

RUN FOR FUN



JANA MAKES A SURPRISE VISIT



Ten years ago, Jana Rawlinson was a member of the 1998 State Team that traveled to Hobart to compete in the Australian Little Athletics Championships. On that occasion she won the gold medal in the Under 15 multi event, which included an Australian Best Performance in the 90m hurdles.

The dual world champion, Olympian and Commonwealth Games gold medalist has come a long way since then, but she still holds her Little Athletics State Team experience close to her heart.

This was clearly demonstrated by her surprise visit to the 2008 State Team Camp 2 on April 12 at the Sydney Academy of Sport & Recreation, to wish the team well before their trip to Melbourne.

Disappointed that she was unable to attend a reunion of the 1998 team at the camp later that evening due to a clash with an awards dinner, Jana had re-arranged her training schedule and contacted the team management the previous afternoon to organise the visit.

There were many wide-open eyes and some very excited young athletes when Jana appeared at the track during the Saturday morning training session. Minutes later, the team had gathered in the grandstand to

hear Jana talk about her fond memories of her time in the state team, and lessons she had learnt during her wealth of experiences as an athlete. Jana's words of wisdom about such things as looking after yourself, dealing with nerves and making the most of opportunities were eagerly absorbed by the team members. Following her discussion, Jana spent time signing autographs and posing for photos with the team.

The team members enthusiastically thanked Jana for her visit but soon learned that the excitement was not yet over. As they resumed their training they were thrilled and honoured to share the track with Jana as she went about completing her own scheduled training session closely monitored by coach and husband, and former Olympian, Chris. Many were amazed by the strength, power and training intensity of the world champion.

Jana's visit was a memorable occasion for everyone. The fact that she re-arranged her training schedule to meet and chat with the 2008 team, only days before leaving Australia to begin her overseas Olympic preparation, left a strong positive impression on the team members, making them feel very special. Many thanks to Jana and Chris for their efforts.

May/June 2008

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- Holroyd Little Athletics have a good time on Trans Tasman



A WORD FROM THE PRESIDENT...

DERECK FINEBERG

Well we have now come to the end of our 2007/08 season - one which saw several interruptions caused by the wet weather. Overall though, it has been another successful one and we were able to complete all our remaining Association Championships on schedule.

These included our State Multi Event at Orange which was an excellent carnival. Certainly Orange Little Athletics Centre should be very proud of their efforts hosting this event - they did a wonderful job.

Also our State Championships at Homebush which this year saw the photofinish system used for the first time at our carnival. This was very successful and was well received by athletes and parents alike. Unfortunately technology did let us down at the carnival with the PA system not functioning as expected. We hope that SOPAC are able to rid it of its demons by the time of our next carnival at that venue.

Last but certainly not least was the Australian Championships for our Under 13 team and our Under 15 multi reps in Melbourne at the end of April. Once again our team acquitted themselves extremely well and everyone was proud of their efforts.

Congratulations to all athletes who competed throughout the season whether it was at the various championships or at their local Centres/ clubs. I hope you all enjoyed the experience and most of all, had fun.

Congratulations also to all those officials, members of committees and general helpers who gave of their time so that the various competitions could go ahead. Without you we would have no sport.



On the ALA front, we welcome Mr Adam Wallish to our sport following his appointment to the ALA CEO role. I am sure he will be a success and we are hoping he will be in attendance at our NSW Annual Conference in July.

I hope that many of our athletes take the opportunity to compete at this year's State Cross Country and Road Walks in Lithgow on Sunday July 6th. Bring your winter woollies!

I also hope to see many representatives from our Centres at the Annual Conference in Tamworth in July. This is a very important forum and I encourage Centres to send delegates if at all possible. It is a great opportunity to take part in, or just listen to discussion, on a number of important matters pertaining to Little Athletics. It is also a chance to meet fellow little A people and share ideas.

