



RUN FOR FUN

Australia Cup 2009... a close finish!



On February 7, 2009, a team consisting of Melissa-Maree Farrington, Nicola Keane, Josie Ernst, Alexandra Punosevac, Maddie Pirie, Chamath Herath, James Paek, Akbar Ali Gulzari, Gerard Holland, Byron Cavendar and coaching staff Ken Gardiner and Kristy Tinnion, headed to Brisbane to compete in the 2009 Australia Cup.

After arriving in Brisbane, the team prepared for the competition; the weather conditions were perfect and the athletic grounds immaculate. Competition commenced at 4.00pm with our first competitors heading off to their events. This year's competition was tough and a head wind down the 100m straight made it a challenge for our track competitors. Some outstanding moments were when Gerard Holland won the U14 Boys Shot Put and Alexandra Punosevac won the U14 Girls High Jump. It was close between the States all the way through the competition, with Victoria, NSW and Queensland all fighting for first place.

Like last year, the final result came down to the relay events. With Victoria holding a small lead over NSW and Queensland, it was all or nothing in our final events. The female relay team was first to race and an impressive run by Maddie Pirie down the back straight gave us a fantastic chance to secure a place. With the girl's team finishing in 2nd place it was now up to the boy's team. After a nervous start and a heart wrenching 1st change, it was up to the boys to dig deep and remain fearless; they did us proud and also finished in a close 2nd place.

Our team was on a high and everyone was happy when the scores were read. NSW came in at 2nd place to Victoria by a small 5 points! Although we did not retain the cup it was a very memorable experience for all!

A special thank you to all the parents who supported our team! It was wonderful to have so many happy, cheering NSW faces in the crowd. We would also like to thank the athletes for their commitment, behaviour and enthusiasm throughout the trip and the competition. There was never a dull moment, or a time when we didn't see smiling faces.

Mar/Apr 2009

A Word from the President	2
Editorial	3
IGA's Docket Competition	4
The ROC	5
NSW State Team - FAQs	6
Coaches Corner	8
Development Diary	10
Views from an Athlete	11
I made it to State Championship!	12
Have you seen...	13
IGA Food for Life	13
Projects Page	14
Volunteer Tips	15
Count Me In	16
Centre News	17
Find a Word	19



LAANSW BUSH FIRE APPEAL

The Little Athletics Association of NSW would like to extend huge thanks to everyone who has contributed so far to our fundraising efforts for the Victorian Bushfire disaster.

Sadly, there were several Victorian Little Athletics families who lost their homes and tragically, some children lost their parents. At the recent Region Championships, NSW Little Athletics Centres and their members opened their hearts and wallets to assist these members of the extended Little Athletics family.

Particular thanks go to the many Centres of Region 5 who made significant donations on behalf of their Centre. So far, we have collected several thousand dollars in donations which will be given directly to the affected Little Athletics families, through Victorian Little Athletics.

Whilst we thank you for your generous support so far, we would still welcome further donations from Centres and members. If you wish to assist, please contact the LAANSW with credit card details, or send a cheque to LAANSW at Locked Bag 85, Parramatta, NSW, 2124.

It is wonderful to see the Little Athletics family come together to offer support at this difficult time.

Special Points of Interest...

- Off-season planning
- Dealing with disappointment
- Fun Ideas for training sessions
- Myths about sport



A WORD FROM THE PRESIDENT...

DERECK FINEBERG



As we reach March each year, it signifies that the end of the Little A season is approaching for many. At this point we will have run or will be about to run many of our major championships, including Regions and State Multi, leading up to the State and then National titles (for the U/13 and U/15 age groups), and many Centres will have finished their weekly comps.

It is an exciting time due to these championships but it is also a time when there will be sighs of relief as another season draws to a close and hopefully a well earned rest is possible. Of course committees still need to prepare for their AGM's and do the paperwork required for annual reports, financial statements and so on.

The Board and sub-committee meetings also will continue as we enter the post season period and begin to prepare for the Annual Conference and work on initiatives for next year. So the 'rest' might in fact be brief for some!

I hope all athletes and their families have enjoyed the season and that they return next year. This year we have seen the U/17 athletes take part in our championships for the first time and in years to come we hope their numbers will continue to swell. Congratulations to all those athletes who have progressed through the various competitions and good luck to those hoping for selection in our State Team for Adelaide.

We have had our challenges with the weather this season with the extreme high

temperatures impacting a number of events and the Association's Heat Policy was put to good use.

We all saw the terrible consequences of the bushfires in Victoria and we know from our friends in VLAA that some Little A families suffered losses. Our condolences go to their surviving family members and we hope they can rebuild their lives and, if Little Athletics can play a part in that then we would all feel like we are contributing to the rehabilitation process in some small way.

So, enjoy the end of the season's events and the 'off season' and we look forward to seeing you all next year.

