



RUN FOR FUN

NEW STAFF MEMBERS JOIN THE TEAM!

During the past couple of months, the Little Athletics Association of New South Wales has welcomed two new personnel to its staff.

Erin Kelsey (Programs Administrator) left the Associations employ to take a position in the Public Service Finance sector. As a result of Erin's resignation, we were pleased to be able to offer the position of Programs Administrator to Hayley McBurney, seeing her move from the role of LAANSW receptionist. Hayley's appointment to Programs Administrator left a vacancy in the area of reception, which was filled by Chantelle Grills. We also accepted the resignation of Matt Russo from the area of Programs and Member Services, when Matt chose to return to his home town of Brisbane. Kristy Tinnion was subsequently appointed to fill this role. To enable members to know a little more about Chantelle and Kristy, below are brief profiles on our new team members.

Chantelle made the move to LAANSW in June from a reception/customer service role in a Computer Software company. Chantelle was, herself, a Little Athlete for ten years at the Warradale LAC from the ages of 6 to 15. She competed at a number of Zone, Region and State Championships and remains very active. She now enjoys netball on the weekends and plays in a mixed competition in summer.

Chantelle attended Elderslie High School, completing Year 10 in 2002 before commencing her working career with Mainfreight Logistics, one of Australia's largest transport companies. Chantelle lives at Claremont Meadows with her partner Scott and together they enjoy the outdoors, going to netball and traveling when time allows.



Chantelle

Welcome Chantelle and Kristy!

Kristy joined the LAANSW team in July 2007 in the role of Programs & Member Services. Kristy has always had a passion for sports, and at a young age started competing in athletics for Nepean LAC. During this time she competed in many Centre, Zone, Regional and State Championships. She was even lucky enough to compete with the now famous Jana Pittman and Rosemary Hayward. From the age of 15 Kristy started playing touch football and has represented Australia, NSW and Penrith. Kristy also co-coached and captained numerous touch teams to victory. One thing people don't know is that Kristy also has a Black Belt in karate. Kristy has participated in numerous other sports such as cricket, touch football, soccer, swimming, hockey and softball. She was junior sports women of the year for Dunheved High School and senior sports women of the year for St Marys Senior until she finished school in 2000.

Kristy lives with her boyfriend Richard and two siberian huskies (dogs) Sheena & Shreck at Cranebrook. After finishing school Kristy started working in the financial industry, specifically mortgages. Kristy's last job was working as a debt collector/repossession agent for a large corporate company until her position was made redundant. Wanting to follow a different career path, she applied for the LAANSW Programs and Member Services position. With a very enthusiastic attitude Kristy is extremely exited about her new role and hopes to encourage and motivate children to join Little Athletics; a sport she says generated a wonderful relationship with her family, friends and launched her sporting career. In her spare time, Kristy enjoys reading, bush walking, running with her dogs, spending time with her boyfriend and riding her motor bike.



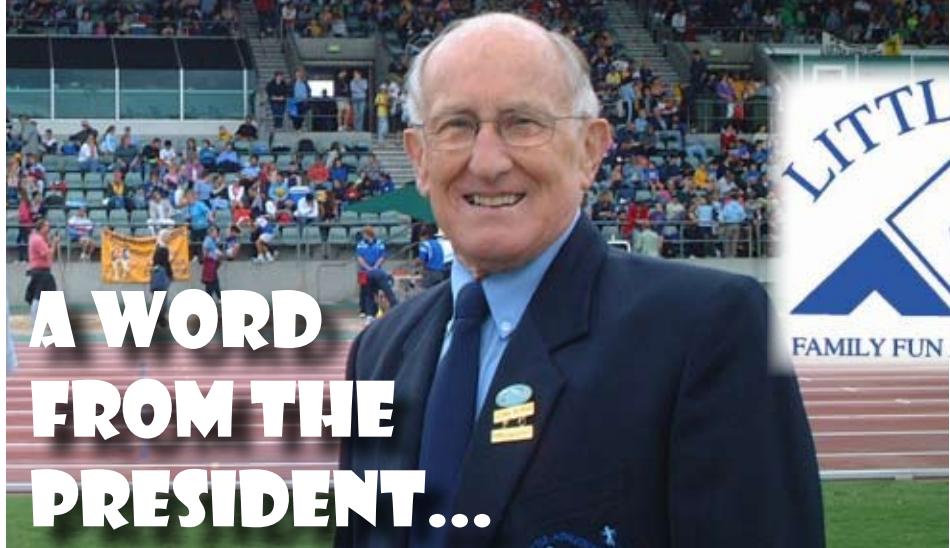
Kristy

JULY/AUGUST 2007

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Special Points of Interest...

- Technology Advisory Committee looks to the future!
- Help stamp out Sports Rage - some tips for parents.
- Disability classification explained
- Jamison LAC helps the Cancer Council
- Kings Langley LAC welcomes the 'Grey Army'



A WORD FROM THE PRESIDENT...

Once again we passed State Conference time and had a good attendance in Wollongong to enjoy the exchange of ideas within the Centres and the Association. As I have mentioned during the year it is a great time for Centre delegates to get together and attend the workshops held within the Conference.

Our State Cross Country and Road Walk Championships were held at Campbelltown on the first week-end in July. This was a very successful carnival and brought our 2006-2007 season to an end.

