



RUN FOR FUN



Christmas Camp was Merry Successful

The 2009 Annual Christmas Coaching Camp once again proved "merry successful" with a total of 73 athletes attending the camp at Blue Gum Lodge, Springwood. Athletes travelled from as far west as Condobolin and as far north as Raymond Terrace to take part in a weekend of Little Athletics fun.

Friday night, also known as "get-to-know-you" night, began with participants meeting their group leader & group members for the first time. Trying to simply remember names such as "Dazzling Darren and Adventurous Alvin", other athletes names and group names such as "Cathys Carvers, Sams Surfers and Glens Gromms" as well as which group you belong to, was a challenge in itself. There were many giggles and laughs throughout the night especially during the team tabloid, where newly bonded teams were competing against each other in a test of a fun & challenging activities. These activities included overhead basketball, water-bottle hockey and learning the "Development Dance". The most challenging activity of the night for many athletes was going to sleep on time!

Saturday started with a 7am wake up call, a good hearty breakfast and preparation for the first coaching session. It always brings a smile to the coaches faces seeing kids attempting to get themselves prepared for training (without their parents) with constant reminders to "bring their spikes, sunscreen, hat and water bottles" and responses such as "I cant find my socks" and "I don't know where mum packed my spikes, they were here last night". Seeing the state of some of the rooms (especially some of the boys ...and you know who you are...) the coaches were not surprised. However, when the call of "ROOM INSPECTION in 2 minutes" was heard, it was amazing how tidy the rooms suddenly became.

The morning consisted of three athletic specific coaching sessions. All Little Athletics events were offered, with athletes pre-choosing the events they wanted to be coached in. This was the opportunity for the athletes to fine tune their skills, learn new drills and in many cases have their first ever coaching session for that particular event. From all reports from coaches and athletes, the sessions were fun, challenging and for many athletes...very tiring.



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Special Points of Interest...

- Key Questions for Young Athletes
- 2010 SOPAC Super Coaching Clinic
- What's been happening in the Mid West Met Zone



The afternoon consisted of rock climbing, swimming and relaxation before the annual Christmas Camp Disco, with this year's theme being "Hawaiian Beach Party". After a full day of activities everyone danced (or tried to) till the end, with many kids asking "is it over yet, I'm tired"? There were many grass skirts worn, bright colours and loud ugly shirts (Glen, I'm talking about yours), all in the name of fun and the Christmas spirit. The night ended with the traditional Christmas Camp "Kris-Kringle" present giving...or so the coaches thought.

"Lights out" was the call and yes the lights went out, but mouths were still left on. After a very long day, many athletes fell asleep before their head hit their pillows, however, there is always just those few kids, like vampires, who come alive once the lights go out. This issue was quickly resolved with a simple dining room "chair stacking" exercise and those involved realised that "yes going to sleep was a great idea".



Sunday morning is the coaches' favourite time of the camp. It was our turn to seek revenge. After 2 nights of trying to get 73 athletes to sleep, it was time to get them up at 7am again. Let's just say that apart from a small handful of athletes, all of them were fast asleep.

As part of the professional service that all the coaches provide, we also offer a special Sunday morning wake-up service call, delivered personally to each room-the "dinner bell alarm clock". Yes, an old fashioned cast iron dinner bell in the shape of a triangle was rung, hit and bashed personally in each room. If they weren't awake before that, they definitely were after the first 'CLANG'.

Sunday coaching consisted of 2 slightly longer sessions with a final athletics specific "Teams Challenge". By the end of the afternoon session most of the athletes were tired (not to mention the coaches) and the camp concluded with a final presentation (congratulations to the winning team, Cathy's Carvers) and the popular world record breaking attempt of the "Snort Pass".

Thank you to all the participants for making this camp such an enjoyable experience and the parents for supporting our coaching initiatives. Thank you to Blue Gum Lodge and staff (especially Amy and Ros) for their professionalism and the excellent service.

A special thank you to our dedicated camp coaches: Sam Peck, Cathy Winsper, Darren Wensor, Glen Howell, Joe Ebejer and Richard Berrell. Their ongoing support, dedication and overall professionalism to the athletes, the camp, Little Athletics and the sport of athletics in general, is a testament to themselves and ensures that an overall fantastic experience was had by all.

Hopefully we will see you all again at the 2010 Annual Coaching Christmas Camp.

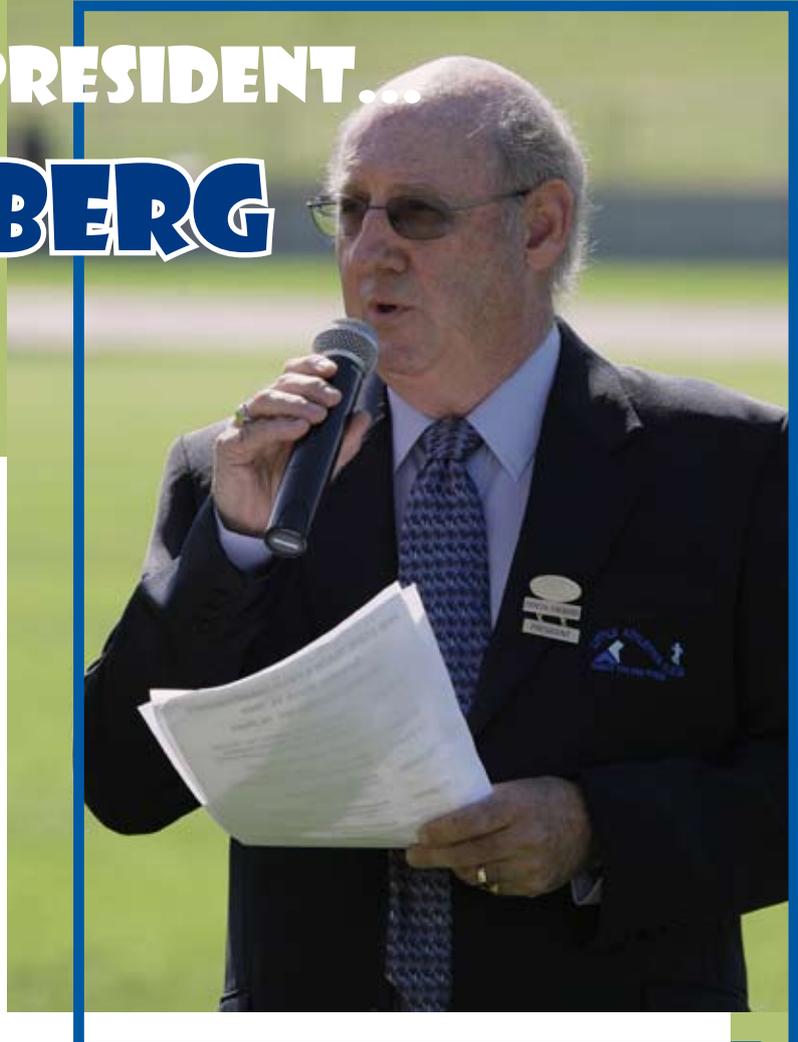


Alv...



