



# RUN FOR FUN

Mar/Apr 2010

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Whether you're an athlete, coach, or simply just love fierce competition on the track and the field, then come and see the hottest stars of Australian track and field battle with international challengers at Sydney Olympic Park. With just a few days to go before some of the biggest names in track and field hit town for the 2010 Sydney Track Classic on February 27, it's time for all athletics fans to get behind their favourite athletes along the road to New Delhi in October.

Sydney's own World discus champion and former NSW (Greystanes) Little Athlete, **Dani Samuels**, will send her opponents into a spin as she shows the talent that made her the youngest world discus champion ever. Olympic and world champion **Steve Hooker** (ex-Victorian Little Athlete) will come with his eye on the world record. **Fabrice Lapierre** (ex-Blacktown Little Athlete) will challenge World championship bronze medalist, **Mitchell Watt** (ex-Queensland Little Athlete) in the long jump, both hoping to knock off Jai Taurima's Australian record.

On the track the men's 4 x 400m Berlin bronze medallists Sean Wroe, **Ben Offereins** (ex-WA Little Athlete) and **Joel Milburn** (ex-Glenbrook & Nepean Little Athlete) will fight for supremacy in the 400m. The men's 1500m featuring **Jeremy Roff** (ex-South Eastern Little Athlete) and **Ryan Gregson** (ex-Albion Park Little Athlete) promises to be a huge race.

In addition to the Australian talent, dual Beijing Olympics medallist **David Neville** (USA, 400m), 800m gun **David Rudisha** (Kenya, 400m/800m), Olympic, world championships long jump representative and 2008 national indoor champion **Trevell Quinley** (USA, long jump), former world champion and Olympic medallist **Tero Pitkamaki** (Finland, javelin throw) and Jamaican Olympic and World Championship medalist over 400m, **Danny McFarlane**, (400m hurdles), will all be competing.

So this is your chance to see at first hand top class competition. You can witness present and future Olympians competing against one another in a competition that displays both national and international talent. The action starts at 5.30pm.

For tickets to the Sydney Track Classic, go to [www.sydneytrackclassic.com](http://www.sydneytrackclassic.com). Click **here** for ticket details.

See you at SOPAC this weekend!

## Special Points of Interest...

- Online Surveys
- Preparing for Competition - Dietary Tips!
- Coaching Clinics coming up
- Minchinbury LAC volunteer nominated for Administrator of the Year



# A WORD FROM THE PRESIDENT...

## DERECK FINEBERG



At the time of writing this report, 4 of the 5 Regions have been completed and we are preparing for Region 1, followed by the State Multi's at Nowra. These will be closely followed by our State Championships. We also held an Association meeting in February with representatives from a number of Centres in attendance. So, the February to March period is a very busy one for many people involved in our sport.

I hope that all the athletes and families taking part in these activities enjoyed the experience. For those U/13 and U/15 athletes vying for State Team places for the Nationals in Brisbane in April – good luck. The aim for all should be a personal improvement and if that is good enough to warrant selection then OK; otherwise it is still a fine achievement.

As we approach March to April, most, if not all of our Centres will have completed their seasons. On behalf of LAANSW I want to congratulate all the Centre Committees, mums and dads and athletes, for providing and taking part in what I hope was an enjoyable and successful venture. This season the Association has received little in the way of negative comments or complaints and this is a positive for all concerned. Well done!

As we wind down towards the end of the season, Centres will begin planning for AGM's and presentation days. All of the members of the Board will be trying to attend as many as they can depending on the invites received and their availability. It's always exciting to see the fun and enjoyment on the faces of the children, particularly the little ones, as they receive various awards.

All Zones will be holding elections during April/ May to select their Zone Co-ordinators for the

next two years. This role is an important link between the Board and the Centres so I wish all those nominating for selection good luck and I encourage every Centre to take part in selecting your representative.

More will be said in later publications, but I remind all Centres that the agenda for our Annual Conference to be held in Port Macquarie in July, has already been distributed. Please review the document and sort out your most appropriate delegates to take part in the various planned activities.

Good luck with all the many activities relating to season wrap-up, planning and preparation of AGM's/Presentations and of course, with the very important planning and preparation for 2010/11. Where has the year gone?