In the coming season, I would like to draw your attention to the on-line registration program. We would like to see many more Centres involved, as it is a move forward in the management program of our Association. Many Centres have taken up the system and will no doubt see its benefits in the years ahead.

Again I make mention of our sponsors who have continued their support and loyalty to our Association. McDonald's have built up a very strong relationship with Little Athletics as our major sponsor, and are very keen to continue in this vein. Coca-Cola have been our longest serving sponsor - this continuing over a 20 year period. IGA have been very strong in the past seasons and we only hope that this will continue as their partnership is most appreciated. Hart Sport is entering their 10th year and has also been a great supporter of Little Athletics. Over the past two seasons, The Athletes Foot have continued to be very solid in their support of Little Athletics in NSW.

On behalf of the Board and our athletes I would like to thank all these companies for their financial support. This enables Little Athletics in NSW to be in the wonderful position we are today.

A joint Committee is being set up with Athletics NSW and ourselves to promote the advancement of athletics in the Newcastle/Hunter area.

In June we held the Zone Co-ordinators Conference, which proved to be one of the more successful workshops held over past years. There were some very constructive ideas put forward at this Conference and I am sure that this will assist both the Zone Co-ordinators and the Board in developing a more practical approach to the working of our Association. Some good feedback was taken on board by Board members.

Our Run for Fun magazine is proving to be very successful in its present form and we look forward to obtaining many articles and the exchange of ideas and any developments which are happening in the field.

As you are all aware, I have now finished my time as President of the Association, and I take this opportunity to thank many people in our Association for their assistance over the past six years. I can assure you I have thoroughly enjoyed this period as President and I have had the opportunity to see many changes and restructuring in our Association. This has all been for the improvement of Little Athletics in NSW.

I have had the advantage, over the past six years, of working with Board members who are always raising the bar. Many thanks to all those Board members who have helped me in many ways during this period. My appreciation also goes to Kerry and Di for their valued support during this period.

See you at the track!

Past President



the progress report...

Each year, the focus and direction of Little Athletics NSW is summarised in a set of goals.

With the new season almost upon us, the LAANSW is pleased to be able to present our goals for the next twelve months.

The 2007/2008 Association Goals are:

- To continue to identify and better utilise available technology for purposes such as championships, resources, education, administration and registrations.
- To identify and develop innovative and flexible approaches to the education of volunteers.
- To develop a local level product that better meets the needs of local communities and participants.
- To develop strong risk management support programs, with particular emphasis on competitions, finances, governance and sport rage.

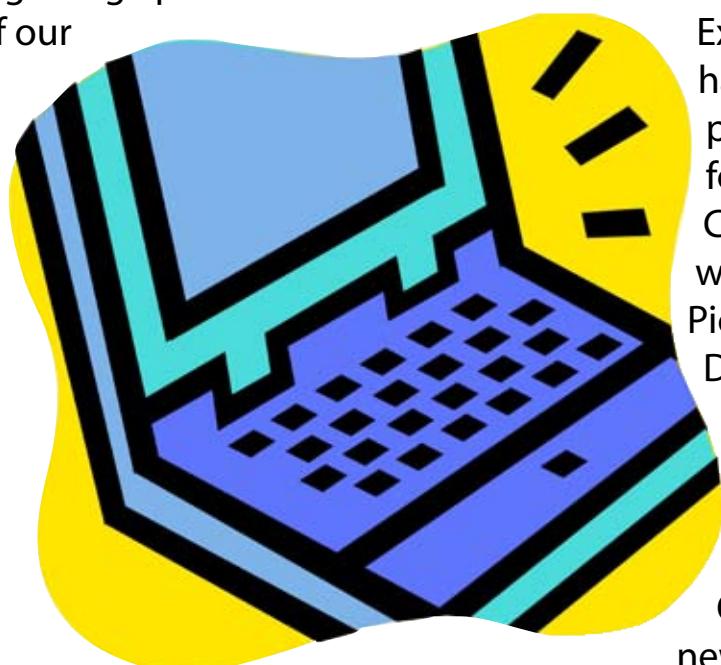
In future editions of the Run For Fun E-news, we will let you know what we have been doing in relation to each of the goals and the advancements that we continue to make.

editorial

It can not be denied the Board of Management for LAANSW has been criticised, rightly or wrongly in both the past and the present, for taking a somewhat "dinosaur" approach or view at what is on offer technology wise for our sport of athletics. Therefore, in recognition of the fact we live in a world where technology is playing a large part in almost all aspects of our lives, the Board recently endorsed the formation of a Technology Advisory Committee.

The purpose of this new Advisory Committee is to provide advice to the Board that can help advance our systems and capabilities in all facets of Little Athletics in such areas as competition and administration for example. Its mandate is to look objectively at technology that can streamline processes from Centre level all the way to Management in a cost effective manner, both financially and time wise.

Technology related issues have been scattered across several portfolios in the past and dealt with by the various Sub-committees that exist. This new Advisory Committee now allows such matters to be consolidated, reducing duplication and providing some form of consistency.



Expressions of interest have been sought from prospective participants for the Advisory Committee and we welcome Fred Pickering from the Douglas Park Centre and Robert Techera from the Liverpool Centre onboard.