A WORD FROM THE PRESIDENT...

DERECK FINEBERG



On behalf of LAANSW I hope that everyone in our Little Athletics 'family' in NSW enjoyed a happy and safe Christmas & New Year. Also, that you have all taken the opportunity to recharge your batteries for the second and arguably busiest half of our season from a championship perspective, which includes – Zones, Regions, State Multi's and State. All wonderful opportunities to shed some of that lovely Chrissy tucker!

Our Trans Tasman team have been to New Zealand and back by now and I am sure they will have thoroughly enjoyed that experience. Just prior to Christmas of course saw the running of our State Relays at SOPAC, Homebush. This is always a big carnival and once again a successful one, albeit there are always some areas that we can and will fine tune. My congratulations to all involved.

Congratulations to the U/14 athletes selected in our Australia Cup team which competed in Canberra on January 30. I'm sure you enjoyed the experience.

Between Relays and the end of December a number of Zone carnivals were conducted and myself and other members of the Board of Management either visited or will still visit some of these when scheduled during January/February. It is a great opportunity for us to go along and assist or simply meet many of the people who do such a great job in their respective localities and exchange ideas and listen to suggestions.

At Centre level it is interesting to see a range of registration results. There have been significant increases in many Centres and of course some decreases. I encourage all Centre personnel to continue the good work and remember to consult with neighbouring Centres, your Zone Co's and LAANSW office staff if you need assistance.

I know a number of Centres have incorporated a skills development component into their weekly activities this season and the feedback from athletes and families has been very positive. Well done, and I encourage other Centres to follow your lead.

During September to November, three Regional Conferences were held in Newcastle, Tamworth and Dubbo, attended by members of the Board of Management and others. The feedback from Centre representatives who attended has been extremely

positive. A summary of the discussions, questions and responses has been distributed to all Centres.

In our recent Board Meetings – among other things – we have been discussing ways of refining our Annual Conference, taking on board many suggestions that have been submitted via the Conference survey. We hope to announce a revamped model during February and trust it will meet with the approval of the majority of potential delegates.

Having reached the end of the calendar year for 2009, which of course spans two halves of the seasons for 08 and 09, I want to take this opportunity to say thank you to many people out there for your magnificent and continued contribution to the sport of Little Athletics and our organisation. I am referring to my colleagues on the Board of Management, all of the office staff in LAANSW, Zone Co's, Advisory Committee members, officials and Centre Committees. I am often in awe of the job that you all do. Congratulations.

I hope to see many of you at our next Association meeting scheduled for February 10 at Parramatta and I encourage all Centres to try to ensure you are represented.

Good luck to all of you for the remainder of the season.

Cheers,
Dereck Fineberg (OAM)
PRESIDENT

editorial



With the season now at the half way mark, all the work that was needed to organise things before the season's start are well and truly behind us. This demonstrates just how quickly time can fly by. This said, it should also be a reminder that before we know it, the season's end will be upon us and there is still much to do in preparation. There are of course the Presentation Days and Centre Annual General Meetings. Previous Editorials have discussed the joys of Presentation Day and the importance of your AGMs. Those in the know appreciate how much hard work goes on behind the scenes in arranging these two important events and without this selfless work by Centre volunteers they would not be the success they are year in, year out.

Just when the season ends for the athletes, it is generally the beginning of the next one for the newly

elected Committee and the planning commences. It is probably a good time to remind existing Centre Committees about their succession planning. Has it begun yet?

As mentioned in a previous edition of Run 4 Fun ENews, this Association's Annual General Meeting and Conference is to be held at Port Macquarie on 17/18 July 2010. This is a great opportunity for current and new Centre Committee Members or Delegates to meet people from other Centres as well as members of the current Board of Directors. It should also be noted observers are more than welcome to attend the AGM/Conference. Observers do not have voting rights but their involvement and input is very much encouraged.

The Board of Management has had very close look at the format of the AGM/Conference from the last couple of years and analysed the feedback received. This year's AGM/Conference will see more involvement from attendees through a number of workshops and networking sessions and less of the "gab-fest" from the floor as it has been described by some previous attendees. The Board wants to encourage new as well as seasoned delegates and observers to get more involved in determining the future direction our sport takes and Conference is the event where people with a common goal get to meet and discuss the issues. It is also a forum where people can get ideas that will help them with planning the upcoming season.

So, as part of the end of season activities that need to be planned and arranged, Centre's are asked to also consider the Association's AGM/Conference as one of those important events on the Centre's calendar. Details about registration for Conference will be published in Run for Fun and the LAANSW website (www.laansw.com.au). Enquiries can also be made through the Association Office (02 96334511 or 1800451295). July will be here before we know it!



's Little Athletics Docket Competition

Running Tally

Who's on the Leader Board so far*...

Division 1
(1-120 Members*)

1st: Gilgandra
2nd: Stockton
3rd: Everley Park

Division 2
(121-299 Members*)

1st: Warradale
2nd: Coonamble
3rd: Eschol Park

Division 3
(300+ Members*)

1st: Doonside
2nd: Queanbeyan
3rd: Gungahlin

* Correct as at 4th January 2010. Centres may still move into different divisions based on their final registrations which will be confirmed at the end of the season.

There has been fierce competition in 2009... Good luck to all Centres for the second half of this competition!

Happy New Year!!!

IGA's Little Athletics Docket Competition Update

This year's competition has seen Centres jump in and out of the leader boards daily!

Lots of Centres are working hard to win the funds on offer in this competition. Remember first prize in each division is \$3,500, with runner up prizes of \$1,000 and \$500 for second and third places respectively.

Please remember to send your **tally** with your dockets!

Last season, Blacktown LAC won third prize in Division 3. Their \$500 enabled them to replace their 2 shot put kickboards (which really needed replacing) and purchase a temperature/humidity gauge (as used by the State Association) to be used at daytime carnivals. Both of these purchases have increased the safety of the athletes at the Centre.

Well done to Blacktown LAC!

You have to be in it to win your share of \$15,000!

IGA Kids Club – Are you a member yet?