Cheers,

Dereck Fineberg (OAM)
PRESIDENT

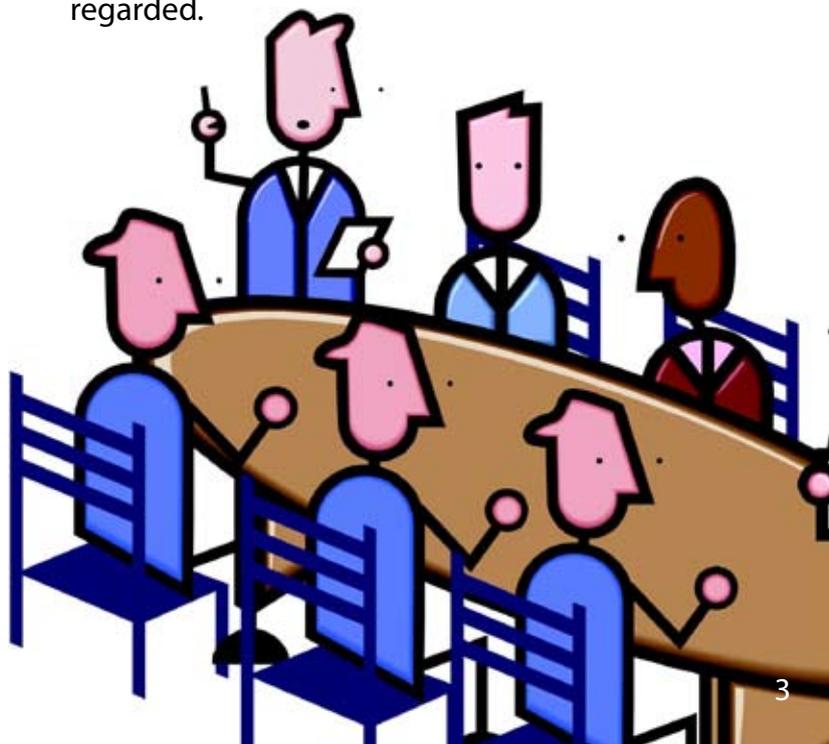
editorial

Many people believe most of the formation of policy and the future direction our Association takes is mandated by the Board of Management. This is in fact not the case. Our Association's Board of Management is guided by a number of Advisory Sub-Committees which are in existence. Each of these Sub-Committees is related to a specific portfolio. They examine the many facets that make up our sport such as competition, officials, membership, risk management, resources, technology, promotional activity, constitutional matters, but to name a few.

Just to help you understand how important these sub-committees are to the Board, and therefore to the Association as a whole, let us examine the introduction of the Under 17s this season. A number of sub-committees were involved in providing detailed information over a number of months to guide the Board in deciding the best outcome with the introduction of this age group. For example, the Championships Sub-Committee looked at the various options we had to incorporate this age group into Association Championship carnivals. This was no easy task because no matter which option they considered, there was an impact somewhere along the line. The Membership Development Sub-Committee looked at what options we had, in collaboration with Athletics NSW, to maximise the number of registrations for both organisations. The Risk Management Sub-Committee had to assess the areas of current policy and procedures to ensure they adequately covered the inclusion of the new age group. The Constitutional Sub-Committee was tasked with making sure our Constitution and By-laws enabled the introduction of the new age group and to recommend changes where there were shortfalls.

These are just a couple of examples from a whole raft of issues that needed to be considered and the Board could not have managed this alone. The final outcomes about the introduction of the Under 17s that were announced at the February 2008 Association Meeting was the result of many hard working people behind the scenes.

So, let's get to the point... involvement with these sub-committees is not a closed shop. Any member of our Association can be involved. These Sub-Committees are reformed every two years in line with the respective Director whose portfolio these sub-committees fall under. All that is required to join a sub-committee is to submit a written expression of interest when they are called for. If there is an area of our sport that interests you and you feel you could make a worthy contribution, please, give it some serious consideration. As you can see, these sub-committees are a very important part of this Association and people's involvement in these is considered extremely valuable and highly regarded.



WHAT A TEAM!

On Saturday April 26, 2008, nearly 200 athletes from seven Australian states and territories gathered in Melbourne to compete at the 2008 adidas Australian Little Athletics Championships.



