
Wellington

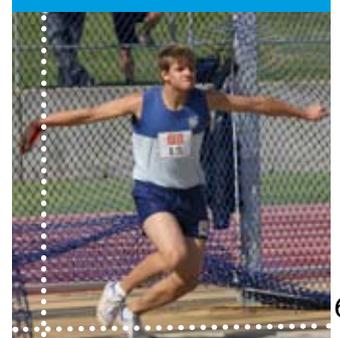
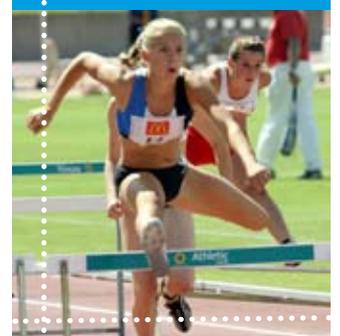
## STATE MULTI

The State Multi-Event Championships are held on the first full weekend in March each year at a country venue. In 2008, this event will be held at Waratah Sports Field, Orange. Entries will close on **Wednesday, January 30, 2008**, at the

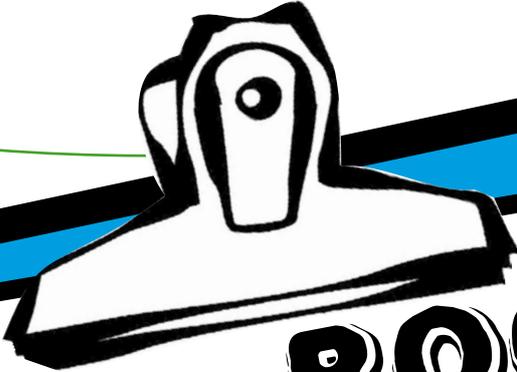
Association office at close of business (5pm). The program is run over two days. This is a great week-end away and many Centres take the opportunity of making this an annual event so it is worthy of serious consideration. Details and entry forms can be accessed from the NSW Little As website.

## TRANS TASMAN

As this goes to print, a number of Under 11 and 12 girls and boys are representing NSW over in New Zealand for the Trans Tasman Challenge in Little Athletics. Let's hope they are successful, have a great time and makes lots of friends.



*For further information visit the NSW Little Athletics Association web site and go to Championship Events.*



# The ROC

(The Rules of Competition)

Did you know.....

## 4... 3... 2... GO

In races up to and including 400m run in lanes there are three start styles that may be used.

### The Crouch Start (4)

Both of the athlete's hands are touching the ground and both feet are also in contact with the ground (or starting blocks if used). In the "on your marks" position (picture 1) one knee is also so touching the ground.



When the starter says set, the knee is raised off the ground but the hands and feet retain contact with the ground (or starting blocks)

### Three Point Start (3)

Both feet and one hand are touching the ground in the set position (Picture 2).

Normally the athlete would be standing when in the "on your marks" position and then lower their hand and bend their knees when the "set" instruction is given. Their feet would not be moved.



### Standing start (2)

Only the feet of the athlete are touching the ground. In the "on your marks" position the athlete would be standing with one leg slightly back of the other (Picture 3)

When the starter calls "set" the athlete may move the back foot only



### Start procedure

In races up to and including 400m, the starters commands would be "On your Marks," "Set" and once all athletes are set, the gun will be fired.

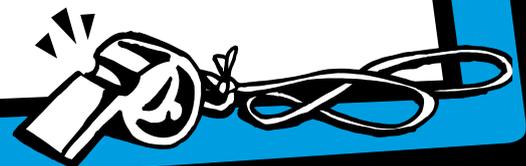
On the command "Set," all competitors are to assume their final "set" position.

The starter will not fire the gun until all competitors are steady.

Once the command "On your Marks" is given, late competitors can not join the event.

If for any reason the Starter has to speak to any competitor after the competitors are on their marks, the Starter shall order all competitors to stand up and the Starter's Assistant shall place them on the assembly line again.

A competitor must not touch either the start line or the ground in front of it with their hands or feet when on their mark.





