



RUN FOR FUN

2006 Annual CHRISTMAS CAMP



The 2006 Christmas Coaching Camp was held at Kurrajong in the Blue Mountains between Friday 15 and Sunday 17 December, 2006. Friday evening saw the arrival of forty children in the U9-U12 age groups. Before long they were making new friends, competing in a range of indoor games for points for their teams and learning the camp dance.

Over the next two days the children participated in five coaching sessions with Alvin Umadhay, Matt Russo, Joe Ebejer, Belinda Lavarack and Jenny Nagy. During each session their techniques were analysed and where necessary corrected, new skills were taught and suggestions for strength, stride or other improvement were given.

I attended for coaching development and as a group leader. I found the camp to be fun, challenging, informative and engaging. The children always had something to occupy them, whether training or participating in activities conducted by the venue or Alvin and Matt. On Saturday the children rode a 415 metre flying fox through a scenic valley, traversed a team initiative course, rode a water slide and attended a disco. They also had a session in the pool or round of tennis on Sunday afternoon. These events provided participants not only a fun time but were challenging both mentally and physically. Many children including my daughter overcame personal fear and used their brains to solve physical and mental challenges.

Three children from Girraween attended the camp, Caitlin, who according to her mother the following evening, hadn't stopped raving about the camp, Dhivya who greatly improved across several disciplines (including a 15cm PB in high jump just performing drills) and my daughter Ashleigh whose thoughts are in the inset (she overcame personal fears to ride the flying fox). As testament to the popularity of the camp, several previous attendees returned to attend the new venue and were not disappointed.

I have no hesitation in recommending that children attend future camps. The staff and coaches are at all times professional, friendly and have the best interests of the children in

mind. Their coaching skills are first rate and they integrate fun and dynamic methods to maximise the experience for our children. I can honestly say that I had just as much (if not more) fun than the kids who attended, my roar as I traversed the flying fox is probably still echoing through the valley.

Lastly I must thank the Association for allowing me this great opportunity. I learned so much about coaching, education of young children and about my own daughter. The experience was enriching and one that I will treasure always.

Wayne Thurlow
President - Girraween Little Athletics Centre



I thought the camp was fun because of the activities they had like the pool and the water slide. The phoenix flying fox was very fun because it went so fast. I wasn't going to go on it but then my dad said he would go on it if I did. On the team initiative course the whole team had to work together to get through the course without touching the grass. Alvin said I would make at least ten new friends and I did.

I learnt lots of new sprint, middle distance and hurdles drills. At high jump I learnt more about the knee drive. I also learnt how to train and have fun at the same time.

Ashleigh Thurlow - Under 10 Girls
Girraween Little Athletics

JAN/FEB 2007

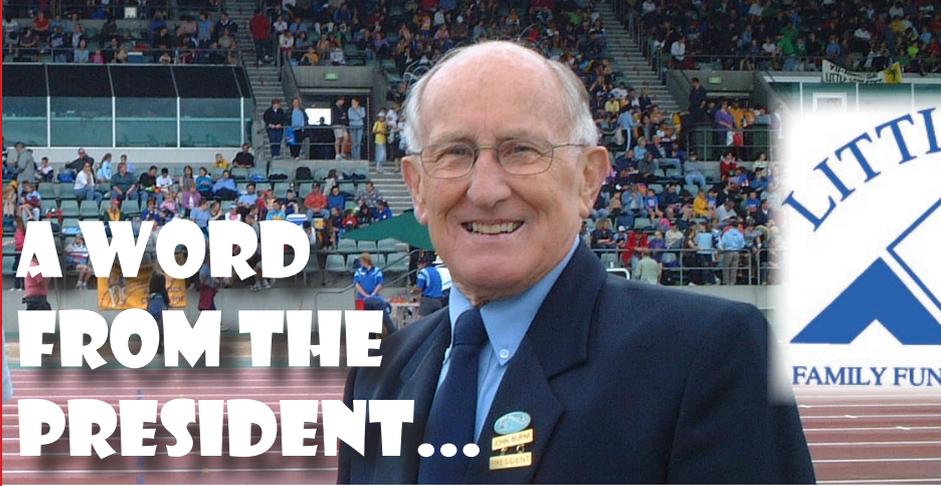
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Special Points of Interest...

- Sports Rage - be careful, the children are watching!
- The importance of sleep & recovery for young athletes
- Who will be coach of the year?
- Teen Athletics
- Northern Metropolitan Zone Merit Awards
- Blue Mountains Zone Carnival
- Kiama LAC News
- Investing in our future - Girraween LAC



A WORD FROM THE PRESIDENT...



Happy New Year to all athletes and parents. Here's hoping this coming year will bring us many fine performances and enjoyment in our sport of Little Athletics.