Cheers,

Dereck Fineberg (OAM)

PRESIDENT

editorial

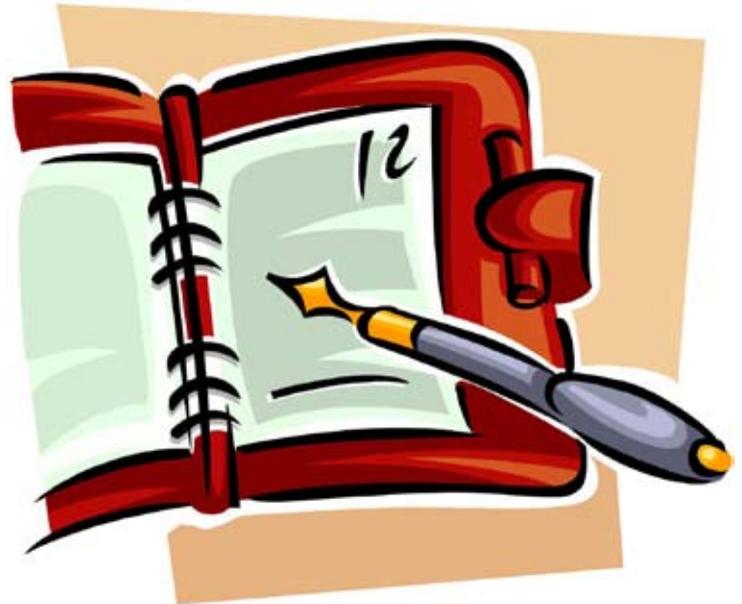
As the season nears its end, the staff at the LAANSW office often have members saying things such as, "I bet you are looking forward to the quiet time of the year"; or asking questions such as, "what do you do in the off-season?" Well, there is no quiet time of the year and what is an 'off-season'?

As the competition season finishes, the planning season begins: the AGM is organised; budgets are compiled; reviews are undertaken; operational plans are constructed; promotional and advertising strategies are determined and implemented; calendars are compiled; stationary and equipment is ordered; etc etc.

Whilst the scale of operations might be different, the principle should be no different for any Centre. Planning is a key function and responsibility of any organisation, and is required for effective management. As the old saying goes, 'failing to plan means planning to fail' and unfortunately this is why some Centres find themselves in difficulties.

One of the first things to be planned by a Centre at the completion of the competition season, is the AGM and committee elections. Elections don't just happen. If a Centre is serious about ensuring smooth transitions, effective committee functioning, and the best long-term outcomes for members, then the election process must be carefully planned. Nominations should be called for well in advance of the AGM. Members should be made aware of the roles and responsibilities of the committee, and be supported and encouraged to become involved at this level. A good handover strategy is essential.

If you have not already considered being involved at the Committee level, give it some thought. There can never be enough parents on the Committee and it makes it so much easier for everyone concerned if there are more people involved to help run your Centre. Not only does belonging to the committee allow you to take part in the decision making process, but it will make the experience for both you and your children an enjoyable one. You will find that Little Athletics can be a social experience for children and adults. Now is the time to talk to your committee to find a role that suits you! Whatever your experience, don't feel scared about putting your hand up and 'giving it a go'. After all, isn't that what we ask our kids to do?





's Little Athletics Docket Competition

Running Tally

Who's coming first so far*...

Division 1

(1-120 Members*)

1st: Junee
2nd: Stockton
3rd: Wauchope

Closing in fast:
Temora and Nyngan

Division 2

(121-299 Members*)

1st: West Wyalong
2nd: Warradale
3rd: Raymond Tce

Hot on their tail:
Cranebrook and
Prestons Robins

Division 3

(300+ Members*)

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

Catching up quick:
Doonside and
Holroyd

**CONGRATULATIONS to all of the Clubs that have entered so far!
What a great effort and keep up the good work!**

* Correct as at 20th February 2009. Clubs may still move into different divisions based on their final registrations which will be confirmed at the end of the season.

IGA's Little Athletics Docket Competition Update

Dockets from Little Athletics Centres are coming in thick and fast. Congratulations to all the centres that are collecting dockets and have sent them to IGA.

The competition is not over though, there is still plenty of time to gather your dockets and send them in to be in the running to win a share of **\$15,000!**

Don't leave it till the last minute to get your dockets in, send them in monthly or even

weekly if you're super organised! Remember... every batch of dockets you send in must be accompanied by a tally.

Just think what your centre could do with some extra cash... and it's so simple. All dockets must be received by the first week of May, so get together, pool your dockets and your Centre could be a winner!

Good luck and keep the dockets coming!

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 you local IGA store for more details.





The ROC

(The Rules of Competition)

Did you know.....

SECOND CHANCE

- At Association Carnivals, including Zone, Region and State Carnivals, two reserves are to be nominated for all track finals for which heats have been contested.
- A lane draw for the final will be posted with the 1st and 2nd reserve nominated below the draw.
- If a reserve is required due to the withdrawal of a finalist they shall compete in the lane allocated to the withdrawing finalist.
- All listed finalists and reserves attend marshalling for all final track events.