Cheers,

Dereck Fineberg (OAM )

PRESIDENT

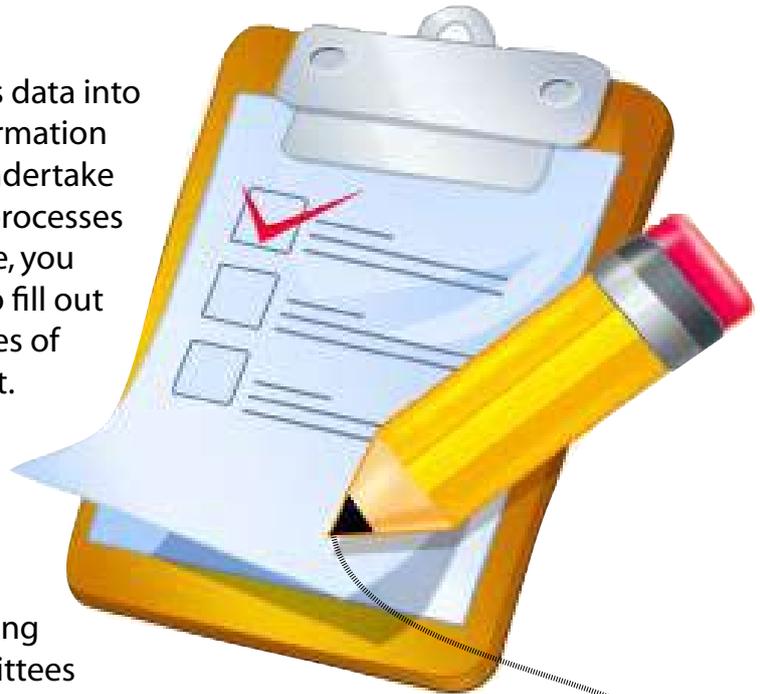
# editorial

Surveys are a good way to collect data, convert this data into meaningful information and then analyse this information for research purposes. Surveys are a process we undertake every now and then to help us with our planning processes or to develop future direction objectives. Therefore, you may or may not have been requested in the past to fill out a survey form or been telephoned to answer a series of questions in relation to various aspects of our sport.

The problem with using surveying methods of this nature is they can be either a nuisance (having to send back the form) or intrusive (telephoned at an inconvenient moment). So, to work around these issues associated with conducting surveys, a number of the LAANSW Advisory Committees are looking to instigate online surveys. This will provide a means for people to do them at their leisure, and once completed, it is a matter of clicking a submit button and voila, done.

One of the first of these online surveys to be initiated soon is about the way we manage our media coverage. This is to help us find out where, when and how much is needed to commit financially to better manage the assortment of media strategies. Promotion and advertising are an extremely important aspect for any organisation trying to entice the sponsorship dollar. Getting sponsorship in these current financial times is hard enough. It is even harder to maintain it. With a well thought out plan and better directed exposure of the product, in this case Little Athletics, we will place ourselves in a healthier position for improving our sponsorship opportunities.

So, if you happen to receive an email asking you to complete an online survey sometime in the near future, please take the time to complete and submit it. We need your feedback to help our sport to grow from strength to strength.





# '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: Canowindra

#### Division 2

(121-299 Members\*)

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

#### Division 3

(300+ Members\*)

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

\* Correct as at 22nd February 2010. Centres may still move into different divisions based on their final registrations which will be confirmed at the end of the season.

**Congratulations to all athletes on your fantastic achievements this season!**

**Keep an eye on your local IGA catalogues for profiles on successful athletes and LA Centres!**

### IGA's Little Athletics Docket Competition Update

We have continued to see significant movement among the leaderboard with some huge batches of docketts being sent in so far in 2010!

Congratulations to all LA Centres who are participating in the competition - you have to be in it to win your share of \$15,000!

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 docketts!

We're in the final months of the competition and competition is heating up across the divisions.

Good luck to all LA Centres for the final months!

*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](http://www.igakidsclub.net.au)



**HOW TO ENTER:** Keep your IGA docketts 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 Docketts to:  
Rebecca Harrison at IGA,  
37 Bessemer St, Blacktown, NSW, 2148.



# The ROC

(The Rules of Competition)

Did you know.....

## HEADS DOWN

The tip of the head of the javelin must strike the ground before any other part of the javelin for the trial to be considered as a fair throw. The javelin does not have to stick into the ground.

## PATCHY COLOUR

IGA patches must be worn on the top right hand side of the uniform. For the current season only those with the red background should be worn.

## THREE AT A TIME

At Multi-Event carnivals athletes only get three trials in field events (no top eight). Points are allocated for the best of those three trials.