It's free to join and there are plenty of great games to play and prizes to win. There's a Birthday Club too, you'll receive a birthday card and a voucher to redeem at your local IGA store.

Join today, visit www.igakidsclub.net.au



HOW TO ENTER: Keep your IGA dockets and hand them in at your weekly Little Athletics Meet. The Little Athletics Centres with the greatest value docket collection in each division win! Ask your local IGA store for more details.



Send your IGA Dockets to:
Rebecca Harrison at IGA,
37 Bessemer St, Blacktown, NSW, 2148.

CHAMPIONSHIP NEWS

NEW SOUTH WALES WINS CHALLENGE CUP!

The New South Wales Trans Tasman team won The Challenge Cup back from the Auckland team on Sunday 17th January, 2010 at the Waitakere Stadium following strong competition from both countries.

It was a warm day and our athletes had to compete under slightly different rules. Long Jump was off a coloured mat but the main new experience was the starting rule of no false start. This meant if anyone false started they were disqualified.

Our athletes completely understood this new rule as they were informed about it at our Trials last November, and they ran under this rule at the North Island Games and the Zone carnival prior to The Challenge.

A new country brings many new experiences besides rule differences which were a new culture. Being welcomed by the Maoris in their traditional dress and then staying overnight on a Marae is something that many New Zealanders have not enjoyed. A trip to the thermal areas of

Rotorua was a highlight as well as having fun in the hot pools north of Auckland. The Rainbows End fun park and Polynesian Umu filled another day and of course our athletes competed at the North Island Games at Mt. Smart and a Zone Meet at Millennium Stadium.

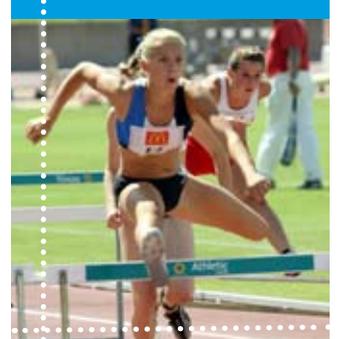
Trans Tasman tours provide many areas of new responsibilities for the children. Looking after their own possessions, keeping their sleeping area tidy and clean plus of course using and organising their pocket money. Different coins were quite a challenge for some, but their pocket money was soon spent, but mainly on gifts for family and friends back home.

Our parent helpers also enjoyed the 12 days and the responsibility of looking after so many children and fortunately sickness and injuries were few.

The final part of the 2010 Trans Tasman is the reunion at the State Multi event when friendships will be renewed and many photos will be shown.



For further information visit the NSW Little Athletics Association website and go to Competitions.



2010 ASICS AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

NSW STATE TEAM

Some Frequently Asked Questions



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 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.

Although recognition is given to individual place-getters, the emphasis is on team performance and the main focus is on the team trophies.

What are the details of the 2010 ALAC?

The event will be held on Saturday April 24 at the University of Queensland Athletics Track, St Lucia.

What is the make-up of the team?

A team of twenty-two (22) Under 13 athletes (usually, but not necessarily 11 boys and 11 girls) are chosen to represent NSW in the Under 13 Teams Event.

Two girls and two boys are selected to represent NSW in the Under 15 Multi Event.

How is the team selected?

The Under 13 athletes are selected on their performances at the LAANSW State Track & Field Championships. Athletes do not have to nominate for selection; they automatically come under consideration for selection through their participation in the State Championships.

All athletes are selected by their State Association. Individual entries are not permitted. The State Associations nominate the events that an athlete will contest with a view to obtaining the best results for the team. Each Association can enter a maximum of two competitors in each individual event and one relay team in each relay. No athlete may compete in more than four events, which includes a relay.

The Under 15 athletes are selected on their performances at the LAANSW State Multi Event Championships. Under 15 athletes also do not have to nominate themselves for selection.

What events are contested?

Under 13 – 100m; 200m; 400; 800m; 1500m; 1500m walk; 80m hurdles; Shot Put; Discus; Javelin; High Jump; Long Jump; Triple Jump; 4 x 100m relay.

Under 15 – A pentathlon consisting of 90m hurdles (girls); 100m hurdles (boys); 100m; Long Jump; Discus; 800m. The four Under 15 athletes also combine to contest a 4 x 100m relay.

When is the team announced?

The Under 13 team members will be advised of their selection via telephone by 9pm on the Monday following the LAANSW State Championships.

The Under 15 team members will be advised of their selection via telephone in the days following the LAANSW State Multi Event Championships as soon as possible after their selection is confirmed.

What are team member commitments?

- Information Meeting/Uniform Outfitting/Team Training – Sunday March 28, 2010
- State Team Camp 1 – Saturday April 3, 2010, to Monday April 5, 2010 (Easter Weekend)
- State Team Camp 2 – Friday April 16, 2010 to Sunday April 18, 2010
- Team in Brisbane – Thursday April 22, 2010 to Sunday April 25, 2010

Are there any costs involved?

A levy of \$600 has been set to contribute towards the costs of both the team preparations and the Championships. This represents only a small percentage of the actual costs that will be incurred. Travel assistance to team activities is provided for those athletes from Regions 4 & 5.

Who looks after the team?

The LAANSW State Team Management consists of at least four individuals (usually two males and two females). These individuals are drawn from the LAANSW Development staff and other highly qualified and experienced coaches.

The State Team Management is responsible for the coaching, preparation, supervision, care and general management of the athletes during all team activities.

What are the travel arrangements?

The LAANSW State Team travels together as a team at all times. Therefore, when travelling to Brisbane, the team will fly as a team, to and from the destination. While parents are encouraged to attend the ALAC, they do not travel as part of the team.

The team stays together in motel-style accommodation.

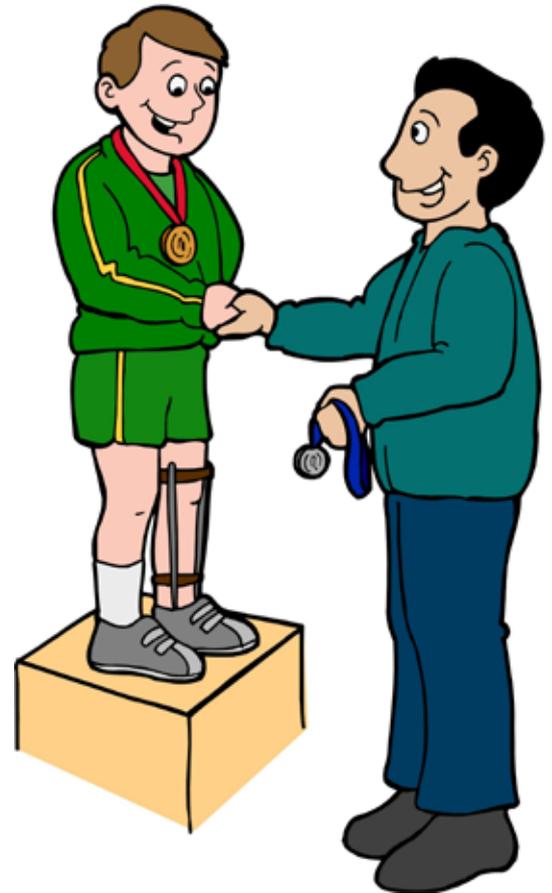


Where can I find more detailed information?