Note:

- A reserve can take their place in the event due to the absence of any listed athlete. An athlete is deemed to be absent by formally withdrawing from the event or by not reporting prior to the closure of marshalling.
- Marshalling is deemed closed when the marshal has completed the paperwork and the competitors are released from the marshalling area.

WAIT YOUR TURN

In Field events the order in which competitors shall take their trials shall be drawn and where possible included in the program.

In all field events except High Jump, where there are more than eight competitors, each shall be allowed three trials and the 8 competitors with the best valid performances shall be allowed three additional trials. If there is a tie for 8th place, any competitors so tying shall be allowed the three extra trials. (Tying in this case means achieving the same distance.)

The final 8 competitors shall compete the last three additional trials in the inverse order to their ranking of their performance recorded for the first three trials.

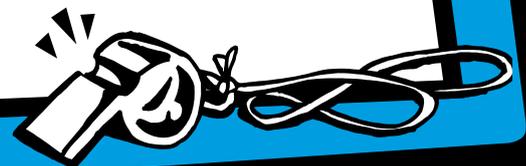
Where there are eight competitors or fewer each competitor shall be allowed six trials regardless of the number of fouls recorded.

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.



2009 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 2009 ALAC?

The event will be held on Sunday April 26 at Santos Stadium, Railway Terrace, Mile End (Adelaide, South Australia).

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.

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.

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?

It is tradition that the State Team is publicly announced in front of the main grandstand following the final events and medal presentations of the LAANSW State Track & Field Championships. Selected athletes are asked to come forward onto the track to receive an information folder from a member of the previous year's team. Immediately following the announcement, a special information session is held for the new team members and their parents.

What are team member commitments?

- Announcement of the Team / Information Meeting – Sunday March 22, 2009
- State Team Camp 1 – Friday April 3, 2009, to Sunday April 5, 2009
- State Team Camp 2 – Friday April 17, 2009 to Sunday April 19, 2009
- Team in Adelaide – Thursday April 23, 2009 to Monday April 27, 2009

NOTE: All dates on the team itinerary are compulsory and not negotiable. If an athlete is selected and unable to make themselves available on one or more of these dates, they will be withdrawn from the team and replaced by another athlete.

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 traveling interstate, the team flies (or buses in the case of Canberra) 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.



COACHES CORNER

We are now coming to the business end of the season and many of you will have competed in your Centre, Zone and Region in preparation for the 2009 State Championships. During all these championships, many athletes will experience the highs of success and the lows of disappointment. Below is an article to help you on your way to strengthening as an athlete and coping with the realities of disappointment. The article refers mainly to runners, however, the message applies to all athletes and all sports.

Remember, disappointment is a part of sport and everyone at all levels in sport will go through this-not just you. Remember, it is how athletes cope and overcome disappointment that is the true test for success.

DEALING WITH DISAPPOINTMENT

<http://www.running.net/>

By Richard Ferguson, Ph.D./Running Journal/October 2008



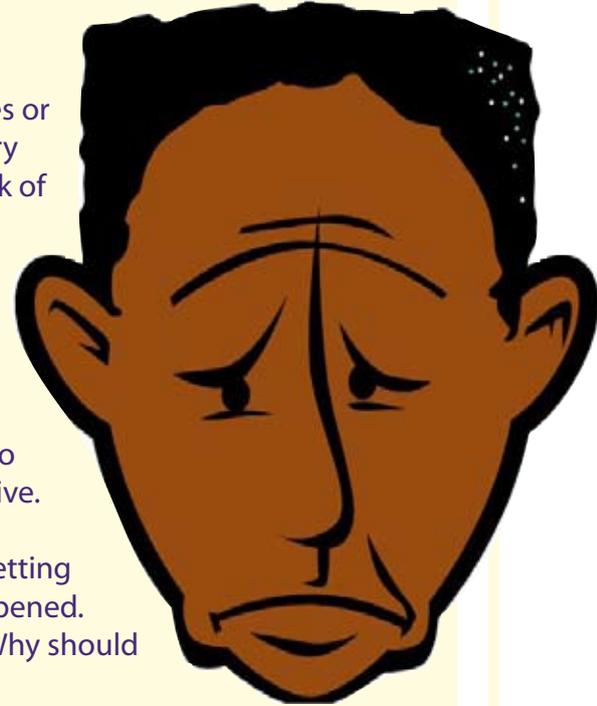
Like many of you, I spent a few hours in August in front of the television watching the Summer Olympics from Beijing. While my natural bias was towards Track and Field, I also marveled at Michael Phelps's accomplishments in the pool, the perfection of the Chinese divers, the United States victories in men's and women's basketball and countless other winners in such sports as Field Hockey, Table Tennis, Team Handball, Rowing, and Judo. The medal ceremonies were especially touching with athletes showing outward emotions of pride in their countries and personal achievements. Yes, the Olympic Games gave us heroes and memories of great victories and accomplishments.