To start the year off we had our Trans Tasman Challenge held in Sydney. This was a very successful day and the Challenge Cup was won by New South Wales. On speaking to several New Zealand officials and parents they all appeared to have had an enjoyable stay in the harbour city. It appears the parents and friends had as much fun as the children.

We are now moving in to the championship part of our season. Some zones have already held their championships and the remainder will be held in January - early February, followed on by our regional championships in mid-February.

It still appears that zone championship entries are not as high as the Association would like to see and I feel that Centres and Zone Coordinators should make a concerted effort next season to promote more entries in this area. As you are aware several other junior sports are encroaching on our season by both starting earlier or finishing later which presents us with some problems.

I do believe that we have to give some thought to streamlining our programs, particularly at Centre level. This can only be acquired by shortening the length of our Centre competition, because, as you are aware, parents do not want to stay around for four or five hours to have their children compete in athletics when they can go to many another activities for one or two hours duration.

If anyone has any ideas how we can further promote our sport to increase our registration numbers and maintain our high level of participation please come forward.

This season the Australian Little Athletics Championships will be held in Perth and we again look forward to having a strong team from our Under-13 age group and the Multi-Event for Under-15's. I am sure our usual high standard will be carried on and I wish all athletes who are eligible for this team every success in the upcoming Championships.

It is good to see that our new finish-line camera system software has been purchased and we look forward to its success during the forthcoming Championships.

Congratulations to the most recent receivers of the Athlete Service Award; Trevor Hudson, Olivia Lenarduzzi, April Caldwell and Alex Dahlenberg. It is great to see that 1363 athletes have now been presented with this award.

Our Risk Management Committee headed by Darren Wensor continues their good work in improving and upgrading our Risk Management policies. This is an on-going task in modifying and adding further safety and management issues.

During our State Relay Championships in November a very popular segment was the "Talking Sports" radio program which was broadcast from the Athletic Stadium at Homebush. Many thanks to Ian Adams for organising the broadcast.

At this time we have approximately 37 000 athletes registered, with quite a few still to come in from various Centres. Although this figure sounds great we still hope to attain 40 000 plus by season's end.

On behalf of the Board I take this opportunity to personally wish all athletes competing in the upcoming Championships all the best and hope you achieve everything you aspire to.

See you on the track!



the progress report...

In order to define the focus and direction of Little Athletics NSW each season, a set of goals is developed and endorsed. Through consistently working towards these new sets of goals year after year, we continue to advance Little Athletics in NSW and the services offered to our members.

The goals that we are currently working on for the 2006/2007 season are:

- To identify and better utilise available technology for purposes such as championships, resources, administration and registrations.
- To ensure that good risk management practices become more commonplace throughout the sport.
- To broaden the sport's ability to cater for athletes with a disability.
- To consolidate a clear protocol for the establishment and development of new Centres.
- To continue to improve the level of support offered to Centres.

In future editions of the Run For Fun E-news, we will let you know what we have been doing in relation to each of the goals and the advancements that we continue to make.

editorial



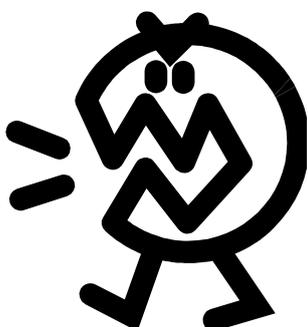
sport concerned. But what makes it even worse though, is the fact it is witnessed by the children in most situations. If it is something they are exposed to on a continual basis, it is reasonable to assume they will eventually see this as “normal” behaviour and carry this attitude into adulthood.



In the sporting arena, many people have been or are considered ideal role models for the young. They inspire others to mimic their achievements through perseverance with hard work and the will to succeed. There is nothing wrong with this as it carries through to other aspects in one’s life.

The NSW Department of Sport and Recreation has put together a terrific kit about Sports Rage. Kerry O’Keefe (LAANSW CEO) was showing us at the last Board Meeting the contents of the kit which included posters, preventative measures, dealing with such incidents and more. This kit, along with the information and resources available on the Sport and Rec website about this topic is quite comprehensive which made me think, is all this really necessary? I am afraid to say, unfortunately, it is.

It is no surprise to any of us that across all sports, the “ugly parent syndrome” is alive and well, and I am sure at some stage you have witnessed it at its worst. It is such a shame these incidents do occur from time to time because it really takes the fun and enjoyment out of being involved, let alone tarnish the reputation of the



As parents, we too are also role models. Our behaviour towards others, irrespective of the outcome, leaves an impressionable imprint on our children’s lives. We need to show graciousness in winning as well as in losing or coming second and beyond. Yes, sometimes there may appear to be an injustice where a decision has been derived, but the important thing to remember is how we manage the situation when such circumstances occur. There are in most cases, avenues for appeal and if these are taken with calm and reason, it can usually result in an outcome amicable to all.

Never forget, the children are watching!