One of the first tasks the new Advisory Committee will tackle is to revisit the timing gates issue, as the Board has been requested to do so from a number of quarters from within our Association. Hopefully, this shows the Board is seriously looking at all the options available from the advice it receives so we can take advantage of existing and new technology, if it helps advance Little Athletics!

championship news

2007 STATE CROSS COUNTRY & ROAD WALKS CHAMPIONSHIPS

Despite the very cold and blustery conditions, a very successful Cross Country and Road Walks Championships were held at UWS, Campbelltown on Sunday 1st July 2007.

This particular carnival provides a variation for the long distance and walks competitors. With cross country, a course is mapped out where the runners take in a variety of landscapes through bush and fields unlike the circular track they are used to in the summer months. Distances start from 800 metres for the younger groups and up to 3000m for the older ones. And, with all the rain that had been falling over the weeks preceding the Cross Country, some athletes didn't disappoint by finishing their event muddied all over. The road walks always tests the strength of the athlete with step hills to be endured. Again, distances are scaled according to the age groups.

All results can be obtained from the Little Athletics web site.

Not only is the Cross Country / Road Walks an individual event, athletes can also enter as teams so it might be something your Centre could consider for future events. A number of Centres also run cross country and walk programs during the winter months, so if you are interested in participating, just ring the Association Office to find out where the nearest Centre for competition is to you.

Next year, the Cross Country and Road Walks Championships will be held at Lithgow on Sunday 6th July 2008. More details to come as the new season progresses, so watch this space.



2008 STATE MULTI-EVENT CHAMPIONSHIPS

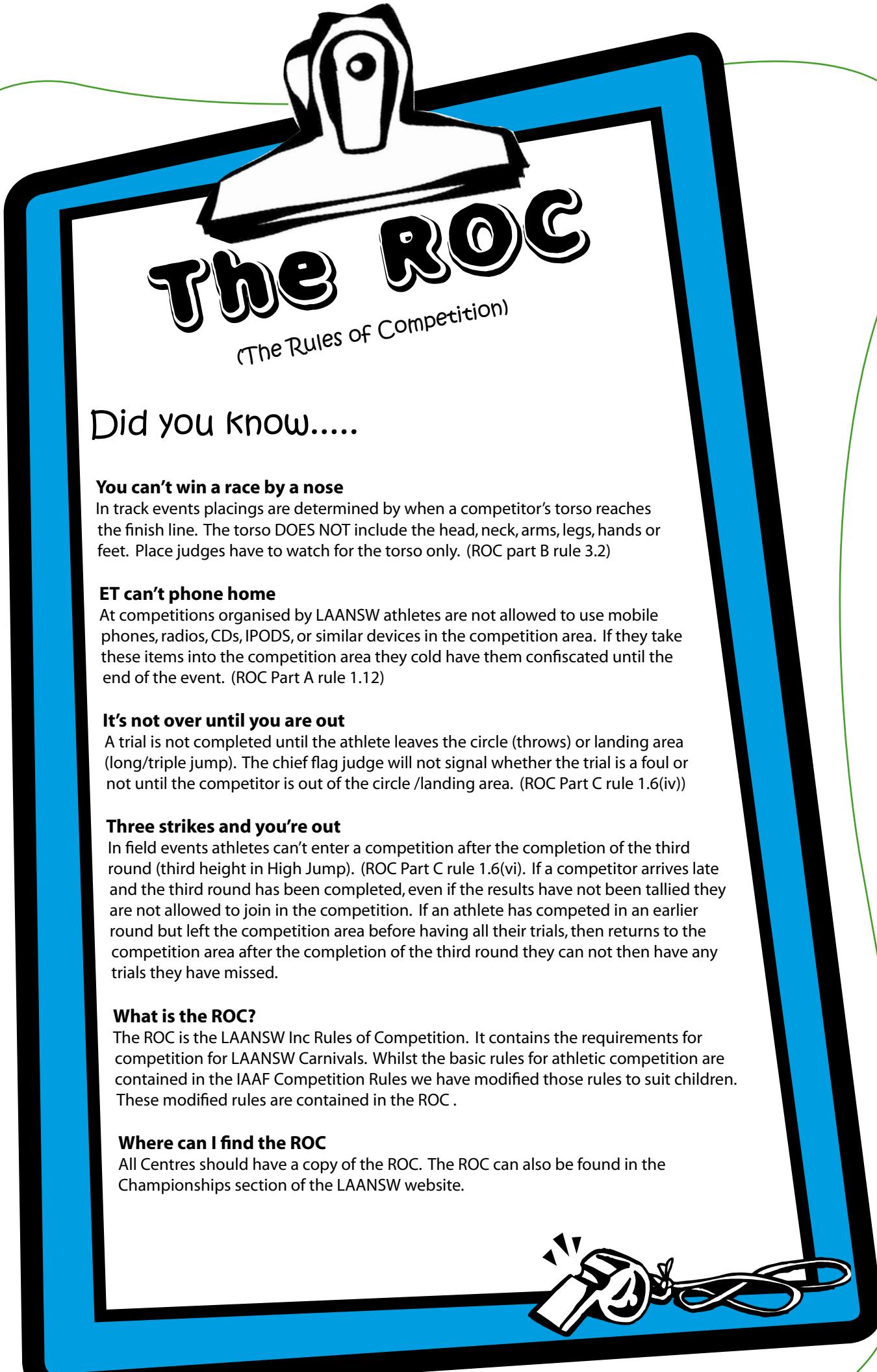
Next season's State Multi-Event is to be held on the weekend of the 1st and 2nd March 2008 in Orange.