## LONG LAST

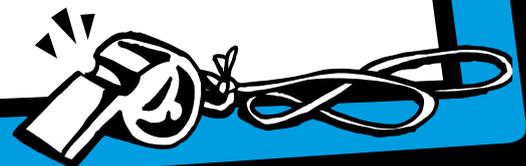
The last event for each age group at a Multi-Event carnival is their long distance event i.e. Pack Start / 800m. The order in which they run this last event is based on the order in which they stand after their second last event.

### *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.*



# Championship News

Now that the 24 Zone Championships have been completed and once the qualifiers have all competed at the 5 Region Championships held at Narrabeen, Blacktown, Campbelltown, Tamworth and Finley, there will be 16 athletes in each age group and each event who will be training very hard in preparation to compete at the State Championships, being held at Sydney Olympic Park on 19th – 21st March.

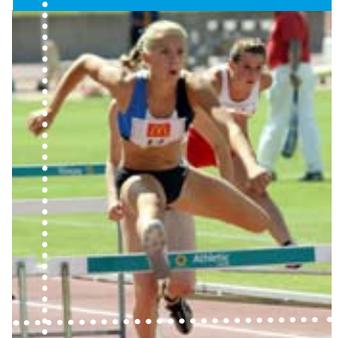
We hope that everyone has enjoyed their championships so far and have achieved pb's in their events.

Also, 812 athletes and their families will travel down to South Nowra on March 6 & 7, to compete at the State Multi-Event. We thought there might have been a few more entries, with Nowra not being that far from the Sydney area. The 2010 Trans Tasman Team which toured New Zealand in January, will also have their reunion there.

Did you notice the latest devices that were being used to measure the discus and javelin at Region? These are called EDM's (Electronic Distance Measurers) and Little Athletics has bought 2 units. EDMs are used at the Olympic and Commonwealth Games.



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



# ANNUAL GENERAL MEETING & ANNUAL CONFERENCE

17th & 18th July 2010  
Panthers, Port Macquarie

## The Proposed Program

### FRIDAY 16th JULY

7.30pm Registration and 'Meet & Greet'

### SATURDAY 17th JULY

8.00am Registration

8.45am Official Opening & 2010 Annual General Meeting & Season Report

10.00am Discussion Items; Budget; Questions on Conference Book

10.30am Morning Tea

10.45am Discussion Items; Budget; Questions on Conference Book

12.45pm Lunch

1.30pm **Keynote Speaker:** TBC

2.00pm **Breakout Session 1 - Workshops**

- Introducing Skill Development
- Behaviour Standards
- Online Official Exams
- Committee Roles
- Skill Development - Practical

3.15pm Afternoon Tea

3.30pm **Presentation:** Centre / Local Council Relationships

4.15pm **Breakout Session 2 - Centre Best Practice Presentations**

- Recruiting & Retaining Volunteers
- Centre Management Practice
- PB & Award Systems

5.15pm Conclusion of Day 1

7.00pm **Annual Dinner & Award Presentations**

### SUNDAY 18th JULY

9.00am **Breakout Session 3 - Zone Forum / Networking**

- Open discussion in Zone groups

9.45am **Breakout Session 4 - Workshops**

- Introducing Skill Development
- Get That Grant
- Online Registrations
- Managing Volunteers
- Skill Development - Practical

11.00am Morning Tea

11.15am **Presentation:** Australian Little Athletics - A new logo & a united direction

11.45am **Breakout Session 5 - Networking / Group Feedback**

- What is the one thing your Centre does really well?
- What can the Association do better?

12.45pm Lunch

1.30pm **Future Directions Forum**

2.45pm **Presentation:** A New Association Constitution - the path forward

3.30pm Closing & Thank You



Join in  
the fun  
and have  
your say!

Delegates AND  
Observers from ALL  
Centres are welcome  
to attend.



# COACHES CORNER



## Preparing for Competition DIETARY TIPS

*The 2010 Multi-Event & State Championships are just around the corner. Here are a few dietary tips to help you "be your best" on the day of competition.*

### Fluid Replacement

Thirst is a poor indicator of dehydration; it is a late signal of fluid loss. Fluid is lost mainly through sweat. Sweat is mainly water and very little salt; salt tablets are not necessary and can make dehydration worse. You need to replace fluid lost.

As a guide, for every kilogram lost during exercise you need to drink 1 litre of fluid. This fluid should be consumed before, during and after exercise.