Tony Kish
Board member - Public Relations

Championship News

STATE RELAYS

Well, this season's State Relays was held over two days for the first time and feedback is mostly positive. Many people have commented how it was less "intense" than past carnivals because there wasn't the need to complete so many events in the one day. Don't forget results from this and other Association Carnivals can be viewed on the NSW Little Athletics Association web site.

And whilst the Sunday portion of State Relays was underway, we had some special visitors looking over the various aspects of the Carnival. Four teachers from Singapore's Gongshang Primary School were in attendance to learn about the various

aspects of holding an athletics carnival such as the size of State Relays and State Championships. They were briefed on administration, track and field management, merchandising and programs, in addition to being escorted around the SOPAC facility. They were very impressed in the way the carnival was run and there was a lot to see and learn. Whilst it was not the State Championships, they were still amazed at the number of events and athletes competing. We believe their visit was a very fruitful one and hope to keep in touch with the teachers to maintain an ongoing relationship.



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

STATE MULTI

This season's State Multi Carnival is to be held on 3rd and 4th March at Beaton Park, Gwynneville (Wollongong). It is a great carnival for U7s to U15s to participate in with a variety of track and field events on offer over the two days. Many Centre's take the opportunity of making this a family weekend away so if you haven't been before and would like to attend, check with your Centre Committee to see if they have organised anything. If not, then take the initiative to do so now because entries close Wednesday 7th February 2007 (remember, no late entries accepted).





The ROC

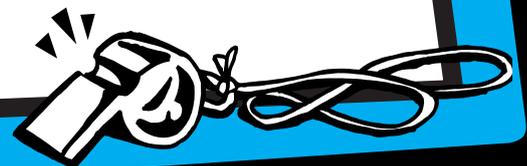
(The Rules of Competition)

Did you know.....

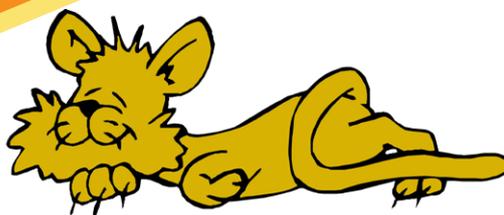
The Rules of Competition (better known as the ROC) is the basis under which our Association carnivals are conducted. It covers all aspects of the general rules as well as specific rules for the respective track and field events. It also includes event and equipment specifications. If you would like to familiarise yourself with the ROC, go to Rules of Competition under Championships on the NSW Little Athletics web site.

In addition, Officials Seminars are held on a regular basis which covers the ROC from beginner level to the more experienced. These seminars are free of charge, so if you would like to get to know the basics, check with your Zone Co-ordinator or Centre Committee when and where the next seminar is to be held.

In the upcoming issues of Run for Fun E-News, this section will discuss various aspects of the rules to assist in your understanding and appreciation of them. Also, if you would like a particular rule clarified please send an email to admin@laansw.com.au marking the subject as "E-News – The ROC". Your question will be published along with the answer so everyone can gain knowledge of the rules.



COACHES CORNER



The Importance of Sleep & Recovery for Young Athletes

With young athletes participating in a wide variety of sports all year round, it is not uncommon to see them struggling to balance the pressures of day to day social life, school and study, with the sports they play. It is also not unusual for them to feel that there are just not enough hours in the day to fit everything in. Unfortunately, the first thing to suffer is usually sleep. If this lack of sleep occurs for a number of weeks, this can lead to burn out, lack of motivation and struggling to find form in a chosen event/sport. In order to be able to help an athlete who may have poor sleeping patterns it is important to understand what happens during sleep, how this can affect athletic performance and provide some simple guidelines to help such athletes achieve a good night's sleep.

Bodily growth and repair occur only during rest or sleep, never during training. Successful development of an athlete is always a delicate balancing act between three variables:

1. a training program of progressive overload
2. the correct raw materials (nutrients) to maintain and repair tissue and build new tissue
3. sufficient rest and sleep to permit the repair and new growth to take place.

Successful development of an athlete is always a delicate mix between the above three things.

The **overtraining syndrome** occurs primarily because of insufficient rest.

Athletes who are falling into the overtraining syndrome often start to train harder to "break the plateau". Over trained athletes become progressively more susceptible to infection. They also get more injuries, especially muscle and tendon injuries, the type that can cut training for months. If an athlete were to increase their training load, they also would have to increase their sleep and rest loads, otherwise the extra-training will have a negative effect rather than a positive effect.

The general rule for rest is to get between seven and a half to nine and a half hours sleep each night. If you do not give yourself this time then your body will not have the time it needs to grow and repair your body as it should.

Lack of sleep can also affect the brain's ability of "information processing". During sleep our brain has a chance to sort, organise and file all the information we have taken in during the day. Mental functioning decreases nearly twice as rapidly as physical performance, so you may feel

physically fit but chances are that you may find it difficult to recall the tactical information given by your coach during practice and may struggle to make effective decisions during a match or event.