On the other side of the coin, the Olympic Games also brought bitter disappointment. Many evenings as I watched the games I couldn't help but feeling empathy for those who came so close to winning a medal, for those who suffered from pure bad luck, and for those who were injured and sick at absolutely the wrong time. Their stories were most often not told by the talking TV heads and they went back to their families and homes around the globe with the honor of being an Olympian, but also with a gnawing "what if..." in their minds. Yes, for some the Olympic Games meant bitter disappointment.

One thing we certainly have in common with Olympians is the fact that we all feel disappointment in our lives. Our running is certainly not exempt from delivering its share of disappointment, along with those exhilarating, wonderful running experiences.

Disappointments will slowly fade, and believe it or not, disappointing experiences can be valuable in making us better runners, better competitors, and better people. Sure, the disappointment hurts, but the key is to use the disappointment in a positive manner and not let it drag us down week after week.

When we don't reach our running goals, it's usually not due to a lack of effort. It's very, very rare that runners try to have bad races or hope to feel bad during races. Certainly we don't intentionally try to get injured at the most inopportune time or get sick the week of an important race. Illness, injury, and bad days are just a part of the life of athletes. Setbacks in running don't mean we're bad runners or bad people. Setbacks usually are the result of certain circumstances coming together at a specific time. A bad cold occurring in a two-month training period is usually just a nuisance, but in the week of a marathon it can be a major concern. Sure, it's bad luck, but it's also an opportunity to learn to deal with challenges, both from a physical and mental perspective.



When running disappointments do occur, there is no point in getting down on ourselves. We can't go back and change what has happened. We can only try and learn from it and move on into the future. Why should we feel down and miserable, when, more than likely, our disappointment was a result of events we really had no control over. Even the greatest runners in the world have disappointments and the Olympics were a testament to that fact. But great runners don't allow disappointment to pull them down. Great runners try to learn from their disappointments and move on with enthusiasm for their training and racing. They work on things they can control and don't worry about things they can't control. We can all learn to be great runners by doing so.

By focusing on our disappointments, we waste a lot of valuable physical and mental energy. A lot of training is about how we manage our finite supply of energy. By dwelling on any disappointment or failure, we waste a lot of energy on negative emotions and that energy would be much more wisely spent on preparation for future races. Again, the past has happened and we need to learn to let go of the negatives and push headlong into the future with excitement and enthusiasm.

Disappointment will test our resolve and coping abilities. The very nature of the sport of running is really about testing our resolve and ability to cope with discomfort, so disappointment can, in the long run, help us to become better runners. Disappointment should not mean hopelessness; disappointment should mean learning about ourselves as people and gaining more confidence in coping with challenging events in our lives.

Still, disappointment hurts and we all desperately want to feel better when we have a rough day and don't reach our goals. It really helps to talk out our disappointment with fellow runners or close friends. Always keep in mind the famous quote by the philosopher Nietzsche, "that which does not kill me only serves to make me stronger." Hang in there, better days are coming.

DEVELOPMENT DIARY



IT WILL BE A BIG FEW DAYS FOR LITTLE ATHLETICS IN LISMORE.

The Development Team will be packing their bags and travelling to Lismore to conduct two Little Athletics Coaching Clinics to be held on Thursday March 5 and Friday March 6, 2009, just prior to the NSW State Multi-Event Championships. Darren and Alvin will have the pleasure of coaching some of the local kids in Lismore.

The first clinic, organised by Mr Laurie McLeod (Northern Rivers Little Athletics Zone Coordinator), is for a group of special needs school students from the Lismore, Ballina and Casino District. This clinic will be held on Thursday March 5 at Riverview Park.

The clinic aims to provide the participants with the opportunity to 'have a go' at athletics and to develop their skills. The clinic also aims to expose the children to the enjoyment, friendship, improvement, learning, personal achievement and positive experiences and opportunities that Little Athletics offers. Clinics such as these are most important in introducing and providing a source of motivation to young people who have limited or no experience in the sport.

The second clinic will take place at Wyrallah Road Public School. Darren says, "The coaching sessions we do with the students are fast-moving and fun. We provide all participants with a high quality coaching experience and lots of tips about how to best perform a variety of Little Athletics skills.

There will be lots of running, lots of skills, lots of smiles and promotion of the "be your best" attitude.

Conducting clinics such as these create an atmosphere of fun whilst allowing young children to come in contact with LAANSW coaches. It helps participants and parents realise the benefits that can be obtained from being involved in a sport that promotes 'Family, Fun and Fitness.'

The clinics are a precursor to the Little Athletics NSW State Multi-Event Championships, being held at Riverview Park in Lismore on Saturday 7th and Sunday 8th March. Participants from as far away as Nowra in the south, Orange in the Central Tablelands, the Sydney Metropolitan area and South East Queensland, will make the 'trek' to Lismore to be part of the action of this great event.