Remember:

- Drink cooled water. If exercise is going to continue for more than 1 hour use a sports drink (a carbohydrate concentration of 5-10% with the addition of a small amount of sodium)
- Drink 500ml (2-3 glasses) every ½ hr to 1hr before exercise
- Drink 200ml (1-2 glasses) every 20 mins during exercise
- Drink 500ml to 1 litre (5 to 6 glasses) after a game

### Pre-Event Meal

It is important to top up on fuel stores. Meals should be familiar and not "out of the ordinary" super diets. Do not experiment with new foods prior to competition. Eat at least 2-3 hours before competition to allow time for comfortable digestion. The meal should be high in carbohydrates and low in fat, protein and fibre. Ensure adequate fluid intake with your pre-event meal.

If anxiety is a problem before an event, a liquid meal supplement can take the place of a solid meal e.g. Sustagen, fruit smoothies, commercial low fat liquid meals.

### Examples of Pre-event (2-3 hours before competition)

- breakfast cereal & skim milk (or low fat milk) & fresh/canned fruit
- muffins or crumpet or toast with jam or honey
- pancakes and syrup
- fruit salad & low fat yoghurt
- baked potatoes with low fat filling
- toast and baked beans
- pasta with low fat tomato sauce
- roll or sandwich with banana filling
- liquid meal (eg Sustagen, Up & Go)

### Eating During the Event

In events lasting longer than 90 mins you will benefit from taking fluid and some fuel (carbohydrate) during activity. Suitable carbohydrate choices are:

- 500-1000ml Sports Drink
- 10-20 jelly beans
- 2-3 pieces of fruit
- 1 low fat Sports Bar
- 1-2 low fat Muesli/Breakfast Bars

When competing in several events over a day it's important to have

regular carbohydrate snacks in between events to top up fuel levels and help delay the onset of fatigue. It's important to be prepared and take suitable food along with you. Make sure it's something you have tried before.

### Examples of Snacks for in-between events

Under 1½ hours between events:

- water (provides fluid only)
- sports drink (CHO & Fluid)

1½ - 2 hours between events:

- water (provides fluid only), fruit juice, sports drink
- fruit, jelly babies, snakes
- liquid meals eg Sustagen Sport.

2 - 3 hours between events

- rice cakes with banana/honey/jam
- low fat muesli bar
- fruit, fruit bread
- jam/honey sandwich

### Eating For Recovery

Good nutrition can play a vital role in enhancing recovery after strenuous exercise. You need to refuel your body with carbohydrates in the first 15 mins after exercise and then again in 2 hours time. Drink water or sports drink regularly after training or competition. The amount of carbohydrate that needs to be consumed is between 50g - 100g, see examples below.

### Examples of Recovery Snacks

- 250ml of carbo-loader supplement (eg Powerade,) - 250-350ml of liquid meal supplement (eg Sustagen) or a home-made low-fat milk shake/fruit smoothies
- 800-1000ml of sports drink 800ml of cordial 500ml of fruit juice, soft drink or flavoured mineral water
- 50g packet of jellybeans or jelly lollies
- 1 round of jam sandwiches (thick sliced bread and lots of jam!)
- 3 medium pieces of fruit (e.g. apple, orange and banana)
- muesli bars (if choc-coated consider high fat content)

### Quick, Low-Fat and Nutritious

- 250ml of liquid meal supplement (eg Sustagen) or a home-made low-fat milk shake/fruit smoothie.
- Cup of thick vegetable soup with a wholemeal roll. Salad sandwich and a piece of fruit. 200g carton of low fat fruit yoghurt and a muesli bar (not chocolate)
- Large baked potato (250-300g) with low fat filling and a glass of skim milk. Bowl of cereal with skim milk.
- Bowl of fruit salad with ½ (200g) carton of low-fat fruit yoghurt.

# DEVELOPMENT DIARY



## 2010 April School Holiday Coaching Clinics

West Wyalong LAC – Wednesday April 7, 2010

Forbes LAC – Thursday April 8, 2010

Orange LAC – Friday April 9, 2010

### Why Should I be Involved?

- Improve your basic athletic / sporting skills of running, jumping and throwing, with nationally accredited athletics coaches.
- Meet lots of friends.
- Have a fun day being active and **“giving it a go”**
- Find out more about Little Athletics and what it has to offer!