How much sleep do you need?

You can identify how much sleep you need by answering the following questions:

- Do you frequently fall asleep if given a sleep opportunity (a sleep opportunity is defined as a quiet, dark environment for at least 10 minutes)?
- Do you usually need an alarm clock to wake you?
- Do you tend to catch up on sleep during the weekends?
- Once awake, do you feel tired most mornings?
- Do you frequently take naps during the day?
- When you can get it, do you consistently sleep more than 9.5 hours per night?
- Do you feel lethargic or slow throughout the day?
- Do you sleep longer during times of depression, anxiety and stress?

If you answered yes to two or more of the questions, chances are you need more sleep.

Sensible steps everyone can take...



Establish a consistent bedtime where you can receive 8-10 hours of uninterrupted sleep. You must go to bed within 30 minutes of the established bedtime.

Continue to go to bed at the established time and wake up without the aid of an alarm clock.

Keep a regular sleep schedule. It is important to establish a consistent sleep pattern. Changing your schedule for more than two days or sleeping more than an hour longer on weekends disrupts your body's biological clock.

Create an optimal sleeping environment. Four factors help create this:

Quiet

While we are able to adapt to some types of noise, we can still be disturbed when faced with noisy neighbours, loud traffic or roommates. Do-not-disturb signs, earplugs or a quiet policy may all help to ensure you are not disturbed during your sleep.

Dark

An evolutionary signal to the brain that sleep should take place.

Cool

If a room is too hot or too cold it can increase the amount of time it takes to fall asleep and the number of sleep disruptions throughout the night. 22-23°C degrees has been suggested as the optimal room temperature, although personal preference may be different.

Comfortable

Since humans shift their body position between 40-60 times per night, we need to have a good mattress and pillow, as well as plenty of room to manoeuvre.

DEVELOPMENT DIARY



a super way to begin 2007

What a great way to begin 2007 for the Little Athletics Development Team!!! For the fourth successive year, Little Athletics NSW (LAANSW) in partnership with Sydney Olympic Park Athletic Centre (SOPAC) held the LAANSW Super Clinic at this world-class facility. The 2007 clinic saw the highest number of attendees, with 50 participants being treated to two busy days of training & development. The participants ranged from National Gold Medal athletes, to athletes who have never been coached before and just wanted to have fun. All coaches agreed that all athletes gave 100% in all the training sessions showing their commitment to learning, improving and have fun. The athletes were also treated to a workshop presented by NSW Institute of Sport dietician Alison Miles and an inspiration and entertaining talk by Wheelchair Athlete Kurt Fearnley (what a legend!).

On behalf of LAANSW, I would like to thank Alison and Kurt for taking time out of their busy schedule to pass on their expertise knowledge to the athletes. Thank you to the coaches Roger Green, Mandy Robertson, John Sharpe and Joe Ebejer, all of whom made each coaching session productive and fun. I would also like to thank Kylie Watson and the SOPAC staff for their constant support of the clinic and most importantly thank you all the athletes who attended.



2007 sees another busy year for the Development Team. Here are just a few things that are happening this year:

- We are aiming to conduct School Holiday Coaching Clinics in the Mid South Coast, New England, Western Plains and Metropolitan areas.
- Camps will again be conducted in Tamworth, Orange, Berry and Kurrajong.
- We will be visiting and coaching in schools in the Wollongong area just prior to both the State Multi and Conference.
- We will be travelling throughout NSW and visiting thousands of students as part of the School Visit Program.
- You will also be seeing us at some Regional Championships, State Championships and the State X-Country and Road Walks Championships.
- 26 athletes representing NSW, will be travelling with us to Perth for the adidas Australian Little Athletics Championships

These are just a few things that are in our diary at the moment. To stay updated, keep an eye on the website for up coming events - we may be coming to a Centre near you!

If you would like any more information on the above, please see the Training & Development section of our website or contact Alvin Umadhay or Matt Russo (Program & Member Services) at the Association office on 9633 4511 or 1800 451 295.

PROJECTS PAGE



WHO WILL BE THE COACH OF THE YEAR?

Little Athletics NSW and the Australian Track & Field Coaches Association (ATFCA) NSW Branch are combining efforts for the ninth successive year to recognise the efforts and dedication of our Little Athletics coaches.

Since 1998, eight wonderful coaches have been recognised as demonstrating the qualities that it takes to be named the ATFCA (NSW) Little Athletics Coach of the Year. Dozens of others have received certificates in recognition of their nomination.

It is a great highlight for any coach to find that they have been nominated for such an award and a marvellous opportunity for grateful athletes, parents or Little Athletics Centres to officially say "thank you".