See www.laansw.com.au, phone 02 9633 4511 or 1800 451 295, or email admin@laansw.com.au.

2010 STATE TRACK & FIELD CHAMPIONSHIPS

INVITATIONAL 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 2010 State Track & Field Championships. The AWD events will be conducted on Saturday, March 20, 2010 (Under 9 – Under 12) and Sunday March 21, 2010 (Under 13 – Under 17). Entries close on Tuesday, March 2, 2010. 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 & U14 Boys & Girls
- U15 – U17 Boys & Girls

Format

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

- Track events will be conducted as timed events.
- 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.
- There will be no limit on the number of entries.
- Athletes may nominate to compete in all events on offer.

The Entry Process

Athletes may be entered online via www.laansw.com.au or by sending a hard copy of the completed entry form to Little Athletics NSW.

Please note that proof of the athlete's disability classification must be submitted to Little Athletics NSW for the entry to be accepted.

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 Athletics and compete in their 2009/2010 Centre uniform.
- Entry forms are to be sent directly to the LAANSW office.
- A competitor may only compete in one age grouping.
- Late 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, Region and State 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.

Rules & Event/Equipment Specifications

The AWD events will be conducted according to the LAANSW Rules of Competition (October 2009). It is the responsibility of all athletes, their parents/guardians and their coaches to make sure they understand the relevant rules and how they operate. (See www.laansw.com.au. Click on 'Competitions' then 'Rules of Competition').

If anyone has a specific query in relation to the intended meaning or operation of the rules of competition, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or admin@laansw.com.au.

List of Events

All events for athletes with a disability in the Under 9 – Under 12 age groups will be held on Saturday March 20, 2010.

All events for athletes with a disability in the Under 13 – Under 17 age groups will be held on Sunday March 21, 2010.

The full list of events, can be found at www.laansw.com.au. Click on 'Competitions', then 'Championships' and scroll down to 'State Track & Field Championships'.

Classification

All athletes with a disability who compete at the 2010 Little Athletics NSW State Track & Field Championships must have received at least national provisional classification 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 32-38	-	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

See the Little Athletics NSW Classification Guidelines for Athletes with a Disability for more information about classification requirements.

State Championships Souvenir Shirts

Athletes competing in the Invitational AWD events have the opportunity to order a State Championships souvenir shirt. Please fill in the form provided and forward it to Little Athletics NSW with the required fee prior to the closing date.

More Information

- More information about the LAANSW State Track & Field Championships can be found at www.laansw.com.au. Click on 'Competitions', then 'Championships' and scroll down to 'State Track & Field Championships'.
- For further enquiries, contact the LAANSW office on 02 9633 4511 or 1800 451 295 or email admin@laansw.com.au.



**2010 STATE TRACK & FIELD
CHAMPIONSHIPS**
 March 20 & 21, 2010
 Sydney Olympic Park Athletics Centre
 Invitation Events for Athletes with a Disability

ENTRY FORM

Entries Close: Tuesday, March 2, 2010

ATHLETE'S NAME:	
ADDRESS:	P/CODE:
PHONE: Home:	Parents/Guardian Mobile:
EMAIL: Parents/Guardian:	
FAX:	
ATHLETE'S DATE OF BIRTH:	GENDER:

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

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

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

- Entry is also available online at www.laansw.com.au
- More information about the LAANSW State Track & Field Championships, including the list of events, can be found at www.laansw.com.au. Click on 'Competitions', then 'Championships' and scroll down to 'State Track & Field Championships'.
- You will receive written acknowledgement that your entry has been received.
- Further information will be sent prior to the carnival.
- All enquiries should be directed to the Little Athletics NSW office on 02 9633 4511 or 1800 451 295 or email admin@laansw.com.au.

Completed entry forms, accompanied by proof of classification, must be forwarded to:
LAANSW, Locked Bag 85, PARRAMATTA NSW 2124, Ph: 9633 4511 or 1800 451 295,
Fax: 9633 2821, Email admin@laansw.com.au

Little Athletics NSW Classification Guidelines for Athletes with a Disability

All athletes with a disability must have received at least national provisional classification from an approved organisation if they want to compete in disability events conducted at Little Athletics championship competition.

Classification in athletics has seven areas or categories, and each has different requirements. If athletes do not fall into one of the following categories, then they may not be able to be classified. If an athlete cannot be classified, they are ineligible to compete in disability events and must therefore compete in the able-bodied events.

Deaf (T/F 01) - A hearing loss of at least 55db in the better ear (three tone frequency average of 500, 1000 and 2000 hertz) as assessed by an audiologist.

Correspondence from the audiologist confirming the above must be sent to Little Athletics NSW.

Visually Impaired (T/F 11 – 13) - Poor light acuity to total blindness.

Contact the Blind Sporting Association of NSW on 02 9638 7075 for classification requirements.

Intellectual Disability (T/F 20)

Contact AUSRAPID on 03 5762 7494 or see www.ausrapid.org.au for classification requirements.

Cerebral Palsy (T/F 32 – 38)

Contact the Australian Paralympic Committee on 9704 0500 or see www.paralympic.org.au and click on "Classification".

Amputee & Les Autres (T/F 40 – 46)

Contact the Australian Paralympic Committee on 9704 0500 or see www.paralympic.org.au and click on "Classification".

Wheelchair Athletes (T 52 – 54; F 52 – 58)

Contact the Australian Paralympic Committee on 9704 0500 or see www.paralympic.org.au and click on "Classification".

Transplantee (T/F 60) - A person who has received a kidney, heart, heart and lung, liver, or bone marrow transplant.

Correspondence from a medical practitioner will need to be provided to Little Athletics NSW.



The ROC

(The Rules of Competition)

Did you know.....

SOLE CONTROL

The Starter is the sole judge of any event connected with the start. A starter or recall starter may recall a start if they believe the start was not a fair one.