New South Wales arrived with a strong and motivated team:

UNDER 13 COMPETITORS

Amy Bettiol
Josie Ernst
Kiri Farmer
Melissa Farrington
Rachelle Grodze
Caitlin Heeps
Nicola Keane
Anna Laman
Abby Moroney
Maddie Pirie
Aleksandra Punosevac

Manly Warringah
Maitland
Illawong
Northern Suburbs
Albion Park
Jamison
Sutherland
Campbelltown
Camden
Revesby Workers
Green Valley

Joshua Bingham
Byron Cavender
Nathan Fazldad
Harry Grove
Akbar Ali Gulzari
Gerard Holland
Sam Mete
Edward Pickering
David Snowdon
Matthew Still
Christian Tozer

Lake Illawarra
Gosford
Nepean
Tumut
Tiger Wests
Grenfell
Ku-Ring-Gai
Douglas Park
Kurrajong Bilpin
Campbelltown
Bowral

UNDER 15 COMPETITORS

Courtney Owens
Talissa Scott

Greystanes
Kiama

Bradley Sharne
Andrew Neville

Smithfield
Blacktown

The team was announced following the Little Athletics NSW State Track & Field Championships on March 15 & 16. Two preparatory team camps at the Sydney Academy of Sport & Recreation, Narrabeen, preceded the team's trip to Melbourne. The team received plenty of support in the lead up to the Championships highlighted by visits to the camps by Melinda Gainsford-Taylor and Jana Rawlinson.

The team arrived in Melbourne on Wednesday April 23rd and enjoyed a fantastic few days in the lead up to the Championships. Highlights included a tour of the MCG, a ride on Puffing Billy, games of Laser Tag, a Civic Reception & Teams Welcome, and a very successful track familiarisation.

On the day of the championships, the team performed with wonderful determination, pride, team spirit and sportsmanship. The Under 13 athletes finished first in the gold medal count and runners up to Victoria for the Trevor Billingham Trophy for overall point score. The Under 15 athletes finished runners up, also to Victoria, in the Life Members trophy for their team point score. Overall, the NSW team achieved ten gold medals, four silver medals, nine bronze medals and a large number of PBs. It was a great effort. Congratulations to everyone involved.



Being in the state team was an honour, it is something that all Little Athletes should strive for in the future. It was a great experience and **a journey not to be forgotten!** We had lots of fun on the camps focusing on team bonding activities and small training sessions! Not to forget the marching! Being picked captain must have been the icing on top of the cake! I knew that now I was captain I must be even more supportive and proud of the NSW State Team! And indeed I was! Everyone tried their best and I don't think anyone could have asked any more!

In Melbourne we had many highlights including laser tag, the MCG tour and more! This was a journey not to be forgotten and when it was over you do not realise how good the experience really was. **You start to appreciate it 10 times as much when it is over.**

Thanks again, Kiri Farmer!



"Be THANKFUL and Make the Most of Your Opportunities"

**Words of Wisdom from a Legend of
Australian Athletics.**

On Saturday March 29, 2008, the LAANSW State Team was treated to an inspirational and motivational talk by Australian track and field legend and good friend of Little Athletics NSW, Melinda Gainsford-Taylor. Melinda (Australian representative in 3 Olympics, 2 Commonwealth Games, 200m World Indoor Champion and is still current Australian 100m & 200m Australian record holder). Mel is an ex-Little Athlete who was also a member of the 1984 LAANSW State Team that competed in Perth. Her message of "be thankful and make the most of your opportunities" truly reflected her own career and laid the foundation for the 2008 State Team experience. For most of these athletes, this will be their one and only chance to make the team and Melinda encouraged them not to take the opportunity for granted.

Melinda highlighted this message using her own experiences as a former State Team member and experiences throughout her professional athletic career. As she says, "...whoever thought a little girl from a wheat and sheep farm could experience everything I have." Melinda informed the team of how she used to try to race her dogs and round up the sheep, and training sessions consisted of runs around the dam and to the front gate. She spoke of the realities of being an athlete and having to overcome injuries, disappointment and distractions. She also told of the elation she felt of representing Australia at the Olympics (especially Sydney 2000 in front of her home crowd), Commonwealth Games, competing against the world's best, breaking records, travelling the world and the lifelong friendships that she has made. Melinda brought her Little A's medals, photos, Commonwealth Games and World Championship medals, as well as her Sydney 2000 racing suit.