Eligible ages to compete are the Under 7s to the Under 15s, in a variety of track and field events over the 2 day carnival. There are no qualification requirements to enter this carnival and many Centres take the opportunity of making it a family weekend away together.

So now is the time to start thinking about it and planning accommodation so you can get organised when the season starts. Even though entries close at the start of 2008, it will be here before you know it.



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



The ROC

(The Rules of Competition)

Did you know.....

You can't win a race by a nose

In track events placings are determined by when a competitor's torso reaches the finish line. The torso DOES NOT include the head, neck, arms, legs, hands or feet. Place judges have to watch for the torso only. (ROC part B rule 3.2)

ET can't phone home

At competitions organised by LAANSW athletes are not allowed to use mobile phones, radios, CDs, IPODS, or similar devices in the competition area. If they take these items into the competition area they cold have them confiscated until the end of the event. (ROC Part A rule 1.12)

It's not over until you are out

A trial is not completed until the athlete leaves the circle (throws) or landing area (long/triple jump). The chief flag judge will not signal whether the trial is a foul or not until the competitor is out of the circle /landing area. (ROC Part C rule 1.6(iv))

Three strikes and you're out

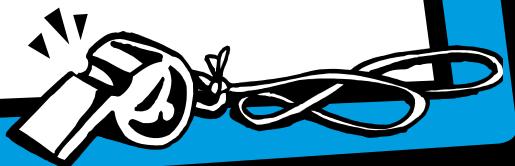
In field events athletes can't enter a competition after the completion of the third round (third height in High Jump). (ROC Part C rule 1.6(vi)). If a competitor arrives late and the third round has been completed, even if the results have not been tallied they are not allowed to join in the competition. If an athlete has competed in an earlier round but left the competition area before having all their trials, then returns to the competition area after the completion of the third round they can not then have any trials they have missed.

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 Championships section of the LAANSW website.





COACHES CORNER



Preseason Conditioning for Track & Field

by Chris Saunders

http://www.hsas-lehman.org/athletics/track_fold/preseason.pdf

The Little Athletics season is fast approaching, so you need to get a jump-start on the competition. If you really plan on excelling in the coming season, you'll need to test yourself during the coming weeks leading up to the start of the season. Cross country runners know the importance of building a base during the summer months and the same can be said for the winter season and track and field athletes. The work that you put in now will pay off when it really counts - during the season.

Preseason conditioning can have many benefits for little athletes. Not only will you be in great shape when the season starts, you will also avoid annoying problems like shin splints and sore muscles that are caused when you suddenly transform yourself overnight from a couch potato into Little Athlete. If you gradually build up your level of fitness over several weeks, you will be feeling great when your coach starts putting you through the paces at the beginning of the season. The conditioning training will carry you through your season and hopefully on into the championship phase of the season.

Remember that a good athlete-coach relationship starts with communication. Talk to your coach about off-season conditioning. They most likely have a conditioning program that you can follow or can tailor one to fit your needs. If you have never had a plan before, simply ask for some guidance.

Here are some great tips that will help you get an edge on the competition this season:

Are you ready to start?

If you're a multi sport athlete and just finished your season, you might benefit from some time off. A good rule of thumb is to take two or three weeks completely off after your season is over. This will give your mind and your body a much needed break and you'll be fired up to start back training for the athletics season.

Training Partner

Find another Little Athlete that is as motivated as you are. Skill level is not as important as having someone to push you through those cold and windy days afternoon training sessions. Besides, you'll have a lot more fun working out with a friend.

Set Goals

Set both short and long-term goals so that you have targets to aim for. An example of a short-term goal might be going for a run two times a week. Your long-term goal may be to make it to the final of your event at State Championships. Writing your

goals down will help to keep you motivated and give your training meaning.

Start Gradually

Don't expect to be performing at your best in the first week of conditioning. Remember that training is a gradual process. Your body needs time to adapt to changes in intensity. If you have been sitting in front of the television for two months, you may not want to attempt your favourite one kilometre run in the first week back at training. For Little Athletes, it is a good idea to increase your training load by no more than 5% a week.

Eat Smart

If you are going to put all this time in training, make sure you are putting the right things into your body. You should be eating a balanced diet, and drinking plenty of fluids to stay hydrated. Treat your body with the theory that "you only get out what you put in."

Take Rest Days

You can get in great shape without having to train everyday. Start working out every third day, and gradually build up. However, it is important both physically and mentally to take a few days off each week so your body and mind can repair.

Experiment

If you have always wanted to try an activity that you feel will give you a good workout, now is the time to do it. Whether it's cross training, swimming or playing modified games - give it a try. If you find a new activity you like, at least your body can adapt to it in the preseason.

Work On Weaknesses

The things that you dislike doing the most are probably the things that you need to be doing the most. If box jumps will increase your vertical jump and get you over the high jump bar, make sure you spend some time focusing on that area. Try to push yourself to work on these areas that you like to avoid.

Have Fun

And finally the most important tip of all - have fun! Your years spent in Little Athletics are limited, so work hard and try to get the most out of the experience.

DEVELOPMENT DIARY



When you thought that the Little Athletics season was over, the Development Team has been busily organising and conducting a variety of programs and services in the off season!