The award is judged by a panel, according to the coach's performance in five categories:

- Contribution to Little Athletics
- Coaching effectiveness
- Personal Development
- Leadership
- Special qualities

Nominations must be submitted on the official nomination form and supporting information **MUST** be included for the nomination to be considered.

Nomination forms can be obtained from the Little Athletics NSW office or found at www.littleathletics.com.au in the NSW "What's On" section.

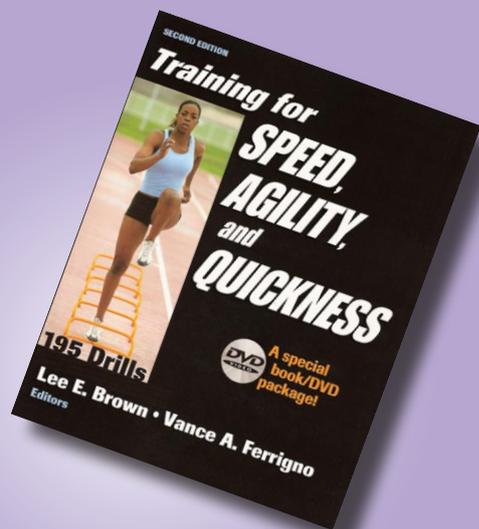
Nominations close at the Little Athletics NSW office on Monday 26th February 2007 at 5.00pm.

Why not take the time to put YOUR coach in the running for this prestigious award?



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

RESOURCE REVIEW



TRAINING FOR SPEED, AGILITY & QUICKNESS SECOND EDITION

This book is the workout guide and DVD package you need in order to perform a step ahead of the competition. Top sport and conditioning experts present the best information on testing, techniques, drills and training programs available to maximise athletes' innate movement capabilities. The book contains 195 drills, many of which are fully illustrated, while the 65 most complex drills and useful tests to track athletic skills and progress are featured on the DVD. The DVD allows you to see exactly how to perform key tests, and is ideal for both athletes and coaches. Sample training programs are provided for sports such as baseball, basketball, field hockey, soccer, volleyball, tennis, netball, cricket, rugby, and aussie rules. Build the movement skills to excel in sports with this book.

By: Lee Brown & Vance Ferrigno
(248 pages & DVD)
PRICE: \$33.00

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

WHAT CHILDREN REALLY WANT FROM SPORT...

Sport provides many valuable learning experiences, but for most children enjoyment is the most important outcome. If they don't have fun, they will not want to participate.

Ask children and you'll discover that medals, trophies and winning are not really that important. While they may not remember where they finished in a race two weeks ago – they will recall a funny incident or who they played with after the competition. In fact, one of the most satisfying things about sport for children comes from being with their friends and simply participating in a positive environment.

All adults involved in Little Athletics – parents, spectators, coaches and officials – can help children get maximum enjoyment from sport by focusing on what they like most about being involved. Emphasise the importance of effort and having fun, rather than the outcome.

Top Tips:

- Talk about trying hard and having fun, not just winning
- Never criticise or ridicule children
- Don't pressure children – it's their sport, not yours
- Discuss with children what they most enjoy about the game



Count Me In



NEW DISABILITY FACT SHEET

“Cerebral Palsy” is a broad definition used to describe a group of neurological (brain) disorders that interrupt the communication between the brain and the muscles.

It is a permanent condition that affects an individual’s ability to control body movement, posture, reflexes and muscle tone.

The effects of cerebral palsy may be very mild to severe and different characteristics are evident in each person.

Little Athletics NSW has recently released a fact sheet that aims to assist Little Athletics Centres to better cater for athletes with cerebral palsy. It contains definitions, tips for age managers and officials, information about participation in the various Little Athletics events, suggested modifications, and safety considerations.

The fact sheet is the third in a series which also features “Athletes with a Vision Impairment” and “Athletes with an Autism Spectrum Disorder”.

For more information, contact the LAANSW office or see www.littleathletics.com.au.



ATHLETES WITH A DISABILITY: FAQs

Q. Does an athlete with a disability have to compete in their own age group during Centre competition?

A. Firstly, all athletes with a disability MUST register in their correct age group regardless of their ability or disability.

It is preferred, that at Centre level, athletes with a disability compete in their own age group, with modifications, if required. The Association does, however, allow athletes with a disability to compete in a lower age group if the athlete, parents/guardians and Centre committee all agree that this is the best thing to do. This can be done at a local Centre level only, the ultimate decision lying with the Centre committee.

If the above is to occur, the situation should be trialed for a period of two weeks. Following the two-week trial, the relevant parties can decide whether the situation becomes a permanent one for the remainder of the season. Again, the ultimate decision lies with the Centre committee.

Q. Can an athlete with a disability compete down an age group outside of Centre competition?

A. Athletes with a disability are not permitted to compete down an age group outside of Centre competition. This includes all Association carnivals (however, athletes may compete by invitation at the discretion of the Carnival Manager).