# COACHES CORNER



## Breakfast: An Athletes Most Important Meal

An article written by Nancy Clark-taken from:  
[http://speed-factory.com/site/nutritionnews/Breakfast\\_\\_An\\_Athletes\\_Most\\_Important\\_Meal\\_152.shtml](http://speed-factory.com/site/nutritionnews/Breakfast__An_Athletes_Most_Important_Meal_152.shtml)

Nancy Clark, MS, RD, an internationally known sports nutritionist and nutrition author. Her more renowned clients have included members of the Boston Red Sox (US Major League Baseball), the Boston Celtics (NBA Basketball Team), and many collegiate, elite and Olympic athletes from a variety of sports.

Without question, breakfast is the meal that makes champions. Unfortunately, many active people follow a lifestyle that eliminates breakfast or includes foods that are far from champion-builders.

I commonly counsel athletes who skip breakfast, grab only a light lunch, train on fumes, gorge at dinner and snack on "junk" until bedtime. They not only rob their bodies of the nutrients needed for health, but also lack energy for high-quality workouts.

A satisfying breakfast tends to invest in better health than does a grab-anything-in-sight dinner. Fueling the body's engine at the start of the day will help you feel more energetic and also able to choose better quality lunch and dinner foods.

For example, having cereal, banana and juice in the morning, as well as a sandwich and yogurt for lunch, for many athletes help stops devouring "junk food" after dinner.

Excuses to skip breakfast are abundant: "No time," "I'm not hungry in the morning," "I don't like breakfast foods," "I never eat breakfast and never have" and "My diet starts at breakfast... that's why I don't eat it."

These excuses are just that, excuses; they sabotage your sports performance.

Here's a look at the benefits of eating breakfast. I hope to convince you that breakfast is the most important meal of your sports diet.

### Breakfast for dieters

If you want to lose weight, you should start your diet at dinner, not at breakfast! For example, do not eat a meager bowl of Special K for your "diet breakfast." You'll get too hungry later in the day and crave sweets.

A bigger breakfast (cereal + toast + peanut butter) can prevent afternoon or evening cookie-binges. An adequate (500 - 700 calorie) breakfast provides enough energy for you to enjoy your exercise, as opposed to dragging yourself through an afternoon workout that feels like punishment.

If you are trying to lose weight, you should target at least 500 to 700 calories for breakfast; this should leave you feeling adequately fed.

### Breakfast for the morning exerciser

If you exercise first thing in the morning, you may not want a big pre-exercise breakfast; too much food can feel heavy and uncomfortable. However, you can likely tolerate half a breakfast, such as half a bagel, a slice of toast, or a banana before your workout.

Just 100 to 300 calories can put a little carbohydrate into your system, boost your blood sugar so that you are running on fuel,

not fumes, and enhance your performance.

You'll likely discover this small pre-exercise meal adds endurance and enthusiasm to your workout. In a research study, athletes who ate breakfast were able to exercise for 137 minutes as compared to only 109 minutes when they skipped this pre-exercise fuel.

### Breakfast for the noon-time, afternoon and evening exerciser

A hearty breakfast is important for people who exercise later in the day. It not only tames hunger but also provides the fuel needed for hard workouts.

Research has shown that athletes who ate breakfast, then four hours later enjoyed an energy bar five minutes before a noontime workout were able to exercise 20% harder at the end of the hourlong exercise test compared to when they ate no breakfast and no pre-exercise snack. (They worked 10% harder with only the snack.)

Breakfast works! Breakfast + a pre-exercise snack works even better!

### What's for breakfast?

From my perspective as a sports nutritionist, one of the simplest breakfasts of champions is a wholesome cereal with low fat milk, banana and orange juice. This provides not only carbohydrates to fuel the muscles, but also protein (from the milk) to build strong muscles, and numerous other vitamins and minerals such as calcium, potassium, vitamin C, iron (if you choose enriched breakfast cereals) and fiber (if you choose bran cereals).

Equally important is the fact that cereal is quick and easy, requires no cooking, no preparation, no refrigeration. You can keep cereal at the office, bring milk to work and eat breakfast at the office. Breakfast is a good investment in a productive morning.

### The bottom line

Breakfast works wonders for improving the quality of your diet. That is, eating breakfast results in less "junk food" later in the day. Breakfast also enhances weight control, sports performance, daily energy levels and future health.

Breakfast is indeed the meal of champions. Make it a habit...no excuses!