With one of the most heavily booked schools terms in the history of the LAPS program to date, the Development Team has been assisting our casual coaches over the past months with conducting athletics coaching sessions at various schools around metropolitan and regional NSW. It is fantastic to visit schools where the children do not have regular access to quality athletics coaching. If you are a Little Athlete and you see the Development Team at your school, come up and say hi!

The LAANSW in partnership with Hills District (5th July), Girraween (9th July) and Nepean (10th July) Little Athletics Centre's hosted school holiday coaching clinics. The clinics were a great way for children to prepare for the athletics school season as well as keeping active and learning new skills for the new Little Athletics season.

The Development team along with many of our LAPS coaches were also in Tamworth for the North West Athletics Development Camp in July. Also the annual State Cross Country and Road Walks Championships will have been run (and walked!) for many U7 to U15 athletes!

With the annual LAANSW Conference held in Wollongong this year, the Development Team traveled down two days prior to conduct coaching clinics within two local schools.



One of the most rewarding parts of working for LAANSW is the chance to work with children with disabilities. The Development Team was invited by NSW Sport and Recreation to a disability come and try day at Croydon PLC on May 2. Other sports in attendance included representatives from softball, cricket and basketball. It was a successful day for all involved with the kids displaying never ending smiles! The Development Team looks forward to working with NSW Sport and Recreation in the coming months with further disability come and try days!

Another successful School Visit Program is now well underway with LAANSW development staff traveling throughout NSW visiting all different types of schools. A total of 46 Little Athletics Centres will have participated in the program by the time it concludes in September. Last year the staff contacted over 40,000 children in approximately 150 schools and this year looks like being just as big!

Until next time Little Athletes, "be your best!"

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

PROJECTS PAGE

STAMPING OUT SPORTS RAGE

We all know that Little Athletics is a fantastic sport at which children can have fun, develop fitness and skills, build character and self esteem, and learn about sportsmanship.

So it's a real shame that the sport can sometimes be ruined for young people by sport rage. Sport rage is violence, bad language, abuse and general bad behaviour by participants, coaches, officials or spectators.

At its worst, sport rage reduces a child's enjoyment of sport, can undermine all of the terrific benefits, and can lead to drop out.

Many people have a role to play in stamping out sport rage. This includes our Centre committees, coaches, officials, athletes, spectators and parents.

Parents of Little Athletes can help reduce sport rage by being good role models and creating a positive sporting environment. Here are some tips:

Encourage fair play

- Cheer and acknowledge good efforts by all competitors
- Thank the officials after an event or competition
- Respect officials, coaches and other competitors

Keep your emotions in check

- Be enthusiastic, but don't scream instructions from behind the fence
- Don't get into shouting matches with anyone
- Never use bad language or harass others

Help kids enjoy Little Athletics

- Emphasize trying hard and having fun, not just winning
- Talk about the event or competition, not the result

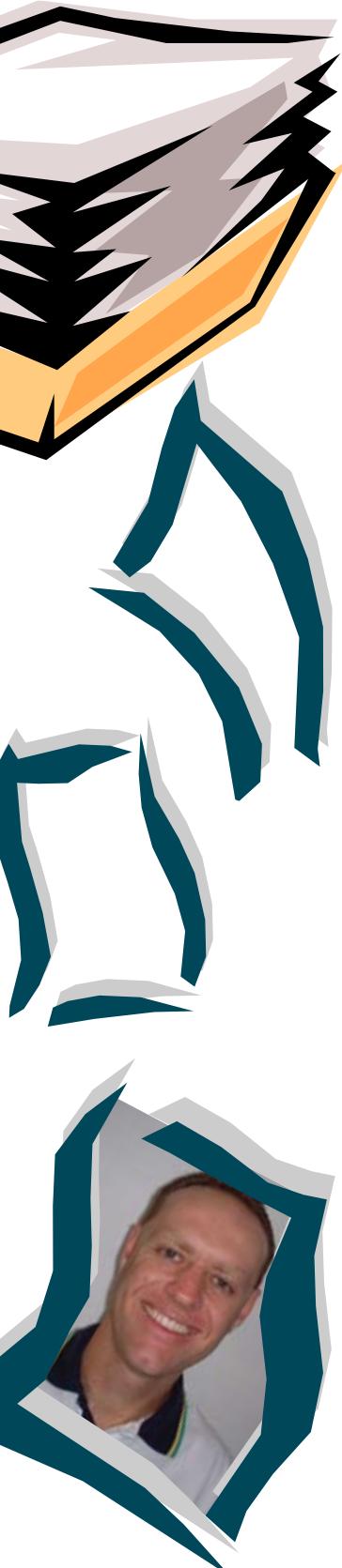
Little Athletics NSW is keen to hear about incidents and examples of good sporting behaviour to recognise and promote in the "Run for Fun" E News. Please send this information to dwensor@laansw.com.au.

Remember:

Be a sport, just support!