### How Do I Register?

- **Register online at [www.laansw.com.au](http://www.laansw.com.au)** or complete the attached application form with cheque/money order (made payable to LAANSW) and post to LAANSW.
- Final **closing date** for applications is **Wednesday, March 31, 2010**.
- Take advantage of the \$20 “early bird price”.
- Numbers are limited (maximum 60 per clinic), so early applications are advised. A clinic will not proceed unless a minimum of 30 applications are received.
- Open to all interested, (registered or unregistered) children, eligible for the U9-U17 age groups in the 2009/2010 season, who just want to “give it a go” and have fun.

**Events to be coached:** Sprints, hurdles, shot put, discus, long jump and high jump (scissor technique).

All participants will be placed in groups according to their age and will rotate through the event groups.

**Coaches:** All coaches employed by LAANSW are highly skilled, motivated, experienced, and are nationally accredited with the Australian Track and Field Coaches Association (ATFCA). Coaches aim to make the day fun and a valuable learning experience for participants.



## North West Athletics Super Clinic, TAMWORTH” Its on again!

This clinic is celebrating its 7th year, and is a partnership arrangement between Little Athletics NSW (LAANSW) and NSW Dept. of Sport and Recreation (DSR). This year’s clinic will be held from Tuesday July 6 to Wednesday July 7, 2010 at Farrer Memorial Agricultural High School (FMAHS). This clinic attracts participants from all around NSW and is open to registered and unregistered athletes, of all standards, who have an interest in developing their athletic skills. Athletes aged 8-17yrs (must be at least 8yrs old, prior to the clinic), are eligible to attend.

Athletes will be coached in 7 specialised athletic sessions of their choice, with morning tea, lunch and afternoon tea supplied to all participants. Parents are also encouraged to stay, watch and learn from the coaching sessions or on the other hand may wish to tour the sights of Tamworth.

To register for this **“FUN-tastic”** clinic, simply download, complete and return a registration form, and send with full payment, to the Department of Sport and Recreation, Tamworth. For more information call Tamworth Sport and Recreation on (02) 6766 1200.

# Count Me In

## Little Athletics NSW Classification Guidelines for Athletes with a Disability

All athletes with a disability must be formally classified if they want to compete in disability events at Little Athletics.

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.

The following is a guide to the seven disability categories and the classification requirements for entry to the Little Athletics NSW State Championships:

### Deaf (T/F 1)

To compete under this classification, an athlete must have 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 an audiologist confirming the above must be sent to Little Athletics NSW with the State Championship entry form.

### Visually Impaired (T/F 11 – 13)

This class covers different levels of visual impairment from poor light acuity to total blindness.

Athletes will require a National IBSA Classification Card (IBSA = International Blind Sports Association), a copy of which must be sent to Little Athletics NSW with the State Championship entry form.

For more information, contact the Blind Sporting Association of NSW on 02 9638 7075.

### Intellectual Disability (T/F 20)

Intellectual disability is characterised both by a significantly below average intelligence level (based on an IQ test) and by difficulties in ability to function in areas of everyday living e.g. communication, self care, social situations and school activities (identified before the person is 18 years old).

Athletes must have their classification validated by AUSRAPID. A copy of the AUSRAPID membership card must be sent with the State Championship entry form. Contact AUSRAPID on 03 5762 7494 or see [www.ausrpaid.org.au](http://www.ausrpaid.org.au).

### Amputee & Les Autres (T/F 40 – 46)

This class covers ambulant athletes with different levels of amputations and other disabilities, including les Autres (eg. dwarfism).

Paperwork or a card providing evidence of National Provisional Classification must be sent with the State Championship entry form. For more information about the classification of amputee & les Autres athletes contact the Australian Paralympic Committee on 02 9704 0500 or see [www.paralympic.org.au](http://www.paralympic.org.au)

### Cerebral Palsy (T/F 32 – 38)

This class covers athletes with different levels of cerebral palsy - both wheelchair (32 - 34) and ambulant (35 - 38).

Paperwork or a card providing evidence of National Provisional Classification must be sent with the State Championship entry form. For more information about the classification of athletes with cerebral palsy contact the Australian Paralympic Committee on 02 9704 0500 or see [www.paralympic.org.au](http://www.paralympic.org.au)

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

This class covers wheelchair athletes with different levels of spinal cord injuries and amputations.