Sample grab-and-go sports breakfasts

- Bran muffin plus a vanilla yogurt
- Two slices of last night's left-over thick-crust pizza
- Peanut butter-banana-honey sandwich
- Pita with 1 to 2 slices of lowfat cheese plus a large apple
- Baggie of lowfat granola with a handful of raisins (preceded by 8 oz. lowfat milk before you dash out the door)
- Cinnamon raisin bagel (one large or two small) plus a can of vegetable juice

# 2008 ADIDAS AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

## WHAT IS THE ALAC?

The Australian Little Athletics Championships (ALAC) is a one-day event held every year, hosted by each State or Territory on a rotational basis. All States and Territories, apart from the Northern Territory, are usually represented at the Championships.

The ALAC encompasses the Australian Teams Championships for Under 13 athletes and the Australian Multi Event Championships for Under 15 athletes.

The Under 13 athletes compete for the Trevor Billingham Trophy (for overall point score) and the Alan Triscott Cup (for handicapped point score). The smaller States and Territories of Tasmania and the ACT also compete for the Dick Healy Trophy. Individual medals are also on offer for all place-getters.

The Under 15 athletes compete for individual medals and separate teams point score trophy known as the Life Members Trophy.

## THE TEAM

A team of twenty-two (22) Under 13 athletes (usually, but not necessarily 11 boys and 11 girls) is chosen to represent NSW in the Under 13 Teams Event from performances recorded during the LAANSW State Track & Field Championships.

Two girls and two boys are selected to represent NSW in the Under 15 Multi Event, following performances at the LAANSW State Multi Event Championships.



## 2008 STATE TEAM ACTIVITIES

### Announcement of the Team - Sunday March 16, 2008

As is tradition, the new team will be publicly announced in front of the main grandstand following the final event on the Sunday of the LAANSW State Track and Field Championships. Selected athletes will be asked to come forward onto the track to receive an information folder from a member of the previous year's team.

Following the team announcement, a special information session will be held for the new team members and their parents. A team uniform outfitting will also take place.

### State Team Camp 1 - Friday March 28, 2008 to Sunday March 30, 2008

This will be held at the Sydney Academy of Sport and Recreation, Narrabeen. The main focus of this camp will be team building through various activities. Several hours of coaching, the selection of relay teams and a number of information sessions will also take place during the camp.

### State Team Camp 2 - Friday April 11, 2008 to Monday April 14, 2008

Again being held at the Sydney Academy of Sport and Recreation, Narrabeen, the focus of this camp will be team cohesion and championship preparation. A highlight of this weekend is always the State Team Presentation Night.

### Team in Melbourne - Wednesday April 23, 2008 to Sunday April 27, 2008

The NSW Team will travel to Melbourne three days prior to the Championships and stay together in a motel situation. These three days will be spent on further team bonding through various activities, Championship preparation through team meetings and a track familiarisation, and the attendance at official engagements. The team competes on Saturday April 26 at Nunawading. The team will return to Sydney the day following the Championships.

## MORE INFORMATION

For more information, contact the LAANSW office on 02 9633 4511 or 1800 451 295.

The team selection guidelines can be found at [www.littleathletics.com.au](http://www.littleathletics.com.au) under "Championships".

# PROJECTS PAGE



## LET'S STAMP OUT SPORTS RAGE

### Tips for Coaches

Sport rage is any violence, bad language, harassment, abuse or general bad behaviour by participants, coaches, officials or spectators.

Simply put, sport rage is bad for children and bad for sport as a whole. At its worst, sport rage reduces a child's enjoyment of sport, can undermine all of the terrific benefits, and can lead to drop out.

The majority of coaches do a great job of creating a safe and enjoyable sporting environment for everyone. But others could be unwittingly creating tension which contributes to sport rage.

### SELF TEST: WHICH COACH ARE YOU?

- **The Screacher** sees all the negatives. Everything is going wrong and they may even yell at the athletes and officials. The "Screacher" must focus on the positives.
- **The Over-Analyst** sees the athletes as professionals. They pressure the athletes. They focus on perfection, losing the fun factor. The "Over-Analyst" might be better off in elite sport and should remember that sport should be fun for the athletes.
- **The Wannabe Athlete** assumes all athletes should have the same skill level as them. The "Wannabe Athlete" should focus on the different skills and qualities of each individual.
- **The Demoraliser** makes the athletes feel as if they cannot get anything right. The "Demoraliser" should place more value on developing the athletes' self-esteem and remember that their crushing comments will deter players from participating.
- **The Five Star Coach (You?)** focuses on effort and not the outcome. They know that skill development balanced with fun is the key to a successful athlete. The "Five Star Coach" respects the officials and other athletes.