If a starter deems a start to be a fair one then his decision can't be challenged or overturned by anyone including the Track Referee.

FLAGS UP

In field events the Judge shall not raise a white flag to indicate a valid trial until the trial is completed.

In Long / Triple Jumps a trial is completed once the athlete has left the landing pit.

In throws a trial is completed when the athlete has left the circle/ runway.

PRACTICE TRIALS

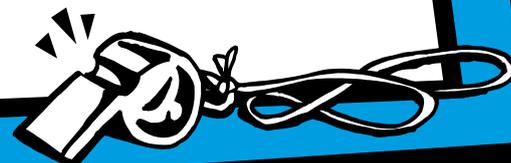
In field events, at the discretion of the Chief Judge or Carnival Manager, each competitor is allowed **UP** to 2 practice trials before competition commences. The Practice Trials are to be made in draw order under supervision.

What is the ROC?

The ROC is the LAANSW Inc Rules of Competition. It contains the requirements for competition for LAANSW Carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC

Where can I find the ROC?

All Centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LAANSW website.





JETS FLYING HIGH

The new LAANSW Junior Encouragement & Talent Squad (JETS) program continues to prove a great success. Launched during the 2009-2010 season, the program has proven popular and exceeded expectations with the interest that it has generated. The highlights of the program so far include:

- The program boasting approximately 130 members.
- More than seventy JETS members taking part in the inaugural JETS Coaching Session on Sunday October 25 at Sydney Olympic Park Athletic Centre and got to meet Melinda Gainsford-Taylor and Dani Samuels.
- Forty JETS members attending the second JETS Coaching Session on November 15 at Tumby Umbi.
- All JETS members receiving an exclusive member t-shirt.
- All JETS members receiving personal invitations to attend the Newcastle Track Classic on February 6.
- JETS members receiving regular emails containing updates from Little Athletics NSW.

Some frequently asked questions about JETS:

Who is eligible to apply for the JETS?

Any athletes who are registered in the Under 13 to Under 17 age groups who achieve the qualifying standards and agree to the conditions of membership may apply to become a member of the squad.

How do athletes qualify for the JETS?

Athletes must achieve a JETS qualifying performance at a competition approved by Little Athletics NSW.

How are the JETS qualifiers set?

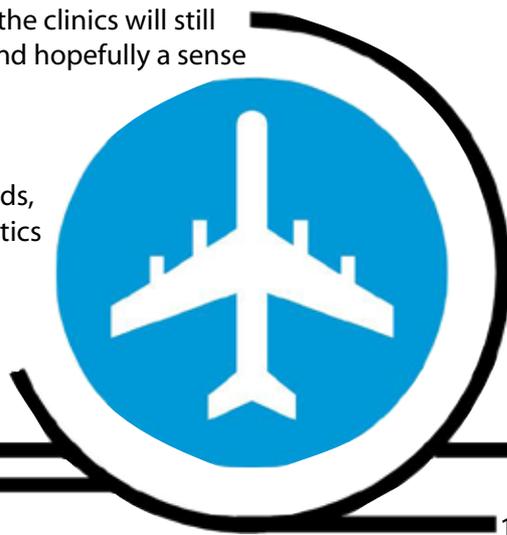
Most of the JETS qualifying performances have been set roughly at a level that would achieve a "Top 8" placing at the Little Athletics NSW State Track & Field Championships. The qualifiers have been set at a level that provides a challenge and therefore a sense of achievement to those athletes who reach the standards.

Is JETS a worthwhile program for athletes based in country areas?

Squad members who are living in regional areas and cannot attend one of the clinics will still receive a squad t-shirt, regular information via email, other opportunities, and hopefully a sense of achievement and affiliation having been accepted into the squad.

Where can I find more information?

For more information, including an application form and qualifying standards, see www.laansw.com.au. Phone enquiries should be directed to Little Athletics NSW on 02 9633 4511 or 1800 451 295.





COACHES CORNER

I hope everyone was on Santa's "good list" and had a very Merry Xmas and a safe New Year, because now we are transcending into the business end of the season. After weeks of spreading (and eating) lots of Christmas cheer, it is now time to focus on the championship half of the season.

Over the next three months, thousands of Little Athletes will be competing in a variety of championships (Zone, Region, State Multi, Centre Championships), culminating on the 3rd weekend in March with the "LAANSW State Track & field Championships" being held at SOPAC. A further 26 Little Athletes will represent NSW in the Asics Australian Little Athletics Championships. Following this, the school athletics season begins. How does an athlete cope with all of this; stay motivated; enjoy the sport; and constantly "be their best" on the track or on the field?

This excerpt (it is only an excerpt, I suggest that you visit the site and read the whole article) from an article I found recently, will help athletes stay positive and perform to the best of their ability. Coaches and parents are encouraged to discuss these questions with their children/athletes.



Key Questions for Young Athletes

by Cal Botterill & Tom Patrick

http://www.sportmanitoba.ca/downloads/Young_Athlete.pdf

1. Are you enjoying the process of sport or are you worrying about the outcomes?

Young and elite athletes who enjoy the process of sport have a big advantage over those worrying about outcomes. It's impossible to fully focus on the process of performing well, if one is worrying about outcomes. Motivation from within (intrinsic motivation) is much more suited to excellence and enjoyment than motivation for outcomes. Enjoying sport for its own sake is much more likely to produce excellence and enjoyment than extrinsic motivation. Advantages of intrinsic motivation include:

- Better focus on task
- Less tension/pressure
- Better images/thoughts
- Less fluctuation in motivation

2. Are you striving to succeed or to avoid failure?

Most of us perform far better when our orientation is want to vs. have to. If we have a game plan, we are less prone to fear of failure. Trying to avoid failure is loaded with difficulties:

- Negative images
- Tension/fear
- Less effective focus
- Possible negative fulfilling prophecy

3. Does being the underdog, a contender, or the favourite make a difference?

In theory, if we stay focused on the process it shouldn't make a big difference if we are considered underdog, contender or favourite. However, because we are human, it is easy for these perceptions to start influencing our perspective.

- The underdog has nothing to lose, so they are less prone to fear-of-failure.
- When one becomes a contender, it is easy to begin to feel pressure from yourself and those around you.
- Being the favourite is the toughest. Expectations to succeed can often trigger irrational feelings of pressure.

One of the best responses to pressure came from former NBA star Magic Johnson. His comment was "What pressure, I'm glad they are interested". He's right - pressure is a perception - and if you have a great perspective, it doesn't have to be an issue. Enjoy sport, enjoy opportunities and challenges and it won't matter whether you are underdog, contender, or favourite.