Allowing an athlete with a disability to compete down an age group at a gala day is at the discretion of the hosting Centre. It is suggested that an athlete competing down an age group not be eligible to receive medals in those events.





Athletics **New South Wales** **NEWS**

Teen Athletics

If you attended the 2006 LAANSW Conference in July you would have seen the presentation on Teen Athletics made by Kerry O'Keefe (LAANSW CEO) and Christine Gates (Athletics NSW Development Officer). Also you may have heard talk about Teen Athletics in your local club or zone. Teen Athletics is an exciting new program designed for those athletes who have graduated from Little Athletics and want to continue their athletic involvement, however do not wish to move straight into Athletics NSW competition.

This new venture is a joint partnership between LAANSW and Athletics NSW. Whilst athletes must be a member of an Athletics NSW club to participate in the program, there are a number of different



formats which can be utilised to make the program work in different areas. The competitions can be run predominantly by a Little Athletics Centre, an Athletics NSW Club or as a joint effort from both organisations. These programs are making significant progress in bridging the gap between the two organisations, and improving athletics for everyone in NSW. If there are any Centres who are interested in finding our more information about the program or starting up a Teen Athletics competition please contact either LAANSW on 9633 4511 or Athletics NSW on 9746 1122.

Australian All School and Youth Athletics Championships

Finally, a big congratulations to any athletes who competed at the 2006 Australian All Schools and Youth Athletics Championships on 7 – 10 December. The 400 strong NSW team managed to win a mighty 36% of the medals, more than any other state. The next biggest medal haul by a state was Queensland, who won 25% of the available medals. So congratulations to those Little Athletics NSW members who were a part of the team.

Christine Gates
Development Officer
Athletics NSW Ltd.

Phone: (02) 9746 1122
Fax: (02) 9746 1168

email: development@nswathletics.org.au
<http://www.nswathletics.org.au>

FROM THE ZONE

NORTHERN METROPOLITAN ZONE MERIT AWARDS



In December 2005, Northern Metropolitan Zone introduced a Merit Award scheme similar to that of the Associations where people who have made a significant contribution to the Zone are recognised for their efforts.

This award is not necessarily for those who have notoriety, but rather for people who have happily and sometimes quietly over the years, done what they can to ensure any of the Zone's activities such as the Zone Carnival or Officials Seminars for example, are accomplished with success. Nominations for this award can be submitted by anyone from within the Zone.

At the Northern Metropolitan Zone Carnival held over the weekend 16th and

17th December 2006, a presentation was made to this year's recipients. Pictured from left to right are Marion Mitchell (Zone Co-ordinator) with Brian Baker (North Rocks Carlingford), Robert Ramsay (North Rocks Carlingford) and Janice Perrett (Ryde). Leonard Yates (Hornsby) was not present to receive his award but this will be done in the near future.

BLUE MOUNTAINS ZONE CARNIVAL

The Blue Mountains year has been travelling along quite well.

The Zone Multi carnival was held on the 19th November at Tom Hunter Park and more than 200 athletes from all of the Zone Centres competed in a relaxing and pleasant day. The competition was great for athletes as they got in some competition prior to the Zone carnival. The overall point score was won by Springwood.

On the weekend of the 2nd and 3rd of December, athletes competed at the Zone

Carnival held at Glenbrook Oval. This carnival showed the diversity of our sport with athletes from Tiny Tots to under 19's competing over the weekend. The Zone held the Scamper event for Tiny Tots and Under 6's over the weekend incorporated into the Zone Carnival. Events for Under 16's to Under 19's were also held during the program. The lack of rain on a grass track over a long period certainly meant that the track was not as well prepared as had been the case in the past; however 20 zone records were broken over the weekend.

The Zone is now looking forward to the Christmas Break and back into the competition on the New Year.



CENTRE NEWS

Kiama LAC News

At Kiama Little Athletics, we are enjoying arguably the best season ever in our 29 year history, with record numbers of athletes registering (230) and a major upgrade of our Long Jump facilities underway. In recent times, there has been a shift in attitude to the way the Centre is run and we are now seeing the benefits with increased athlete numbers and increased involvement from the parent helpers.

One such change was the decision to trial running early season competition on Saturday mornings. This was done last season in an effort to tackle the issue of fading light at traditional Friday evening competition prior to daylight savings. It proved to be so successful, it was decided to do it again this season, allowing us to extend the point score competition by 5 weeks.