Little Athletics NSW is keen to hear about incidents and examples of good sporting behaviour to recognise and promote in the "Run for Fun" E News. Please send this information to [dwsensor@laansw.com.au](mailto:dwsensor@laansw.com.au).

**Remember:**

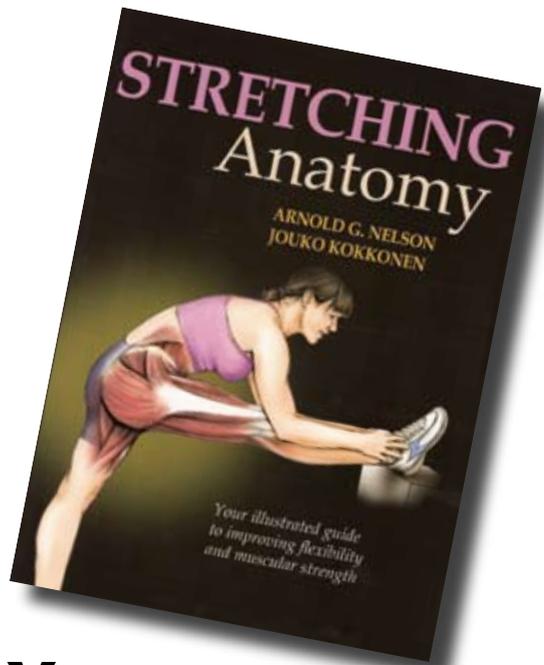
**Be a sport, just support!**  
**Play your part. Prevent sport rage**

Reference: NSW Sport & Recreation, "Sport Rage Prevention – A Kit for Club Committees", 2006



For more information, please contact Darren Wensor (Special Projects) at the LAANSW office 9633 4511 or via his email: [dwsensor@laansw.com.au](mailto:dwsensor@laansw.com.au)

# RESOURCE REVIEW



## STRETCHING ANATOMY

See inside every stretch - and maximize flexibility! *Stretching Anatomy* will arm you with the knowledge to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. You'll also gain a detailed understanding of how each stretch affects your body.

*Stretching Anatomy* is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also find out how changes in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness.

Each exercise includes detailed instruction on how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. *Stretching* programs provide three levels of difficulty, including light stretching that can be used as a warm-up or to aid in recovery from soreness or injury. And summary movement tables show how to customise stretching programs to focus on key problem areas.

Whether it is increased flexibility or reduced muscle soreness or tension, *Stretching Anatomy* allows you to see and feel the benefit of proper stretching technique.

By: Arnold G. Nelson & Jouko J. Kokkonen

**PRICE: \$27.00**

To order a LAANSW resource, download a Resource Order Form from the SHOP section of the website ([www.littleathletics.com.au](http://www.littleathletics.com.au)) or contact the Association office on 02 9633 4511 or 1800 451 295.

# Count Me In



## Little Athletics NSW State Track & Field Championships

### Invitational Events for Athletes with a Disability

**Saturday March 15, 2008**

The Little Athletics Association of NSW conducts invitational events for athletes with a disability as part of the annual State Track & Field Championships program.

At the 2008 State Championships, the events available for athletes with a disability will be the 100m, the long jump and the shot put.

The events will be conducted in the following age groups:

- U9 & U10 Boys & Girls
- U11 & U12 Boys & Girls
- U13-U15 Boys & Girls

All events will be conducted as multi-disability events. Competitors will compete against a multi-disability standard time classification. Placings will be determined by the competitor's time/distance calculated against a percentage of the world record.

Track events will be conducted as timed finals. The field events will be restricted to three trials per athlete. Medals will be awarded for 1st, 2nd and 3rd places. Certificates will be awarded for 1st to 8th places. Athletes may nominate to compete in all events on offer.

"Invitational events" refers to the fact that the athletes competing in the multi-disability events at the State Track & Field Championships will not have been required to compete at the Zone or Region Championships in order to qualify. Rather, entry forms will need to be sent directly to the Association.

An entry form is included in this edition of the "Run for Fun".