The Under 15 athletes will strive for a place in the New South Wales State Team to contest the Australian Multi-Event Championships on April 26 in Adelaide. In 1998 as an U15 athlete, double world champion Jana Rawlinson qualified and won the State and Australian event. Could we be witnessing future Olympic representatives in action?

We hope to see you there and make sure you come and say HELLO!

Alvin.....

VIEWS FROM AN ATHLETE



Fun Ideas for Training Sessions

By Clare Maloney

In the following article, former Little Athlete and current Under 20 National level competitor Clare Maloney, provides some fun training ideas.

Are you ever unsure of things to do whilst training for certain events? Well here are some ideas for you!

Triple jump

- Hopping - Set markers out at an even distance, and hop next to the markers. Over time try make the distance between the markers further apart. Record the gap distance and set a challenge for yourself to improve. (Cycle your leg during hops).
- Stepping/Bounding - Set out markers at an even distance and stretch out between the markers as you try to land next to each one. "Fly" is also a fun game that will work on bounding and can be very challenging if there is a couple athletes.
- Jumping - Draw a line in the sand and practise taking off from the foot that you jump from in the jump phase of the triple jump. Gradually move the marker further back as you improve. Do this from a 5-7 step run up.

Long Jump

- Try some standing long jumps off the edge of the pit. Put marker/line in the sand to aim for, gradually moving it back as you improve.
- From a 5-7 step run up, practise "piking" in the air (i.e. After driving your leg up after take off bring both feet up as high as you can and reach for your toes). You can use a springboard or a ramp for take off to give you more time in the air to work on the drill.
- Long jump over a foam hurdle or something that is safe and soft enough if you come into contact with it (e.g. flexi bar). This is a fun activity that will teach you to get some good height in your jumps. Go off a short approach run up (5-7 steps).

High jump

- Back-overs - Work on getting your hips/butt up high over the bar. Stand with your back to the bar, both feet on the ground. Push off the ground and throw yourself UP over the bar flicking your legs and heels over the bar behind you.
- Practise jumping at around your PB height - Start off with a height that you are confident with and build up over the session making sure you try get up around your best. This will make you a better jumper if you can practise jumping big.

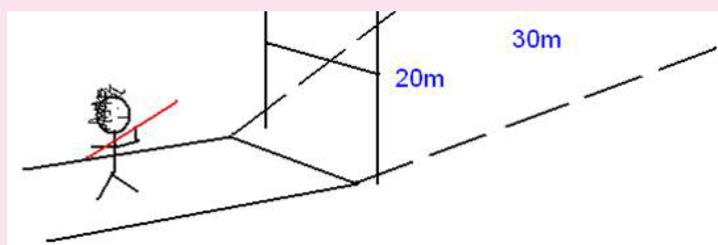
Javelin

- Practise stabbing the javelin into the ground but make it fun by turning it into a game. Stab into a hoop. Have 2-3 hoops out at different distances (allocating different points for each one).



Have a competition with others to see who can get the most points.

- Throw a turbojav or javelin up over a football post and see how far you can get it out there. Keep a record and try to improve the distance of the throw over time. Put markers out to aim for.



Clare is a former member of the Stuarts Point Little Athletics Centre and is now a member of their senior club. During her time in Little Athletics Clare was named in the 2004 LAANSW State Team and was captain of the 2003 Trans Tasman Team. She now competes up to a national level in heptathlon, triple jump and high jump, and is a member of the NSW Institute of Sport Emerging Athlete Program. Clare recently won the triple jump and high jump in the 18/19 years age group at the 2008 Pacific School Games in Canberra.

I made it to the State Championships!

As a member of Tuggerah Lakes Little Athletics I earned the place of representing our club at State level in the U/14's 1500m walk. As always the season started with the excitement and anticipation of what was to come, it was to be in this year that I felt I had finally earned my stripes.

The entire season I had committed myself to my sport and worked hard at each training session; both sprinting and race walking, bettering my skills and increasing my fitness levels. That year I was provided the opportunity to take part in a weeklong athletics camp at Barker College in Hornsby, where we learnt about nutrition, training, visualization techniques and positive thinking. We were also very lucky to have had the opportunity to meet and be coached by a guest athlete, Kerry Saxby-Junna for a day.



By the time came for me to compete at Regional, I was prepared both mentally and physically, I was determined to make it to State Championships in this year.