4. Do you rehearse strategies, execution, & feelings for every competition?

Every good performer spends some time mentally and emotionally rehearsing their game plan. Mental rehearsal prepares our body for action and produces a feeling of readiness and confidence. It's not possible to rehearse everything that will happen in competition but it's extremely valuable to rehearse the main elements of one's game plan.

5. Are you worried about how you look or enjoying what you are doing?

As human beings we are socially conscious. We often wonder or worry about how we look. If we are performing in front of friends, family, audiences, scouts, media, etc., this is often an unfortunate trap. People, who worry about how they look, seldom look good. Ironically, those who are not self-conscious and are just fully enjoying their activity always look and perform the best. Total focus and engagement is what makes you look great. Be yourself and enjoy what you are doing.

6. Do irrational beliefs creep in on you?

Watch out for the following irrational beliefs that can interfere with one's enjoyment and performance in sport. Sometimes they can also interfere with our recovery and health.

1. My self-worth is on the line. Our self-worth in life should be about many more things than a moment in sport. Put sport back in perspective.
2. I must be perfect. The pursuit of excellence is highly commendable but expectations of perfection are irrational and often very dysfunctional. It's who responds best to their mistakes that usually wins.
3. I must perform for others. Perceptions of "have to" as discussed earlier can destroy our focus and confidence.
4. The world must be fair. Unfortunately it often isn't. Sport is a good place to begin learning how to cope with the reality that the world isn't always fair. In many ways sport is to teach us how to stay rational in an irrational world. Enjoy the challenge.

7. Do you enjoy positive rivalries with opponents and team-mates?

Positive rivalries have many advantages over negative rivalries in sport and life. You respect and appreciate those you are competing with. Your mindset is "I hope you are good, because that makes me better and that's good for both of us." This attitude clearly brings out the best in everyone.

8. Do you draw lessons after every competition?

There is no point in feeling bad indefinitely about our mistakes. The key is to see the solution like great performers do, then look forward to the next opportunity.

9. How important is recovery?

Training can be a waste of time if you don't take pride in recovery. Remember that recovery is mental and emotional as well as physical. Releasing from worry, stretching properly, massage, hydration, good nutrition, rest and enjoyable activities are all part of recovery. Take pride in both passive and active recovery activities. It's the only way to make sure your training pays off the way it should. Recovery is an important concept in sport and in life. Get good at it early.

10. Do you focus on the four areas of development between competitions?

There are four important areas of development for every athlete.

1. Skill development is obviously important and requires lots of quality practice.
2. Strategy development is the second major area. Every performer should have a game plan that involves the key strategies, cues and responses.
3. Fitness development is the third component of development and preparation. It involves developing cardio-vascular fitness, flexibility and muscular strength and endurance.
4. Psychological preparation and development is the fourth component. Although this area is often the last to be considered, top athletes believe good psychology can help you develop in all the other areas. Imagery can help you learn and train better. Relaxation can help recovery. Game plans can help you focus and execute strategies. Psychology can help you to get to know yourself better and develop a strong perspective

Take pride in all four areas of development. It is all part of helping you realize your potential.

DEVELOPMENT DIARY



A "SUPER" Start for 2010

I am pleased to inform all our Run for Fun readers of the "SUPER" success of the 2010 SOPAC Super Clinic. For the 7th consecutive year, January saw Little Athletics NSW, in partnership with Sydney Olympic Park Athletic Centre, conduct the annual "Super Coaching Clinic". Sixty seven (67) registered athletes from the Under 12 to Under 17 age groups attended the 2010 clinic. Athletes from as far away as Inverell, Sawtell Toormina, Nyngan, Narromine and Tumut traveled to Homebush to attend two fun packed days of coaching, athlete development workshops, a visit to the Sydney Aquatic Centre and most importantly social interaction and fun.

This year the clinic was held on the warm up track and from all reports from coaches, athletes and parents, everybody thoroughly enjoyed the relaxed atmosphere with grassy open spaces and more importantly, close amenities. Everything just seemed closer, more relaxed and basically more comfortable as compared to the main arena. However, whilst on the track or out in the field the action was hot (including the weather) with athletes training through 5 specialised coaching sessions headed by some of NSW most respected coaches.

It's always funny, as a coach, when working with new athletes and introducing new skills, drills and techniques, to hear some athletes say "no way...I can't do that," and "you're kidding me aren't ya...I'm not doing that..." at the beginning of a coaching session. The coach's response is usually (in a very calming voice) "don't worry, just give it a go and try your best" and my usual response with a slight smile is "no worries...trust me... you can do it".

There is nothing more frustrating than someone telling you something you "can" do when you're adamant that you "cannot" do it. There is no difference when it comes to young athletes at a clinic such as the "Super Clinic". Therefore, to ensure all athletes had the best opportunity to be able to say at the end of each coaching session "that was easier than I thought" or provide them every opportunity to be able to achieve success, LAANSW provided a top quality coaching team.

All the athletes were exposed to, and gained skills and knowledge from some top quality, well respected coaches who are experts in their fields. Coaches included: Mandy Robertson, Lindsay Watson, John Sharpe, Joe Ebejer, Glen Howell, Christie Chamberlain, Darren Wensor and myself. There were also two

special guest coaches who volunteered their time for the clinic; James Fitzgerald (Athletics NSW) and Scott Westcott (World Championship representative and currently Australia's #1 ranked marathon runner). All coaches passed on some valuable coaching tips / techniques and personal experiences during their coaching sessions. It was fantastic to see all athletes participating in new drills, skills and activities and giving their 100%. Many athletes walked from the track tired, but with big smiles on their faces and a sense of enthusiasm. Athletes attending the clinic also participated in a pool recovery session (in many cases splash and giggle) at the Sydney Olympic Park Aquatic Centre and three Athlete Development Workshops. The benefits of using swimming as a recovery tool after training was evident when one athlete at the completion of day one, walked (or should I say stumbled) over to me and said "I'm so relaxed I could sleep right here on the spot" and pretended to fall over. The workshops covered topics including:

- warm up and warm down
- the benefits of mental imagery and relaxation;
- the differences and transition into senior athletics.

Overall the 2010 Super Clinic was a "SUPER" success. Athletes left the clinic (very tired) with lots of new training ideas, a better understanding of events, greater knowledge and information about athletics and being an athlete which they can (and will) put to good use for the remainder of the Little Athletics season and their future athletics careers.