### Classification

All athletes with a disability who compete at the 2008 Little Athletics NSW State Track & Field Championships will have to have been formerly classified prior to the event.

The following classification sessions have been organised by the Australian Paralympic Committee during 2008.

- Sat 9 February APC, Sydney Olympic Park
- Sat 16 February Lourdes Hospital, 80-100 Cobbora Road DUBBO
- Sun 11 May Newcastle – venue TBC
- Sun 17 August Wollongong – venue TBC

Bookings are ESSENTIAL and should be made with Kylie Gauci on 9704 0525. There are plans for more classification days, however some of these details are still to be confirmed.

For all information about classification for athletes with a disability see the Australian Paralympic Committee's new classification home page. Go to [www.paralympic.org.au](http://www.paralympic.org.au) and click on "Classification Program". Alternatively, contact Jenni Cole at the Australian Paralympic Committee on ph. 9704 0513.



# FROM THE ZONE

## Mid South Coast Zone



The Mid South Coast Zone covers the Albion Park, Kiama, Lake Illawarra, Milton Ulladulla, Shoalhaven and St Georges Basin Centres. In terms of athlete numbers it is the largest Zone in Region 5.

Our Zone Championships are held on the last weekend in January and will be hosted by St Georges Basin at the picturesque Sanctuary Point Oval this season. Centres compete for the Dean Blair Memorial Trophy at the Zone Championships. Dean Blair was a member of Kiama Little Athletics Centre from September to December 1980. During his short but exceptionally progressive membership he excelled in both track and field events. Having not been coached he was a "natural" little athlete. Joining at the age of nine (9) he broke fifteen (15) records in three (3) months, a testimony to his natural ability. His one aim was to be good enough to compete at the Olympics. Tragically, Dean died on the 5th of December 1980 as a result of a playground accident at school. At the time he had been looking forward to and preparing for, the Zone Championships. He died the day before the Championships were to begin. Consequently the idea of a perpetual memorial trophy for these Championships came into being. The original trophy was first presented in 1982. The inscription on the base reads:



*"This trophy is in memory of a little boy who gave so much. May his love of athletics be an inspiration and enjoyment for all young, dedicated athletes to follow. May their efforts fulfil his dreams."*

A great sense of camaraderie exists between the Centres of this Zone. Over the years many lasting friendships have been formed between, not only athletes, but also administrators and officials of the various Centres.

Unfortunately vandalism has reared its ugly head at many of the Centres within the Zone this season. Shoalhaven surfaced several of their Long Jump run-ups with wet pour rubber only to have someone walk on the surface prior to it curing completely. St Georges Basin is fighting an ongoing battle against graffiti and Kiama has had their equipment shed ransacked on four separate occasions.

On a positive note Milton Ulladulla has spent significant time and effort changing the layout of their track at Frogs Holla. The result has certainly been worth the effort.

Lake Illawarra, the first non-metropolitan Centre, received some wonderful news earlier this year when Shellharbour Council informed them that they would be moving to a new 400m grass track in the near future.

Craig Scott  
Mid South Coast Zone Coordinator

# CENTRE NEWS

## Kiama Little Athletics Centre

Kiama Celebrates it's best season yet, with over 250 registrations including many newcomers. Our Centre is looking good for the future with many new recruits in the younger age groups. We are also fortunate this season to have some wonderful parent helpers who have embraced their roles as age managers or age helpers.

Many of our athletes are gearing up for the carnival season with attendance at local carnivals increasing. We have also had a number of records fall with some very impressive performances particularly from our younger athletes.

The start of the season was marred by a number of break- in's to our storage shed. Fortunately we didn't lose much equipment however the mess and clean up had many of the committee spending almost every other day there. We have been pleased with Kiama Council's response and action to the issue and they have put into place a plan that should see the shed very secure. We are glad to have such a great working relationship with them.

Our Centre recently took part in a research project being conducted by Griffith University in Queensland who are looking at the decline in volunteers in sport. Our Centre has been recognised as being innovative particularly as a Volunteer Sporting Club. The University wanted to learn our secret. Having thought about how our Centre maintains it's volunteer numbers and its success as a Centre, it was clearly recognised that having a very capable, approachable and committed leader in the way of our President Craig Scott helps the process. With a leader like Craig it is difficult not to be as motivated and enthusiastic as this guy. For all

those Centres out there who maybe struggling with good leadership you need to clone this guy.