It was the day of the race at Regional Championships in Narrabeen. It was hot and there were no signs of cooling. We lined up at the 1500m line. The gun sounded. We were off, competing for a spot to sit in the pack and get away from the middle crowd. I sat in about 7th position slowly passing each person as we went around the track until I came up to 4th position where I stayed until the final 100m. I started to overtake the girl in front of me, but she wasn't going to let me have the bronze medal that easily, I had to work for it. We were literally neck and neck furiously competing for a place. A place that meant so much more to me than a medal, it was what I had worked hard for all season. I had put my heart and soul into it, I was not going to let it slip through my fingers no matter how tired and hot I was feeling, or how much my feet were burning from the heat of the ground. I wanted that medal and I was going to have it. We kept passing each other back and forth, back and forth, and back and forth. It had now come down to a battle of the wills and who wanted it more. About 30m before the finish line, I passed her again and went forging forward over the finish line where all that hard work, and all that effort had just paid off for something I had wanted to achieve all season and I finally did it. I was going to State Championships. I felt like I had won gold. All my dreams had come true at that moment.



Little Athletics really taught me about working as a group, believing in myself, building friendships and supporting each other. We were taught about fair play, healthy eating, taking care of our bodies, good sportsmanship and working hard to achieve results. I made it to the State Championships 1992, and I remember it like it is yesterday. All the good things you experience in life stay with you forever. The Tuggerah Lakes Little Athletics club was like an extended family to me.

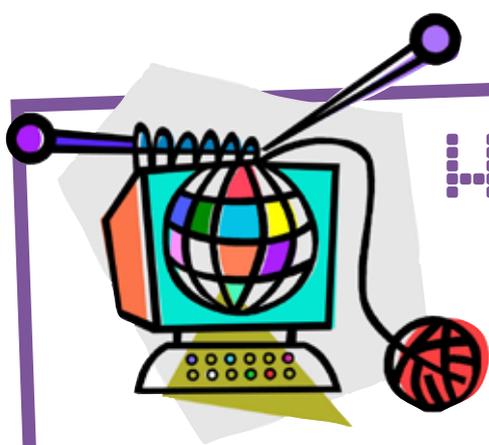
I still believe those values hold true as I now bring my 5-year-old son (Ben) to the same club that brought me great joy. I want him to experience the camaraderie and values that are part of this sport.

Little Athletics is an individual sport, and goals are more achievable when all involved are working as a team. I know Ben will experience some of the best times in his life as he is embraced in the Little Athletics Family.

Wishing all Little Athletes the best of luck, and happy hunting for your dreams.

Lesley Lansdowne





HAVE YOU SEEN...

www.sportsdietitians.com.au

Ever wanted to encourage your junior athlete to eat and drink well, so they can perform at their best?

Sports Dietitians Australia has created a PDF downloadable version of Nutrition tips for young athletes. The booklet offers guidance for meeting the nutritional needs of children aged 5-11 who participate in athletic activities including cross country and track and field events.

You can use this website as a reference for your young athletes nutritional needs. The site also offers other information such as fact sheets and product reviews.

<http://www.sportsdietitians.com.au/www/html/2053-little-athletics.asp>
(direct link to PDF Athletic Booklet)

Food 4 Life

Apple & Cinnamon Sundaes

This yummy dessert comes from the IGA's Food 4 Life website, www.iga.net.au; you can even make a great breakfast version too!

Serves: 4

Preparation time: 10 mins

Ingredients

- 3 apples, chopped
- 2 tablespoons lemon juice
- 1/3 cup raisins
- 8 ginger biscuits, crushed
- 1/3 cup chopped walnuts, toasted
- 2 cups low-fat thick vanilla yogurt
- 1/4 teaspoon ground cinnamon
- Sliced apple, to decorate

Method

Combine apple, juice and raisins in a small bowl. Divide half the apple mixture among four glasses. Layer with half the combined biscuits and walnuts, and half the combined yogurt and cinnamon. Repeat layering. Decorate with sliced apple.



PROJECTS PAGE



MYTHS ABOUT YOUNG ATHLETES & SPORT

Here is the fourth article in a series in which Darren Wensor (Little Athletics NSW Special Projects and Level 4 Coach) attempts to dispel some common myths about young athletes and their participation in sport.