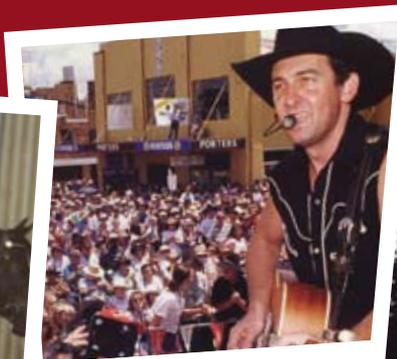
This was definitely an inspirational experience for the team. It showed them all that anything can happen if they if they are prepared to put in the work.

With Melinda highlighting her humble beginnings and where it all began, to where it has taken her and relating this to the team, she was able to be a motivation. Her message was that this experience is a stepping stone to bigger and better things if you can: "be thankful and make the most of your opportunities".



2008 ANNUAL GENERAL MEETING & ANNUAL CONFERENCE

**19th & 20th July 2008
Wests, Phillip Street
TAMWORTH**



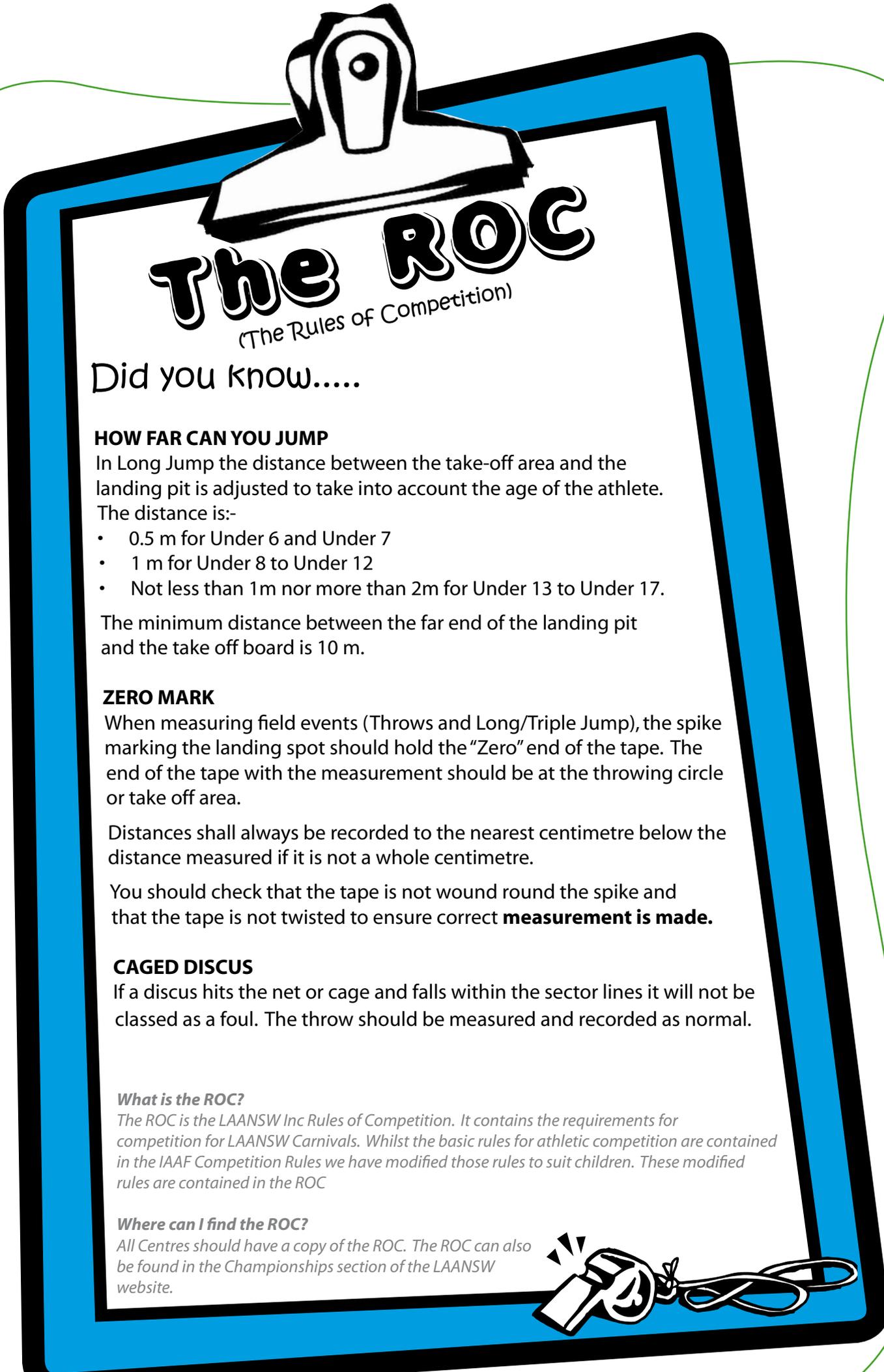
- It's a great opportunity to meet people from other Centres.
- There are interesting workshops to attend and learn more about what you can do for your Centre.
- There is Dinner Dance on the Saturday evening. The New England Zone will be hosting the evening, which will have a "Christmas in July" theme. Hopefully everyone at Conference can attend!
- All who attend the Conference will receive a free satchel, along with some other gifts.