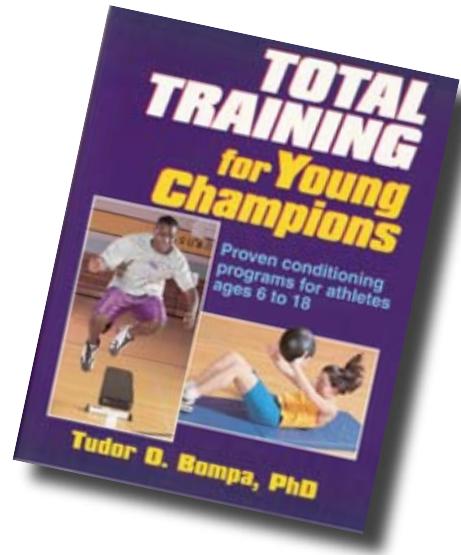
Play your part. Prevent sport rage

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



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

RESOURCE REVIEW



TOTAL TRAINING FOR YOUNG CHAMPIONS

Few athletes will be among the best in their sport at such a young age as Martina Hingis and Tiger Woods. But accelerated athletic development is now possible because of better, smarter training, starting at an early age.

Total Training for Young Champions provides coaches, instructors, teachers, and parents of potential future sports stars the best conditioning advice and programs for establishing an overall fitness base and maximizing the athletic development of young people aged 6 to 18. Specifically, the book outlines how to increase a young athlete's coordination, flexibility, speed, endurance, and strength, thereby enabling them to excel in sports.

Tudor Bompa, one of the world's foremost sports conditioning experts who has trained 11 Olympic medalists, presents a safe, proven training regimen that builds upon each of the four stages of youth development:

- Initiation-prepuberty
- Athletic formation-puberty
- Specialization-postpuberty
- High performance-maturation

For the first three phases, Bompa provides nearly 300 exercises covering different ability levels, with several alternatives for variety. He also offers sport-specific training programs in 11 sports, including baseball, basketball, ice hockey, football, gymnastics, soccer, swimming, tennis, volleyball, and track and field.

Total Training for Young Champions is the comprehensive guide to developing the next generation of superior athletes. Use it to boost the physical tools every young athlete needs to succeed-and-shine in sports.

By: Tudor O. Bompa, PhD

(211 pages)

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.

Count Me In

UNDERSTANDING CLASSIFICATION

Classification is a term used frequently when referring to disability sport. All athletes with a disability must be classified if they want to compete in disability events.

Little Athletes DO NOT need to be classified to participate at their local Little Athletics Centre. Classification is used for competition, not participation. In fact, at this stage, the only time that Little Athletes with a disability require formal classification is if they want to compete in the disability events at the LAANSW State Track & Field Championships.

Classification exists to try to create as fair a competition as possible amongst athletes with different disabilities. This is done by "grouping" or "classifying" athletes according to their particular disability. A "perfect" classification system will never be created as there will be a range of disability within each class. No two athletes are exactly alike.

Classification in athletics has seven areas or categories, and each has different requirements. If athletes do not fall into one of the categories, then they may not be able to be classified. Some athletes may clearly have a disability but not meet the minimal disability criteria (i.e. they may not be disabled enough).

If an athlete cannot be classified, they are ineligible to compete in disability events and must therefore compete in able-bodied events.

The seven classification categories in athletics are:

- Deaf
- Visually Impaired
- Intellectual Disability
- Different levels of amputation and other disabilities (Les Autres)
- Different levels of Cerebral Palsy
- Wheelchair athletes
- Transplantee (A person who has received a kidney, heart, heart and lung, liver or bone marrow transplant).

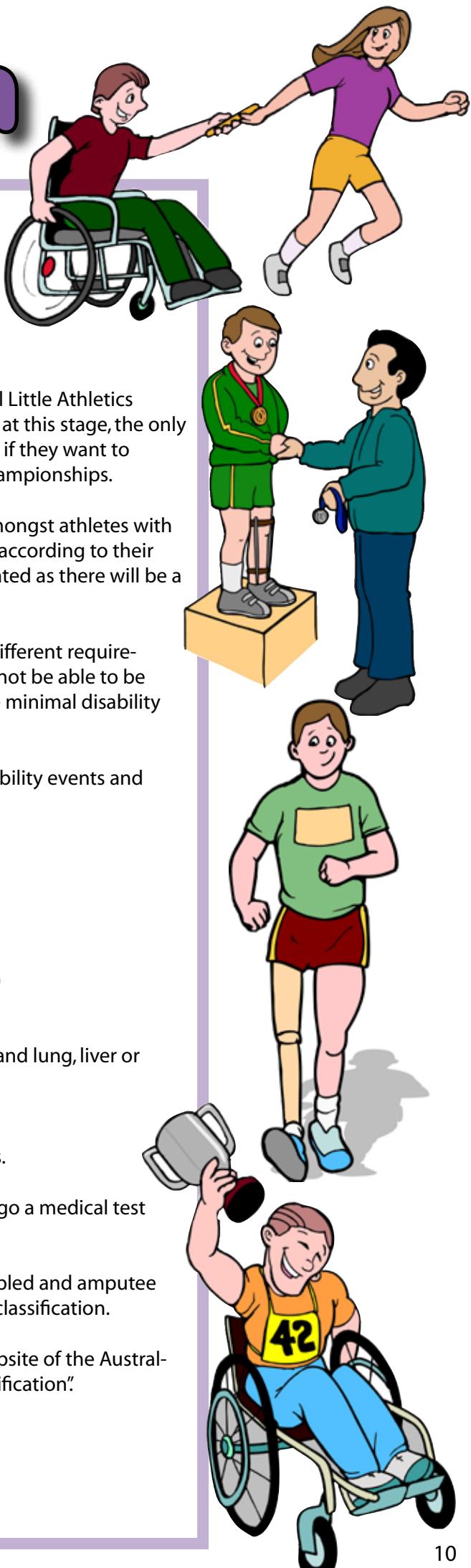
Some of these categories are further broken down into sub-categories.