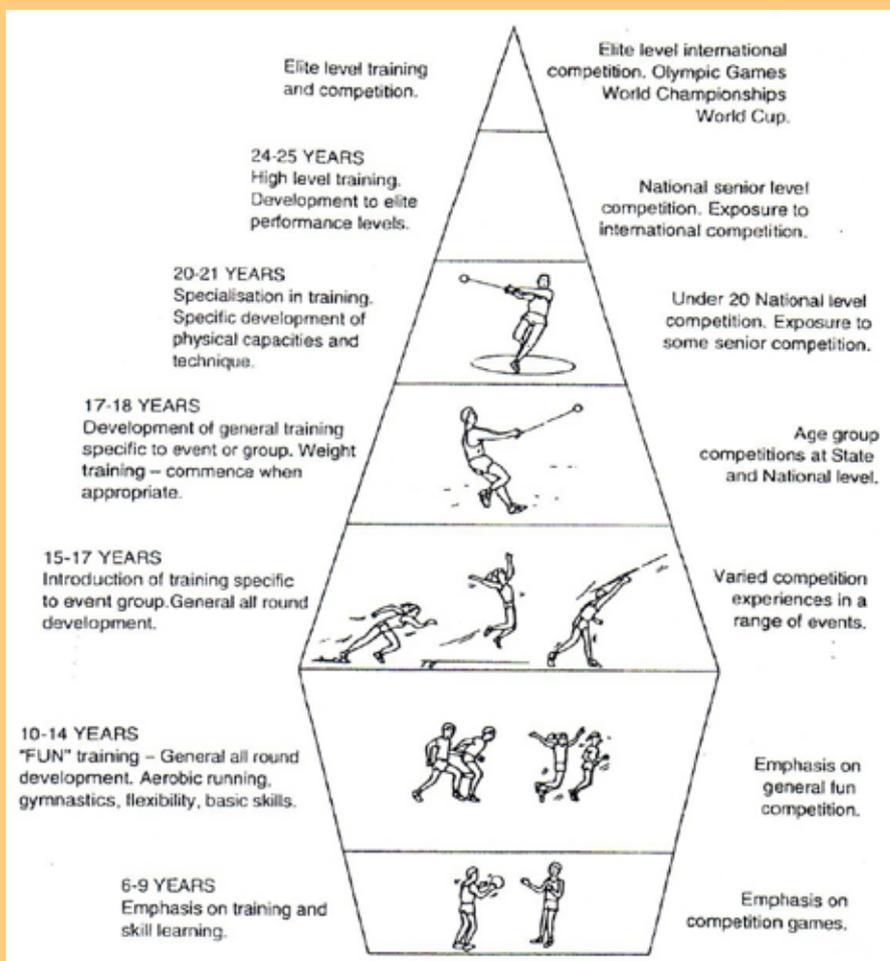
MYTH 4:

“For best results, children need to train like professional athletes”

REALITY:

Parents and coaches must be careful not to place too much in the way of training demands on the young athlete and to seek too much in the way of commitment, regardless of the potential that the athlete exhibits. Not only is there the obvious potential for injury, but the very real potential of suffering from emotional burnout before the athlete has the opportunity to reach their full potential in the sport. Lyle Sanderson, associate professor of physical education at the University of Saskatchewan, as quoted by the Coaching Association of Canada (1997), highlights further potential problems of a child spending too much time in one particular sport. He fears these children: “... are not being prepared for life ...” He also puts forward the following thoughts that are most worthy of consideration: “I don’t think that being completely focused in any one area is ever good for a child. If you lose the ability to play that sport, you may think that you’ve lost everything”.

The Australian Track & Field Coaches Association (ATFCA) keeps things in perspective by recommending the following model for athlete development:



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

The ATFCA also recommends the following training guidelines:

General Guidelines for Training Progression:

- | | | |
|---------------|---------------|------------------------|
| • Under 6-8 | 1 competition | 1 Practice of 60 mins |
| • Under 9-10 | 1 competition | 1 Practice of 75 mins |
| • Under 11-12 | 1 competition | 2 Practices of 75 mins |
| • Under 13-15 | 1 competition | 2 Practices of 90 mins |

General Guidelines for Practice Time:

60min Session: 10mins Warm Up, 15mins each 3 events, 5 mins Warm Down.

75min Session: 15mins Warm Up, 2x20mins, 1x15mins 3 events, 5 mins Warm Down.

90min Session: 20mins Warm Up, 20mins each 3 events, 10 mins Warm Down.

NB: 2-5min recovery/change over periods are incorporated into event times.

If a young athlete is training way outside these guidelines, it should be a matter of concern.

Conclusion:

Children should not be forced to play sport, or to train for competition. Their sport should be promoted as an enjoyable activity giving them the opportunity to learn and develop new skills, to participate with their friends, and to be involved in an exciting activity.

One of the greatest abilities of a parent or coach of young athletes is to look long term and recognize their place and role in the young athlete's overall athletic career. This may very well involve resisting the lure of quick results and the accompanying accolades in favour of slower, sustained athletic development and a longer athletic life. Encouragement and support without pressure is the key with young athletes.

References:

- Australian Track & Field Coaches Association, Recommendations & Guidelines for Parents and Coaches Involved in the Sport of Athletics, 2005, (Information Brochure)
- LeBlanc, J. & Dickson L., Straight Talk About Children and Sport, 1997, Coaching Association Of Canada, Ottawa, Ontario



Tips by Dr Judy Esmond from
www.morevolunteers.com

LOOKING AFTER YOURSELF

Most people don't realise the power of their own role modelling in volunteer recruitment and retention.

It is important that you role model looking after you. Yes! Looking after yourself. Because if potential volunteers see a stressed out, worn out and burnt out volunteer coordinator- volunteering doesn't look at all attractive.

Count Me In

Remote Provisional Classification

As has been widely promoted, all athletes with a disability must possess at least a National Provisional Classification if they want to compete in disability events at Little Athletics.