Our Centre has been very proactive in getting out and about to the local schools, taking the opportunity to participate in LAANSW's excellent School Visit program as well as hosting a Basic Event Instruction Course (BEIC). Feedback from both the school visits and the BEIC has been very positive and it is obvious that they have been a major factor in the growth of our Centre this season. Especially pleasing to see is the increase in numbers of older athletes in the 13-15 age groups where we have

traditionally found it difficult to retain athletes. The increase in athlete numbers has also seen an increase in participation at various local Little Athletics Carnivals and Gala Days, where our athletes have been very successful, winning a number of events and breaking a few records along the way. Participation in the Mid South Coast Zone Grand Prix series has also increased and we are hoping to feel the flow on effect of this when Zone Championships come around.



We have undertaken a major upgrade of our Long Jump facilities, improving from two pits with poor quality grass runways to one single pit with three synthetic runways. It was originally planned to be done during the next off season, but a generous offer was received from Grindleys Constructions to do the excavation work necessary, so the wheels were set in motion prior to the start of the current season. Further offers of assistance were received from Kiama Municipal Council and the Kiama District Sports Association and the project will be completed early in the new year. This facility

will not only be an asset to our Centre, but also for the Kiama community as it is used by several local schools. Other projects being undertaken are the construction of a Hurdle trolley and a 2nd High Jump trolley.



Our Centre website www.lakiama.com has gone from strength to strength and is proving to be very popular, not only with our athletes and their families, but with athletes from other Centres too. With stories and images and other information published on the site each week, it has become a very accessible public "face" for the Centre and as a result, has given us an edge when competing with other sporting codes for sponsorship dollars within our small community.

The committee at Kiama Little Athletics would like to congratulate and thank all of those people who have helped contribute to making this season the best so far and look forward to finishing off with a bang in 2007.

Peter Broadhead
Media & Publicity Officer
Kiama Little Athletics Centre

Investing in our future

This season at Girraween Little Athletics Centre we are trialling a new tiny tots program under the leadership of our new coordinator Michelle Perrott. Michelle, a kindergarten teacher and member of our committee for several years has used her teaching experience to enhance the way we deliver the program. The early results are fantastic seeing more than an eighty percent increase in our tiny tots' membership. In 2003/4 we had 50 tots, then 54 in 2004/5 and last season 48. This season we have 92 tots, many of whom have joined on the recommendation of other tot's parents. It will come as no surprise if we top 100 as we continue to register new tot's and maintain a high attendance rate.



At Girraween we have a week A and week B program. Using the LAANSW tiny tots resource booklet, Michelle has developed a series of lesson plans incorporating warm up, stretching, formation activities, tabloid stations that the children rotate through and long jump. The five tabloid stations cover five groupings including running, jumping, throwing, balancing and just for fun. Each activity is carefully sequenced according to skill development. Each lesson is repeated only once two weeks after the initial

lesson to reinforce earlier taught skills and to allow the program to maintain its freshness. The children have their own track but also use our main tracks from time to time. The photographs were taken on 22/12/06 and depict an average week. Despite the proximity to Christmas we were surprised to have forty tots in attendance.



Michelle has also introduced her own Tiny Tot achievement book designing her own tickets to reflect the weekly skills taught. These are pasted into the book and at key points the children receive fancy achievement stickers purchased by the centre. Parents and children have been very positive about the new book.

With the season approaching an end the sessions for those who will be progressing to the Under 6 age groups will focus on preparing them for the various events rather than generic skills. This will introduce our tots to the specific skills required to correctly put a shot, throw a discus and perform other structured skills required in the next age group.



You may be wondering how Michelle manages such a large number of children, she obviously cannot be in five or more places at once. She encourages and assists parents to lead and help the five groups as they move through activities. All parents are encouraged to have a turn of group managing and to assist when someone else is performing the role. The group leaders wear different coloured fluorescent vests so that they are easily identified and are given an instruction sheet outlining how the activities are to be conducted and the specific skill to be emphasised. We expect to have no shortage of age manager candidates and helpers for next season. While it is too early to tell we hope that the new program promotes better quality athletes, a greater continued participation in athletics and encourages parents to continue to volunteer to assist rather than sit on the sidelines.



Wayne Thurlow
President
Girraween Little Athletics
Centre

A word from our SPONSOR...

At McDonald's we believe it's very important that Aussie kids lead healthy and active lifestyles. McDonald's is proud to be associated with Little Athletics New South Wales because it encourages kids to build character, strength and skills, while having fun and getting out there to have a go.

In addition to this, Little Athletics gives children the opportunity to pursue their dreams. When you look at the Australian 2006 Commonwealth Games athletics team, it was great to see that one quarter of the athletes started their careers with Little Athletics in New South Wales!

The partnership between McDonald's and LAANSW is in its fourth season and is designed to promote the sport and increase the number of kids participating. The current season sponsorship, amongst other things, included funding for a Little Athletics television advertisement that screened across NSW during the registration period and a traymat, which was in 275 McDonald's restaurants across NSW promoting Little Athletics.