I would like to take this opportunity to specially thank SOPAC management and venue staff for their professionalism and their ongoing support in making this clinic such a success. Also, thank you to all the athletes and parents involved in the clinic and I hope that you all enjoyed and benefited from the experience.

Finally to all the coaches (mentioned above), without whom this clinic would not have been such a success, thank you for your passion, dedication, hard work and ongoing support you have shown to all the athletes during the clinic and to Little Athletics.

I hope to see you all again "same time, same place" next year!
Alv...



Proposed Coaching Clinics:

April School Holidays:

- West Wyalong
- Forbes
- Orange

Confirmed Clinic

North West Athletics Super Clinic 2010

(in partnership with NSW Communities, Sport & Recreation)
July 6-7, 2010

Food 4 Life

Tasty Chicken Burgers!

Serves: 6

Preparation time: 15 mins

Cook time: 30 mins

Ingredients:

- 600g lean chicken breast mince
- 3 finely chopped green spring onions
- 420g can drained Edgell Peas and Carrots
- 1 tablespoon Pasta and Pizza Herbs
- 1/2 cup cornflake crumbs
- 1 loaf Turkish Bread
- 6 slices Deli Swiss Cheese
- Baby Cos Lettuce Leaves
- 2 tomatoes sliced
- 2 teaspoons Weight Watchers Caesar Salad Dressing
- Cooking oil spray

Method

Combine 600g lean chicken breast mince, 3 finely chopped green spring onions, 420g can drained Edgell Peas and Carrots and 1 tablespoon Pasta and Pizza Herbs. Using wet hands shape mixture into 6 patties. Toss gently in 1/2 cup cornflake crumbs. Place onto a greased oven tray. Spray with cooking oil. Cook in moderately hot oven (190°C) for 30 minutes or until cooked through. Meanwhile cut 1 loaf Turkish Bread into 6 pieces. Cut each piece in half and toast until golden. Top each base of Turkish bread with 1 slice Deli Swiss Cheese, Baby Cos Lettuce Leaves, sliced Tomato and a chicken patty. Drizzle each patty with 2 teaspoons Weight Watchers Caesar Salad Dressing. Top with remaining bread halves.

www.iga.com.au



2009 LITTLE ATHLETICS COACH OF THE YEAR AWARD

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 2009 ATFCA (NSW) Little Athletics Coach of the Year Award?

Nominations close on Wednesday February 24, 2010, at 5pm.

A special award presentation will take place at the 2010 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.

How to Nominate a Coach

To nominate a coach, simply follow the instructions provided below. Completed nominations can be posted, faxed or emailed to Little Athletics NSW.

The following information must be provided with each nomination:

1. Coach Details

- Name of Coach
- Coach's address (incl. postcode)
- Coach's phone number and email address (if they have one)
- Coach's ATFCA accreditation level
- The events coached by the coach

2. Nominator Details

- Name of nominator
- Nominator's address (incl. postcode)
- Nominator's phone number and email address (if they have one)

3. Additional Information

Using an additional page or pages, describe the coach and why you think that your nominated coach should be given this award. It is suggested that this information be provided against the criteria for the judging of the awards, detailed below. Please limit your responses to a maximum of one page per area. **Nominations received without supporting information will not be processed.**

Nominations should be sent to Little Athletics Association of NSW, Locked Bag 85, Parramatta, NSW 2124, ph.02 9633 4511 or 1800 451 295, fax.02 9633 2821, Email. admin@laansw.com.au



2008 Coach of the Year, Tony Russell

Little Athletics Coach of the Year Honour Roll:

Year	Winner	Year	Winner
1998	Norbert Maciejewski (dec.)	2004	Warren Martin
1999	Angela O'Brien	2005	Ray Russell
2000	Marilyn Pearson	2006	Gary Micallef
2001	Don Hodgekiss	2007	Don Hodgekiss
2002	Samantha Peck	2008	Tony Russell
2003	Joe Ebejer		

LIGHTNING SAFETY



In Australia, lightning accounts for five to ten deaths and well over one hundred injuries annually. A large percentage of lightning strike victims survive but many of these suffer from severe life-long injury and disability. Statistics show that approximately 25% of people killed by lightning are playing sport. When thunderstorms threaten, officials and coaches must not let the desire to start or complete a carnival or a coaching session hinder their judgment when the safety of athletes, officials or spectators is in jeopardy.

Lightning Facts:

- All thunderstorms produce lightning and are dangerous.
- Lightning often strikes outside the area of heavy rain and may strike as far as fifteen kilometres from any rainfall.
- Any time thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat to your location.
- When thunderstorms are in the area but not overhead, the lightning threat can still exist even when overhead it is sunny, not raining, or when clear sky is visible.
- Many lightning casualties occur before the thunderstorm rains have moved into the area. This is often due to people not seeking shelter soon enough.
- Large numbers of casualties occur after the rain dissipates. This can be due to people being in too much of a hurry to go back outside and resume activities.

Seeking Shelter from Lightning:

All individuals should evacuate to a safe structure in the event of lightning. No place is absolutely safe from a lightning threat however some places are safer than others.

Safe structures:

- The primary choice for a safe structure is a large, fully enclosed building.
- If a building is not available, a fully enclosed vehicle with a metal roof and the windows completely closed is a reasonable alternative.

Unsafe locations and situations:

- An open field
- Close vicinity to the tallest structure in the area (e.g. tree/s, light pole, discus cage)
- Small structures such as rain/picnic shelters, tents, equipment sheds
- Use of indoor phones
- Use of electrical appliances
- Umbrellas or any object that increases a person's height

Criteria for Suspension and Resumption of Activities:

The sound of thunder should serve as an immediate warning of lightning danger. Generally speaking, if an individual can see lightning and/or hear thunder he/she is already at risk. The National Lightning Safety Institute in the US recommends the saying: "If you can see it, flee it; if you can hear it, clear it".

In the case of a thunderstorm the '30 – 30 rule' should be observed:

The 30 – 30 rule

- Once the 'flash to bang' (lightning to thunder) reaches 30 seconds or less, all events should be postponed and all individuals instructed to take appropriate shelter.
- The carnival should not resume until at least 30 minutes after the last sound of thunder or flash of lightning, and conditions are completely safe.
- Each time lightning is observed or thunder is heard, the 30 minute clock should be re-started.