To be classified, those athletes with a physical disability need to undergo a medical test and also be observed performing skills.

The other disability groups – deaf, visually impaired, intellectually disabled and amputee - use medically-based tests and information to establish eligibility for classification.

To keep up with the latest information about classification, see the website of the Australian Paralympic Committee: www.paralympic.org.au and click on "Classification".

Reference: www.paralympic.org.au





Athletics New South Wales NEWS

All Schools

NSW All Schools Track and Field Championships

If you are between 12 and 19 come and join in on all the action at the NSW All Schools Track and Field Championships. You can enter online at www.nswathletics.org.au.

'Maths is Sport for the Mind'

Officials Courses

C LEVEL SEMINAR - August 19

This seminar is a basic official's seminar and will provide officiating basics in both the track and field. It will also include a communications component which will cover communication principles and other practical exercises such as radio and voice technique.

NSW Schools Knock Out

October 24

The Australian Institute of Mathematics Schools Knockout is a modified team based track and field competition that is completed in a short, sharp and exciting program. It is available to all secondary schools throughout the country and with only eight to ten students required to complete in the event. More information can be obtained on www.nswathletics.org.au.

EAP – Emerging Athlete Program

Emerging athletes are the source of our future international level senior athletes. Providing support to athlete's progressing along the athlete pathway now will help secure better results in the future.

The New South Wales Institute of Sport / Athletics NSW Track and Field Emerging Athlete Program (EAP) aims to assist talented emerging athletes aged 13 to 19 years and their personal coaches to achieve NSWIS scholarship standards in the future and progress to achieve world class results.

The NSWIS/ANSW Track and Field Emerging Athlete Program is a joint initiative between NSW and the NSW Institute of Sport.

There are 202 athletes in the 2007 squad and the full list is available on the www.nswis.com.au.

In early January the 2008 squad will be selected. If you believe your performance warrants consideration for selection in the NSWIS/ANSW Emerging Athlete Program please download an application form from www.nswathletics.org.au or contact David Tarbotton T&F EAP Co-ordinator on 97630398.



AUSTRALIAN
INSTITUTE OF
MATHEMATICS

FROM THE ZONE

EASTERN RIVERINA ZONE

Eastern Riverina Zone was the recipient of a Small Equipment Grant late last year. The application was for a laptop, printer/photocopier, and fax machine. The computer was purchased prior to Zone, and used to set up the program and result sheets. On the day of competition the results were entered, and certificates printed. The recording crew was very grateful for the use of this equipment. The multi-function printer was used in the recording area at the Region 5 Championships. West Wyalong appreciated the use of the laptop as it was used at the finish line. The operator was delighted that we didn't require his home computer.

Owning our own Zone computer and printer has a lot of benefits. The Zone Coordinator has access to all Centre details and is able to bring this information to all

Zone functions, and contact with Centres is more streamline. It now means that the host Centre no longer needs to provide this equipment, and all relevant information relating to the carnival no longer needs to be transferred to another computer.

STATE

On the way to State Championships the car I was travelling in had the misfortune to experience gearbox difficulties, on the Sydney side of Yass. We were fortunate to be travelling with another car and had two-way contact, so they backtracked and waited with us. NRMA could not come to our assistance for an hour, which didn't perturb the three children travelling with us. Thank goodness for portable DVD players!

Not one to stay idle I suggested that this would be a good time to finish sorting Region medals, for collection at State. Our outdoor office was set up

on the boot of the car. A production line was put in place- medals, result sheets and envelopes. Within the hour all medals were distributed to their correct recipient, and sorted into Zones.



Minutes later the NRMA van located us and reported that the vehicle would not be making the trip to Sydney. We were very lucky that our travelling companions car seated seven. Two children in the far back seats and luggage packed around them. The rest of us piled in, balancing bags on our laps and stacking spike bags and medal boxes around our feet. Despite the owner of the immobilised car constantly apologising for the delay, we remained high-spirited all the way to Sydney, and enjoyed the weekend.

Never let it be said that we don't put spare time to good use!!!

Judith Peel
Eastern Riverina Zone Co.

Photos from Regional Championships in West Wyalong

Jamison LAC

About 20 members from our Little Athletics Centre participated in Penrith, "Relay for Life". This is a Cancer Council NSW Fundraiser, where teams of 10-20 walk relay style for 24hours to raise money.

We had a great weekend with Relay for Life Cancer Council Fundraiser. We walked and walked around our local cricket oval and raised \$1500, but overall the Relay raised \$200,000. It had a great sense of community and it was very inspiring to watch the Survivors Lap of Honour. At dusk, they light candles in special "Hope" bags that you can write on, and they were placed around the entire oval, which was very moving and I'm getting goose bumps just thinking about it. Our Little Athletes participated and it was a great eye opener for them to see just how many people are touched by Cancer.

To raise extra funds our team participated in "Healthy Living" and we sold fruit kebabs for \$1 and some left over sports drinks from our canteen last season. This raised close to \$400 and the kids loved being involved in the selling.