McDonald's was also pleased to be able to contribute 70,000 Most Improved Awards to encourage you to continue to participate and reward you for trying your best. The awards have been given to all Centres and are distributed to one boy and one girl from each age group each week. Hopefully you have



already received one this season – if not just keep trying your best and you are sure to succeed. And don't forget, if you do receive an award; make sure you send in your entry for a chance to win a trip for your family to the Gold Coast. The winner will be drawn at the State Championships in March.

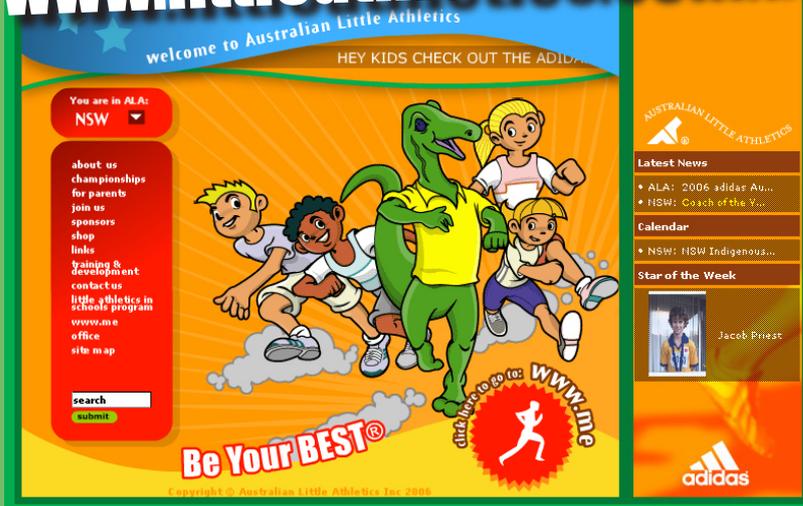
Someone who always tries his best at whatever sport he is playing is Ronald McDonald. Were you at the State Relay Championships and did you see Ronald McDonald showing his skills in the long jump? If you missed him this time, watch out for him at the State Championships in March. Ronald is really getting into Little Athletics and has probably even been training for the event.

Until then, good luck in your Zone and Region Championships and remember the main thing is to try and "Be Your Best".



Ronald McDonald with Bluey and the 1 millionth registered NSW little athlete (Thomas Williamson) at the 2004 State Relays.

Nick Fischer
Retail Marketing Manager – NSW / ACT
McDonald's Australia Ltd



HAVE YOU SEEN...

The "WHAT'S ON" Page

Location: NSW → About Us → What's On!!!

This page has the information you require for all NSW Little Athletics news and events that are happening in the coming months.

You can get easy access to information on:

- Future competition events
- Last competition results
- Camps and clinics that are coming up
- Course details for current Introduction to Coaching and Basic Event Instruction Courses
- Trans Tasman details
- Coach of the Year

...and much more

Check this page on a regular basis to get updated with all of NSW Little Athletics coming events.

Don't forget to also check the NSW News section to get updated information that may be of interest to you. There are news items added on a regular basis, so it is the best way to be informed on what is happening about NSW Little Athletics

If you have any queries regarding the website, please forward them to admin@laansw.com.au.

ANOTHER WEBSITE OF INTEREST

AUSRAPID, Australian Sport and Recreation Association for Persons with Integration Difficulties, endeavours to



provide people with integration difficulties the opportunity to pursue their sport and recreation interests, with an emphasis on the ability and choice of each individual, while accessing the same facilities and benefits enjoyed by the rest of the Australian community.

AUSRAPID seeks to promote the aspirations of people with integration difficulties to be a part of the community and join with mainstream teams in community sporting activities i.e. be members of their local Little Athletics Associations.

For participants who excel in their chosen sport, AUSRAPID enables the participation of elite athletes with an intellectual disability in National and International sports events, for example elite athletes have the opportunity to compete at the INAS-FID, International Sports Federation for Persons with Intellectual Disability, World Athletics Championships. In 2007, several elite athletes will travel to Brazil to represent Australia at the INAS-FID World Athletics Championships.

To find out how to become registered with AUSRAPID, please contact the AUSRAPID Office (03) 5762 7494, email mail@ausrapid.org.au or visit our **WEBSITE WWW.AUSRAPID.ORG.AU**.

On behalf of AUSRAPID, we wish you all the best with your sporting endeavours in 2007.

Find a Word



Summertime

barefoot
beach
bike

bucket
camp
drink
family

heat
holiday
icecream
lemonade

parks
play
pool
sand

sandals
shells
shorts
spade
sunblock

surfing
sweat
swim
towel
water

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

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 of February 2007.



Name: _____
 Centre: _____ Age Group: _____
 Address: _____
 Postcode: _____



to U14 Little Athlete
LAURELLE MORGAN from Lockhart LAC
 who won last edition's Find-a-Word!!

Contact us...



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 Email: info@laansw.com.au Website: www.littleathletics.com.au