We are fortunate to have a great committee that work so well together calling on the individual skills and experience of each member and directing that into the suited roles within the Centre. We have also learnt that support and guidance to our Age Managers and parents goes a long way. With a weekly award given out and a mention in the paper does alot for someone's sense of belonging and commitment.

Having worked in the Community Welfare sector for over 20 years I couldn't help but highlight that a decline in volunteers in sport could also be attributed to the society we live in. We have greater numbers of people experiencing social issues that may affect their ability to leave the house let alone turn up every week to a sporting event and help out. Mental illness, domestic abuse, financial hardship, drugs, alcohol and violence plague our community's. In times of stress when people are not coping you will be lucky to see the young person let alone a helper.

On a brighter note we recently presented our very deserving State athletes from last season with their jackets. We had a record number of athletes attend our State Carnival in March and we hope to repeat that this season.

We are looking forward to a very successful season and lots of fun and fitness for our athletes

Yours in sport

Beth Moon  
Secretary



# CENTRE NEWS

## West Wyalong Little Athletics Centre

A few weeks into the '07 season and West Wyalong Little A's has proved to be stronger than ever with 138 registered athletes.

Interested athletes have the opportunity to participate in many carnivals throughout the region and to try to qualify to State level.

Coaching in a range of events for athletes wishing to attend is held on two afternoons each week during the season.

The season runs for 12 weeks, with the club night program consisting of 3-4 events operating on a 3 week cycle. Starting times have changed to 4.30pm due to daylight saving.

As a result of the highly successful Region 5 Carnival hosted in February the Centre invested its profits into purchasing a range of new equipment for use by its members and provided training for interested volunteer parents/helpers.

The Basic Event Instruction course was held on 16th September and provided the 22 local participants with skills and knowledge in event technique, officiating and safety.

The Introduction to Coaching Course held on 6th October provided the 19 participants (16 locals) with skills and knowledge in coaching track and field events.

As McDonalds is a major sponsor of Little Athletics they provide a Most Improved Award to encourage children to continue to participate and reward them for trying their best. Each week Age Managers nominate a boy and girl from their group to receive the award, which also entitles them to a free meal from McDonalds.

Award recipients to date are:

### **Tiny Tots**

Rhys Glasson, Rebecca Cumming, William Crossman, Grace Noack, Hayden Cooper, Luka Neyland, Makayla Cooper, Jacinta Windsor, Maverick Palazzi, Annabelle Redmond, Trinity Gorton, Xanthea Sansom,

Ben Harland, Lucy Payne

### **Under 6**

Sarah McCaskie, Oscar Mason, Olivia Nicholson, Tye Studholme, Marney Jamieson, Saxan Brand Lange

### **Under 7**

Jimmy Noack, Ava Mavroudis, Daniel O'Connor, Taffy McKee Duff, Lachlan Miller, Nikki Spackman, Heath Redman, Taffy McKee Duff

### **Under 8**

Laura Harland, Wilhelm Morreau, Kate Payne, William McMartin, Isabella Mason, Sam Quade, Emily Rootes, Billy Nicholson

### **Under 9**

Billy Fixter, Paige Redman, Lachlan O'Connor, Brianna Pilonn, Alanah Clothier, Logan Lynch, Harry Anderson

### **Under 10's**

Leo Quade, Jamila Davis, Corey Fuller, Allana Sharpe, Lachlan Minogue, Hayley Barber, Kheely Turner, Matheson Lees, Claire McCaskie

### **Under 11's**

Brandon Cooper, Caitlin Kelly, Wade Anderson, Amanda Pettit, Kieren Styles, Alyx Casey, Mathew Caldow, Skye Redman

### **Under 12's**

Breanna Kelly, Teague Studholme, Brittany Pilon, Bailey Lynch, Braela Davies, Timothy Pace, Emily Koop, Murphy Payne

### **Under 13-17's**

Josh Pace, Caine Mavrodos, Ben Styles, Rebecca Cooper, Tasman King, Brad Pace, Maggie Payne, Lauren Caldow

The season concludes on 21st December with presentations to be held at Holland Park pool commencing at 4.30pm.

We would also like to acknowledge and thank the many businesses and individuals within our community for their ongoing support.