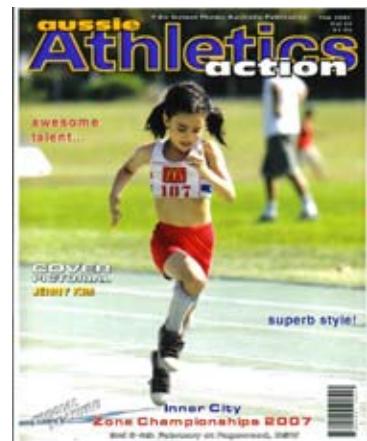


All up we had a fantastic time and felt good about what we had achieved as a team. We would like to encourage other Centres to do a fundraiser like this, as a team and they may get as much out of it as we all did.

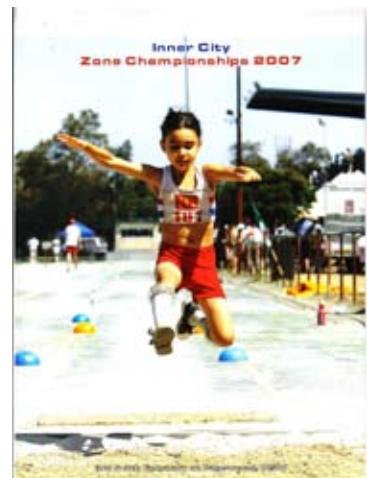


Jamison Little Athletics.

Eastern Suburbs LAC



This was Jenny's first year of Little Athletics. A 6 year old, she was so happy with the weekly athletic meetings she was disappointed when the last season ended in March 2007, and now really looks forward to this September, when it restarts and she can again participate each week.



She is very young and still learning, but did well in the long jump and had a first and third respectively in the longer distance events of 200m and 500m last season at Trumper Park. She participated in the regional championships in 2007.

HOW TO GET EXTRA HELPERS !

Like most Centres we all have the same problem – How to get Extra HELPERS!

As President and also my wife both involved on the committee, doing the general running of the Centre which is done away from the competition night / day is manageable. But when it comes to the weekly competition our times are stretched. My wife is an Age Manager and I am making sure the Centre is running smoothly - enough helpers at events / BBQ / etc, etc, etc, etc, and of course etc.

Having two kids competing how do we make sure that both of our kids are looked after? (As we all know that no athlete is to be left without parental supervision). Here comes the GRAND PARENTS (The Grey Army), our Centre is very fortunate that we have a number of Grand Parents getting behind their grand children. For one my mother in-law looks after one of my siblings who takes the pressure of our family making sure all is right. We have a number of other Grand Parents putting the effort in, whether it's in setting up or bringing the gear back in after competition, they are also getting involved at carnivals helping with Centres roles that need to be done. It doesn't matter to our Grey Army they just love getting involved.

So what's helping our Centre greatly is our Grand Parents so it might be an idea for other Centres to try to get help that way.

In closing I would like to thank all of the Grand Parents at Kings Langley LAC that are involved with our Centre – you do a fantastic job and of course the grand kids love seeing you there. Please keep the effort up.

Regards,

Darren Tait
President
Kings Langley LAC



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HAVE YOU SEEN....

The "CALENDAR" Page

Location: Link is available on the right-hand side of the NSW Home Page

The Calendar page is often unseen on the Little Athletics website. It is a great resource of information on all events that are coming up in relation to NSW Little Athletics.

These events include; Centre carnivals and gala days, championships (including deadlines for entry), LAANSW camps and clinics, Introduction to Coaching Courses, and many more. Links are provided so that you gain more information and obtain details on a contact person for the event!

This page gets updated on a regular basis, so please keep checking so you can stay updated on any events.

Also on the NSW Home Page, near the calendar link, is another link to view the current **Star of the Week**. Each week there is a new Little Athlete from a different state/territory. Click on this link to find out more about the current star.

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

ANOTHER WEBSITE OF INTEREST

[www.sportsdietitians.com.au/
www/html/2053-little-athletics.asp](http://www.sportsdietitians.com.au/www/html/2053-little-athletics.asp)



How many times have you as a parent, coach, age manager or athlete engaged in the topic of, "What are the best foods and drinks to have while competing in junior athletics?" Sports Dietitians Australia has put together a 19 page downloadable resource (395kb in size) that is Little Athletics specific for kids aged 5 to 11. The booklet contains information regarding optimising athlete growth and development, what to eat and drink the night before a carnival and on the day of the carnival, tips to stay cool and warning signs for dehydration. Detailed food and drink lists can be found throughout the booklet to optimise athlete performance during training and competition phases. Be sure to browse the rest of the website including the "Fuelling Active Kids" section which contains fact sheets on the most common nutrition issues for young athletes as well as ideas on what to pack in your lunch box to take to school. Finally, for anyone interested in contacting a registered Sports Dietitian for further advice, use the "Find a Sports Dietitian" link on the website.

Note: This booklet was written by Ruth Logan who is a member of Sports Dietitians Australia and Dietitians Association of Australia in consultation with leading Australian Sports Physicians and Medical Advisers.

Find a Word



WINTER



blizzard
coat
cold
clouds

doona
fleece
flu
frost

frozen
gloves
hot chocolate
ice

jacket
rain
scarf
ski

snow
sore throat
wind



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

To win a \$50 gift voucher from
The Athletes Foot,
send completed
puzzle, along with your
name & address to LAANSW Locked Bag
85, PARRAMATTA NSW 2124 by the
27th of August 2007.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Congratulations

to U10 Little Athlete Billy Cockbain from
Stuarts Point & District 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