**Delegates AND
observers from
ALL Centres are
welcome to attend.**



Join in the fun and have your say!

For more information, including the Conference fee and dinner dance costs, please contact LAANSW on 9633 4511 or 1800 451 295. Email: admin@laansw.com.au



The ROC

(The Rules of Competition)

Did you know.....

HOW FAR CAN YOU JUMP

In Long Jump the distance between the take-off area and the landing pit is adjusted to take into account the age of the athlete.

The distance is:-

- 0.5 m for Under 6 and Under 7
- 1 m for Under 8 to Under 12
- Not less than 1m nor more than 2m for Under 13 to Under 17.

The minimum distance between the far end of the landing pit and the take off board is 10 m.

ZERO MARK

When measuring field events (Throws and Long/Triple Jump), the spike marking the landing spot should hold the "Zero" end of the tape. The end of the tape with the measurement should be at the throwing circle or take off area.

Distances shall always be recorded to the nearest centimetre below the distance measured if it is not a whole centimetre.

You should check that the tape is not wound round the spike and that the tape is not twisted to ensure correct **measurement is made.**

CAGED DISCUS

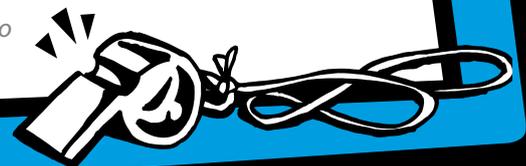
If a discus hits the net or cage and falls within the sector lines it will not be classed as a foul. The throw should be measured and recorded as normal.

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



Middle Distance Training Program



by Jared Lekkas
2005 State Team Member

Warm Up:

- 400m Jog lap with side to sides, backwards running, easy skipping and other light exercises to start to loosen up muscles.
- Group Drills like high knees, butt kicks, at a moderate speed. Each child can choose an exercise which they would wish to do. Skipping, easy bounds, high knees etc. These should be done in an active manner with either a jog back or quick walk back so that people start to work their lungs and cardiovascular system also. Throughout these drills analyse techniques and give things to work through, so the drills are not being done aimlessly.
- Stretches on the main muscles used. Once again kids can have their input as well. Only about 5 minutes of stretching just to loosen up any muscles which are still tight.
- Run throughs over 50-60 metres beginning slowly and building up with each run. Don't run to full speed. Walk back quickly after each run so that they aren't too tired but it is working their lungs a little bit.
- A game that could be used in the warm up is called "catch the tail". Each child has a tail hanging from their waist and whilst trying to remove other peoples 'tails' they must protect their own. This is a general body warm up which diverts the kids attention from the fact that they are warming themselves up whilst having fun. The leaders can stop this when they believe it is complete.