## Illawong Little Athletics Centre

For the past 4 years the Menai Districts Sports Awards have been hosted by Club Menai and awards are given out in a variety of categories including -

- Male and Female Rookie of the Year
- Male and Female Junior Sportsperson of the Year
- Male and Female Junior Sports Team of the Year
- Sporting Club Person of the Year
- Senior Sporting Team of the Year
- Sports Club of the Year
- Sports Star of the Year



Nominations are sought from all the various sporting clubs in the district and it's quite impressive as to how many there are and the range of sports on offer.

Illawong Little Athletics Centre submitted a number of nominations over the categories, as did our associated club Illawong & Districts Senior Athletics. Below are the results for these clubs.

**Male Rookie of the Year** - runner up - Joshua Smith, Illawong Little Athletics

**Female Junior Sportsperson of the Year** - runner up - Jaimee Bannister, Illawong Little Athletics

**Male Junior Sportsperson of the Year** - winner - Pierce Coles-Sinclair, Illawong Little Athletics

**Female Rookie of the Year** - winner - Jasmine Everette, Illawong & Districts Senior Athletics

**Female Junior Sportsperson of the Year** - winner - Carly Rodger, Illawong & Districts Senior Athletics

**Female Junior Sports Team of the Year** - winner - U14 girls relay team, Illawong & Districts Senior Athletics

**Sport Club of the Year** - winner, Illawong & Districts Senior Athletics

**Sports Star of the Year** - winner - Tarin Nevin, Illawong & Districts Senior Athletics

As can be seen from above Illawong Little Athletics and Illawong & Districts Senior Athletics did very well, only not receiving awards in 2 categories (which weren't contested).

It was a wonderful night for our young Little A's who can rest assured they have a strong and dedicated Centre to move onto when they have finished their time at Little A's. Jaimee Bannister who was the female sportsperson of the year is one of the Centre's U15's and in her final year of Little Athletics, she is also the Centre Captain and together with the male sportsperson of the year Pierce Coles-Sinclair have represented the Centre at the highest level with great success. We are very proud of all of the athletes and especially encourage young Joshua Smith who is this year competing as an U8 athlete and we look forward to his years ahead with interest.

## Dubbo RSL Little Athletics Centre

Dubbo RSL Little Athletics Centre had fantastic success at the recent Western Plains Zone Athletics Carnival held in Narromine.

All athletes had a great time and many personal bests were recorded. The Centre had over 50 representatives at the carnival and a large percentage of these athletes have now qualified for Regional to be held at Wellington.

The Zone was lucky enough to have Alvin Umadhay (Program & Member Services) in attendance, and many athletes and officials took the chance to utilise his expertise... however his line-marking skills still need a little work!! There is always next year... right Alvin?

Good luck to all athletes at the Regional Championships!



Hannah Allen & Eleanor Kierath



Ellysa Bailey (RSL), Gemma Harley (Dubbo),  
Georgia Porteous (Dubbo) - U7 discus



U10 Sam Head 800m



Lachlan Edgar & Nicholas Railz



Lachlan Edgar



Brianna Trappet (Wellington), Alvin  
Umadhay (LAANSW Representative),  
Grace Gilroy (RSL) - U7 200m



Alvin's line marking skills

# Find a Word



## NUMBERS

One  
Two  
Three

1

Four  
Five  
Six

5

Seven  
Eight  
Nine  
Ten

3

Eleven  
Twelve  
Thirteen  
Fourteen

2

Fifteen  
Twenty  
Thirty  
Forty

4

Fifty

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

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 25th February 2008.



Name: \_\_\_\_\_

Centre: \_\_\_\_\_ Age Group: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

# Congratulations

to U8 Little Athlete  
Jared Barnes from Lake Illawarra LAC  
who won last edition's Find-a-Word!!



Locked Bag 85, PARRAMATTA NSW 2124 (90-92 Harris Street, HARRIS PARK 2150)  
Tel: (02) 9633 4511 or 1800 451 295 Fax: (02) 9633 2821  
Email: [info@laansw.com.au](mailto:info@laansw.com.au) Website: [www.littleathletics.com.au](http://www.littleathletics.com.au)

# 2008 STATE TRACK & FIELD CHAMPIONSHIPS

## EVENTS FOR ATHLETES WITH A DISABILITY

# INFORMATION

### INTRODUCTION

The Little Athletics Association of NSW will conduct invitational events for athletes with a disability (AWD) at the 2008 State Track & Field Championships. All AWD events will be conducted on Saturday, March 16, 2008. Entries close on Tuesday, February 19, 2008. There is NO entry fee.