Paperwork or a card providing evidence of National Provisional Classification must be sent with the State Championship entry form. For more information about the classification of wheelchair athletes contact the Australian Paralympic Committee on 02 9704 0500 or see [www.paralympic.org.au](http://www.paralympic.org.au)

### Transplantee (T/F 60)

A person who has received a kidney, heart, heart and lung, liver, or bone marrow transplant can compete in this class.

A letter from a doctor confirming a kidney, liver, heart, lung (single and double), pancreas or bone marrow transplant must be sent with the State Championship entry form.



## STATE CHAMPIONSHIPS ENTRY FORMS NOW AVAILABLE

An information sheet and entry form for the invitational events for athletes with a disability at the 2010 LAANSW State Track & Field Championships are now available at [www.laansw.com.au](http://www.laansw.com.au) under "Championships"



# TRAINING WITH JOHN STEFFENSEN

Little Athlete Emily Smelt and two of her friends from Northern Suburbs Little Athletics Centre in NSW had the unique opportunity to train with Commonwealth Games 400m champion John Steffensen after winning the competition conducted by Little Athletics sponsors Asics and The Athlete's Foot.

Last Saturday Emily and her friends spent a couple of hours training with John, who was a former participant in Little Athletics himself in Western Australia, at the warm-up track at Sydney Olympic Park. John shared his knowledge as an international athlete with the group in his fun and outgoing way as they practised running, relays and the long jump, with the children taking home an Asics prize pack, plenty of autographs and unforgettable memories.

Australian Little Athletics would like to thank John, Asics and The Athlete's Foot for making the opportunity available and for their continued support of Little Athletics.



## Food 4 Life

### Blueberry Pikelets with Blueberry Salsa

Serves: 4

Preparation time: 20 mins

Cooking time: 20 mins

#### Ingredients:

- 1 cup self-raising flour
- 2 tablespoon caster sugar
- 1 cup buttermilk
- 2 egg white
- Cooking oil spray
- ½ cup frozen blueberries, thawed
- Low-fat frozen yogurt, to serve

#### Blueberry salsa:

- 1 cup frozen blueberries
- 1 tablespoon caster sugar
- 2 teaspoons lemon juice

#### Method:

To make blueberry salsa, combine blueberries, sugar and juice. Combine flour and sugar. Whisk in buttermilk and egg white. Heat a large non-stick frying pan. Spray with cooking oil. Cooking two at a time, pour 1/4 cups batter into pan. Sprinkle with blueberries. Cook until bubbles appear on surface. Turn over and cook until lightly browned underneath. Remove and cover to keep warm. Repeat with remaining batter. Serve pikelets with salsa and yogurt.



## Minchinbury Little Athletics Centre



FROM canteen lady and club registrar to organising uniforms and serving various committee roles, Lisa Sayers has done it all in her 15 year involvement with Minchinbury Little Athletics.

Her dedication behind the scenes will be recognised later this month at the 2009 Blacktown Sports Awards, where she is among five nominees for the administrator of the year category.

She has been the club president for the past eight years.

This is Mrs Sayers's second nomination for the award.

"I'm honoured that someone thinks highly of the work I do to nominate me," she said.

"It acknowledges the hard work that goes on behind the scene. But it shouldn't be recognition for just the nominees. Their families should be also be acknowledged. There have been many times where I've put my husband and children on the back burner."

Mrs Sayers has seen the club grown in recent years from one of smallest to the third largest Little Athletics club in the West Metropolitan Zone. It now has 245 members.

"It gives me satisfaction that I'm doing something for the children and providing a safe haven for children to exercise," she said.

Other nominees for the award include Maree Toomey from Blacktown Workers Soccer Club, Faye Lewis from Blacktown City Swimming Club and Riverstone Little Athletics president Vernon Cross.

They are among 50 nominees from seven award categories to be recognised on February 27.

Tickets are available for the night at Mt Druitt Workers Club. Cost: \$35 adults, \$15 children, which includes a three-course meal. Details: 98396000.

*Article taken from the Blacktown Sun - 16th February 2010*

# Find a Word



## TREES

- BEECH
- BLUE GUM
- BONSAI
- CHERRY
- COCONUT
- CRAB APPLE
- OAK
- EUCALYPTUS
- FIG
- JACARANDA
- MAGNOLIA
- MAHOGANY
- MAPLE
- REDWOOD
- TEAK
- WALNUT
- WILLOW

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

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 26th of April 2010.



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

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

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

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

**Congratulations**

to U11 Little Athlete TARA GUEST from Gunnedah 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