Program:

- With a group of 10 people run 2 separate relays over 400m where each runner is positioned at every 100m. This requires 5 people per relay. Run at 80-90%. Run until each person is back to there original position. This exercise works the aerobic endurance without much muscular endurance. Recover for 5-8 minutes until athletes have recovered quite well and repeat. This time with different teams. This can be a race so that the kids are more interested and competitive. Also it can be completely timed so that over 4 laps they beat 4 minutes in total for 1 mile. This exercise should not tire them out too much.
- Another exercise that can be used is a 'fartlek'. This involves a run which is slow then faster in different intervals. This could

be 100m jog, 100m run, or 400m walk, 100m run. This can be varied any way to suit the ages and the speed of which it is run. However the rest should be made so that they have enough time to recover slightly.

- In addition to aerobic endurance they can do various exercises such as sit-ups, push ups, medicine ball activities, jumps or hops over small hurdles. If done in a group environment these will make it easier for them to do psychologically. This could be done in a circuit format so that they can do an easy run between exercises which can help loosen up some muscles before working muscles individually.
- Longer easy bounds or hill running can increase strength which improves speed endurance in middle distance runners. Distance runners can run long distances but to be a good distance runner you must have good speed endurance which allows you to keep up the same distance at a faster speed. This allows you to keep up with unexpected race tactics and changes in pace.
- You could possibly just do repetitions of runs over 200m or 300m with a walk or jog back recovery. These runs should be run at a 1500m or 800m sort of pace depending on the speed at which they are run, with a longer recovery after 3 then repeat if desired.
- You could do a shuttle relay with teams of two. Each runs 100m (50m out, 50m back). This can be good for there speed endurance as well as aerobic endurance because it's in short distances but it can be done over a longer time therefore working the aerobic endurance. Each person runs 5-10 times. Although it's a race these should be paced because there is little rest to recover so they won't be recovered sufficiently to go quickly.

Warm Down:

- A constant warm down with easy jogging, stretching, light drills. All to slowly stop using muscles to avoid any soreness. Keep the warm down going for about 10 minutes with a variety of exercises and stretches so that all muscles have been relieved and loosened if they ended up tight after the training program. Kids input into which stretches and drills can be still done just to include them into the process.

DEVELOPMENT DIARY



A Busy Time for the Development Team

Who said the Little Athletics off-season is a quiet time? For the Development Team, it is probably the busiest time of the year and this year is no different. Since the LAANSW State Championships, the Team have been busy preparing the NSW State Team for the Australian Little Athletics Championships held in Melbourne.

However, the fun doesn't stop there! May sees the Development Team travelling extensively throughout outback NSW to promote the "Family, Fun & Fitness" that Little Athletics has to offer. Kristy Tinnion will be travelling with Quality Sporting Services to some of the most remote places around NSW. Her trip will take her to White Cliffs where she will spend a night in the Underground Dugout Motel. This motel is literally a cave that has been dugout of the side of a hill. Just imagine walking through tunnels to get to your room with no windows and going to bed and waking in total darkness. The best thing about this way of living is that the rooms stay a constant temperature so there is no need for air-conditioners to cool you down on those sweltering hot days or warming the cold windy nights. Kristy will also visit schools in Ivanhoe, Cobar, Broken Hill, Pooncarie, Lake Cargelligo, Tibooburra and Bourke. Kristy will literally be closer to Adelaide than Sydney. Enjoy the trip Kristy!!!

During this time, Darren & Alvin will be travelling to Bellata, Narrabri and Coonabarabran to visit and coach the local schools. This has been an annual event for the past few years and seems to be growing. This is an opportunity to work with the local schools, local community and local Little Athletics Centres to promote and develop the sport.

Other places the team will be visiting this month will be Scone and Cessnock to work with local schools and their teachers to assist them with their athletics program.