### THE EVENTS

The following events will be available for athletes with a disability: -

**100m**

**Long Jump**

**Shot Put**

### AGE GROUPS

The events will be conducted in the following age groups: -

- U9 & U10 Boys & Girls
- U11 & U12 Boys & Girls
- U13 – U15 Boys & Girls

### FORMAT

All events will be conducted as multi-disability events. Competitors will compete against a multi-disability standard time classification. Placings will be determined by the competitor's time/distance calculated against a percentage of the world record.

- Track events will be conducted as timed events.
- Field events will be restricted to three trials per athlete.
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places. Certificates will be awarded for 1<sup>st</sup> to 8<sup>th</sup> places.
- There will be no limit on the number of entries.
- Athletes may nominate to compete in all events on offer.

## THE INVITATION PROCESS

“Invitational events” refers to the fact that the athletes competing in the multi-disability events at the State Track & Field Championships will not have been required to compete at the Zone or Region Championships in order to qualify. Rather, a simple entry procedure will apply.

- Competitors must be fully registered Little Athletes and compete in their 2007/2008 Centre uniform.
- Entry forms are to be sent directly to the LAANSW office.
- A competitor may only compete in one age grouping.
- Lake entries will not be accepted.
- Proof of the athlete’s classification will need to be provided with the entry form.

**NOTE:** Athletes who are nominating to compete in the multi-disability events at the State Championships may choose to also compete in able-bodied events at the Zone and Region Championships. Athletes may, however, only qualify to compete in a maximum of four individual events at the State Championships.

Athletes are not permitted to compete in both the able bodied and multi-disability version of the same event.

## CLASSIFICATION

All athletes with a disability who compete at the 2008 Little Athletics NSW State Track & Field Championships will have to be formerly classified 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.

The following disabilities can be classified and therefore be eligible to compete in the multi-disability events: -

T/F 01	-	Deaf or hearing impaired
T/F 11-13	-	Visually impaired
T/F 20	-	Intellectually disabled
T/F 32-48	-	Cerebral Palsy
T/F 40-46	-	Amputee & Les Autres (includes Little People)
T 52-54	-	Wheelchair (track)
F 52-58	-	Wheelchair (field)
T/F 60	-	Transplantee

## FURTHER INFORMATION

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



2008 STATE TRACK & FIELD  
CHAMPIONSHIPS  
Saturday, March 16, 2008  
Sydney Olympic Park Athletics Centre  
Invitation Events for Athletes with a Disability

# ENTRY FORM

*Entries Close: Tuesday, February 19, 2008*

ATHLETES NAME:	.....
ADDRESS:	.....P/CODE: .....
PHONE:	Home: ..... Parents/Guardian Mobile: .....
EMAIL:	Parents/Guardian: .....
FAX:	.....
ATHLETES DATE OF BIRTH:	..... GENDER: .....

LITTLE ATHLETICS CENTRE NAME:	.....	
ATHLETE'S REGISTRATION NUMBER:	..... AGE GROUP: .....	
SELECT EVENTS: (please circle)		
<b>AWD 100m</b>	<b>AWD Long Jump</b>	<b>AWD Shot Put</b>

AWD CLASSIFICATION:	.....
ISSUED BY:	.....
DATE OF ISSUE:	.....
NOTE: Proof of classification <u>MUST</u> be supplied with the entry form.	

<b>DECLARATION:</b>
I declare that all of the information supplied on this entry form is true and correct.
Signed: (Parent/Guardian) .....
Print Name: .....Date: .....

**For further information about the classification of athletes with a disability, visit [www.paralympic.org.au](http://www.paralympic.org.au) and click on "Classification Program" or phone Jenni Cole at the Australian Paralympic Committee on 02) 9704 0513.**

*Completed entry forms, accompanied by proof of classification, must be forwarded to  
LAANSW  
Locked Bag 85  
PARRAMATTA NSW 2124  
Ph: 9633 4511  
Fax: 9633 2821*