Remote Provisional Classification is a service that is provided by the Australian Paralympic Committee (APC) that allows for a temporary Provisional Classification to be given without the need for a face-to-face classification evaluation. This is a fantastic service for those Little Athletes who compete with one of our country Centres.

Remote Provisional Classification is offered free-of-charge by the APC to those who:

- Have a physical or functional disability that affects their ability to move their trunk or limbs, and
- Who live in a rural or remote area of Australia (more than 200km from the state capital city) and
- Who are not reasonably able to attend a face-to-face classification in the closest capital city.

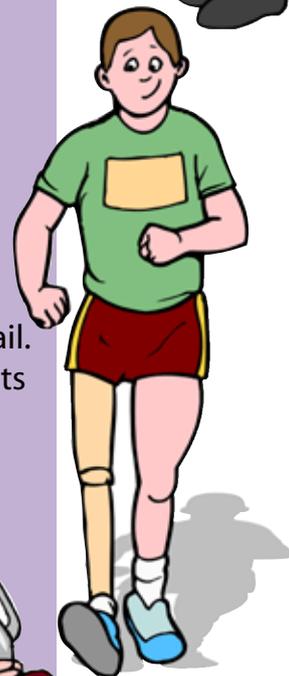
The process involves the person wishing to be classified providing detailed information about their disability and physical limitations to the APC by post or email. This will involve the Little Athlete's parents/guardians arranging relevant assessments to be completed by relevant local health professionals, or obtaining copies of requested medical reports and documents. Once the assessments and medical documents have been returned to the APC, an opinion is given by a panel of experienced national classifiers as to the likely class of the person.

The entire process may take at least three months to complete so should be begun well in advance of the particular event in which the athlete wants to compete.

For more information and/or an application form, see www.paralympic.org.au or phone the Australian Paralympic Committee on 02 9704 0500.

STATE CHAMPIONSHIPS ENTRY FORMS NOW AVAILABLE

An information sheet and entry form for the invitational events for athletes with a disability at the 2009 LAANSW State Track & Field Championships are now available at www.laansw.com.au under "Championships".



Green Valley Little Athletics Centre

From an article featured in the Liverpool Leader

TALENTED athlete Aleksandra Punosevac catapulted herself into the record books with a gigantic leap in the long jump at the recent Central West Metropolitan Zone Little Athletics Championships.

The 14-year-old from Cecil Hills set a record in the under-14 girls division at Edensor Park's Bosnjak Park with a leap of 5.25m, eclipsing the previous record of 4.55m.

Battling shin pains, the Green Valley Athletics Centre member also beat her personal best of 4.96m.



"I wasn't expecting it but my dad told me I could jump over 5m," she said.

"After I got over 5m with my second jump, I knew I could go further."

The Year 9 Cecil Hills High School student hopes to continue her good form at this weekend's Regional Little Athletics Championships at Homebush.

Punosevac needs a top three finish to qualify for the State Championships and after missing out in her previous two attempts, the teenager is determined to make it this time.

"If I have great day like I had at the Zone Championships, then I think I will go well," she said.

The regional championships will be a busy one for the teenager who will also compete in the triple jump and high jump events.

A win in the high jump will earn her the chance to win her third consecutive NSW high jump title.

Punosevac goes into the championships in top form after coming first for NSW in the under-14 girls high jump at the recent Australia Cup in Brisbane.

The teenager, who has a personal best of 1.65m, claimed top spot with a jump of 1.57m.

Port Macquarie Little Athletics Centre

Below are a couple of photos of Port Macquarie LAC's athletics field following torrential rain in February. This is just the water that landed on the field during a couple of hours - there are no burst creeks or rivers involved.



A view of the discus net partly under water with the track area in the background (under more than a foot of water)



This photo shows the view looking towards where the 200m start should be.

Gosford Little Athletics Centre

Corina Hassett wrote to LAANSW to tell of how proud she and her family are of their son, Matthew, who is presently displayed on the website for AWD entries for 2009. Matt enjoys his Friday night athletics and he runs with a wonderful group of young athletes from the Gosford Centre. The Centre has always supported and encouraged our involvement and we are very grateful for the opportunity. Below are some pics from Zone of Matt in his favourite event, shot put.



Sutherland Little Athletics Centre

Under 8 boys competing in the State Championships at Campbelltown.



Angus Clark, Harrison Weitenberg, Jordy Anderson, Harrison Almond

Find a word



In the garden

- ANTS
- BEEES
- BIRDS
- BUTTERFLY
- BBQ
- BUSHES
- COMPOST
- FLOWERS
- GATE
- GAZEBO
- GNOME
- GRASS
- HEDGE
- HOSE
- LAWNMOWER
- PATIO
- POND
- RAKE
- SOIL
- SPRINKLER
- SWING
- TREE
- WATER FEATURE
- WASHING LINE
- WEEDS

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

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 April 2009.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Congratulations

to U17 Little Athlete TEILA BRUCE from SHOALHAVEN LAC who won last edition's Find-a-Word!!

Contact us...



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