FROM THE ZONE

MID WEST METROPOLITIAN ZONE

SCAMPER

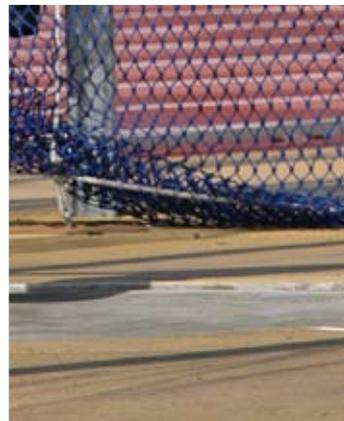
The Mid West Metropolitan Zone in conjunction with Central West Metropolitan and South West Metropolitan Zones held our 4th annual Scamper event on Saturday 14 November at Makepeace Oval Fairfield. Entries were taken on the day we had 91 excited athletes (Tiny tots 34, U/6 27 and U/7 30) and many parents with their cameras for those action shots.

Central West Metropolitan Zone Coordinator Robbie Sain supplied the fun equipment and organised the tots for the afternoon with assistance from Tracey Liondas (Western Blues).

Officials from the three zones ran the events for the U/6's & U/7's with many parents assisting.

A variety of running, jumping and throwing events were available for the U/6 & U/7's and all age groups took part in an obstacle course event and tug of war.

The day was an enormous success with many tired athletes and parents at the end. Thank you to all who made the afternoon a success.



FROM THE ZONE

ZONE MULTI

The Mid West Metropolitan Zone held its sixteenth annual one day Multi Event on Sunday 25 October at Gipps Road Sporting Complex, Greystanes. We had 380 entries from 17 Centres, with 319 competing on the day. The day was fine in the morning with showers in the afternoon. Trophies were awarded for the first 3 placegetters and medals (in age groups where entries exceeded 20) for 4th, 5th and 6th place.

U/7B 1st Blake Scicluna Smithfield
U/8B 1st Jack McFadden Ku-Ring-Gai
U/9B 1st Brad McGrath Greystanes
U/10B 1st Jy Paulson Bankstown Sports
U/11B 1st Griffin Lotts Greystanes
U/12B 1st Bradley Jones Bankstown Sports
U/13B 1st Hadi Youssef Bankstown Sports
U/14B 1st Murtaza Tahiri Tiger Wests
U/15B 1st Enzo Lainez-Lozada Smithfield
U/17B 1st Bradley Sharne Smithfield

U/7G 1st Deamma Taganesia Bankstown Sports
U/8G 1st Isabelle Lhotka Bankstown Sports
U/9G 1st Kiara Chianese Holroyd
U/10G 1st Eliza Trevena Holroyd
U/11G 1st Katrina Lamas Holroyd
U/12G 1st Tamara Neil Parramatta
U/13G 1st Monique Byers Tiger Wests
U/14G 1st Andrea Lamas Holroyd
U/15G 1st Ivana Nikitovic Bankstown Sports
U/17G 1st Kiara Fioravanti Tiger Wests

Congratulations to all athletes for their efforts on the day and thank you to the officials and parents.

GARTH ROBINSON INTERCENTRE COMPETITION

The Mid West Metropolitan Zone has been running an Intercentre Competition for a number of years now which was renamed the Garth Robinson Intercentre Competition in the 2007/2008 season. The first two seasons the Bankstown Centre was victorious. The competition this year is very close with a single point separating 1st and 2nd after two rounds, making for a very exciting third round. Round 3 Wednesday 25 November, the spectators were very vocal and supportive of the athletes.

The events are run over four night's midweek during the season. Each Centre within the Zone is permitted to have a maximum of 2 competitors per event. The events for each round comprise of 2 sprints, 1 distance race and 2 field events. Points are awarded on the relative placings' of competitors' within the event.

This season we have had 3 of these nights. The first was hosted by Holroyd for the U/10's, U/13's and U/17's with 50 athletes attending. The second was hosted by Girraween for the U/7's and U/8's where 58 athletes attended. The third was hosted by Bankstown Sports for the U/9's and U/12's where 40 athletes attended. The fourth night will be held next year in February hosted by Cabra Vale Diggers/Fairfield for the U/11's, U/14's and U/15's.

Thank you to the many volunteers within the Zone, as without your help these events would not happen or be successful.

Congratulations to Barry Garment (Life Member MWMZ) for being one of the five volunteers inducted into the Australian Little Athletics Roll of Excellence

Marian Bennett
Mid West Metropolitan
Zone Coordinator



Minchinbury Little Athletics Centre

MINCHINBURY LITTLE ATHLETICS CENTRE INC. WORKING WITH AND SUPPORTING OUR SPONSORS

On 14th November McDonald's NSW held their annual Mc Happy Day to raise much needed funds for Ronald McDonald Houses throughout Australia. As a major sponsor of LAANSW; Minchinbury Little A's thought they would head up to the Minchinbury store and lend a hand and assist on the day. President Lisa Sayers and Secretary Jackie O'Sullivan donned fancy dress and headed up to help out in the 36 degree heat. Committee member Joanne Shields manned a stand with bean bag throwing and handed out Little Athletics rulers, key rings and stickers to kids to help promote Little Athletics, while rattling the bucket for donations, with Lisa actually blocking drive thru and shaking the bucket for donations.



Xmas Fun Night

Several years ago we started a small Xmas fun night for the athletes with a couple of inflatable jumping castles. People in the community asked if they were allowed to join in so the year after we opened it to the local community and arranged a few more rides. The night continued to grow bigger and bigger each year with a massive fireworks display added several years ago. This year we were lucky enough to have Westfield's Mt DrUITt as a sponsor as well as McDonald's coming on board to join in on the fun. The night was attended by approx 3000 to 3500 people who were entertained by Ronald McDonald; Santa (who arrived on the Eastern Creek Bush Fire Brigade) and four Penrith Panthers NRL Players, with several dance groups, vocalists, and local school bands performing on the stage. Not to mention rides, food stalls, and novelty stores with the night finishing with a 20 minute fireworks display. Although Minchinbury LAC are the host of the event we open it to all sports in the Blacktown District with the local rugby league, soccer and AFL club holding a stall to promote their sports as well. The Mt DrUITt St Marys standard newspaper sent a photographer and ran an article in their paper as they agreed that our fun night is now one of the biggest nights held at Xmas in the Blacktown area.



Find a word



On your bike

- BELL
- BMX
- BRAKES
- CABLES
- CHAIN
- DIRT
- DOWNHILL
- FENDERS
- GEARS
- HANDLEBARS
- HELMET
- LIGHTS
- PEDAL
- RACE
- SPOKES
- TYRES
- WATERBOTTLE

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

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 22nd of February 2010.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Congratulations

to U9 Little Athlete SCOTT RUDGE
from PORT STEPHENS LAC who won last
edition's Find-a-Word!!

Contact us...



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 Website: www.littleathletics.com.au