Don't forget some of the upcoming events you can participate in, on Little A's Calendar:



LAANSW State X-Country and Road Walks
Sunday July 6, 2008 - Lake Wallace, Wallerawang

Metropolitan clinics- July School Holidays

- Sutherland - 7th July 2008
- Girraween - 8th July 2008
- Revesby Workers - 9th July 2008
- Hills District - 10th July 2008
- Nepean - 11th July 2008

Tamworth Super Clinic

July 17th - 18th, 2008

Orange Camp

28th September 2008 to 30th September 2008

Northern NSW – October School Holidays Coaching Clinics

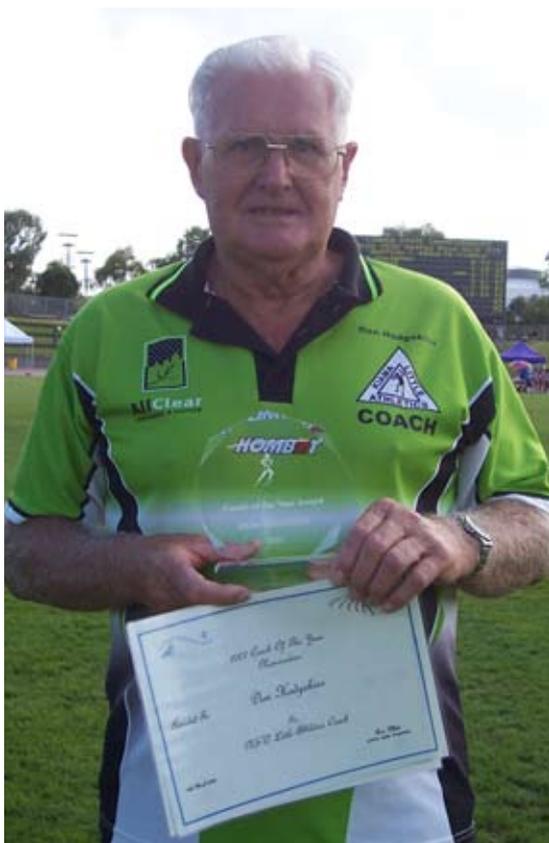
- Grafton - 8th October 2008
- Nambucca - 9th October 2008
- Kempsey - 10th October 2008

Proposed Western NSW – October School Holidays Coaching Clinics

- Forbes
- Temora
- West Wyalong

The Team hopes to see you somewhere very soon!

Don Hodgekiss Named Little Athletics Coach of the Year



Don Hodgekiss, a dedicated volunteer coach at the Kiama Little Athletics Centre, has been named the 2007 Australian Track & Field Coaches Association (NSW Branch) Little Athletics Coach of the Year.

The award was presented at a special ceremony held on Sunday March 16 at the Little Athletics NSW State Track & Field Championships.

Don has been coaching kids for over thirty years. He gives up a significant part of his life to make kids "be the best they can be." He trains sprinters, distance runners, hurdlers and throwers. He accepts all children into his training group regardless of their ability or who they are. To Don, all kids are equal and all can improve.

From the current athletes that attend his coaching, eleven qualified to compete at the Little Athletics NSW State Track & Field Championships.

A stand-out comment made about Don by those who nominated him for this award was:

"Don's coaching gives these kids a gift for life, the gift of hope, belief, commitment, focus and self-worth. These attributes will put these kids in good stead for their future as adults."

On behalf of the NSW Branch of the Australian Track & Field Coaches Association, and Little Athletics NSW, congratulations Don!

KIDZ Cre8tions

APPLE & RASPBERRY CRUMBLE

Ingredients:

800g can pie apple (or homemade stewed apples)
1 cup frozen raspberries

Crumble

4 Weet-Bix, lightly crushed
1/2 cup rolled oats
1/3 cup chopped macadamia nuts
1 tablespoon brown sugar
2 tablespoons macadamia nut oil or canola oil

Method:

1. Combine apples and berries and place in a casserole dish
2. Combine crumble ingredients and sprinkle over fruit.
3. Bake in a moderate oven, 180°C, for 30 minutes or until lightly browned.
4. Serve immediately with low-fat ice cream or custard.

Prep time: 10 mins

Cooking time: 30 mins



PROJECTS PAGE



LET'S STAMP OUT SPORTS RAGE

Tips for Athletes

Sport rage is any violence, bad language, harassment, abuse or general bad behaviour by participants, coaches, officials or spectators.

Simply put, sport rage is bad for children and bad for sport as a whole. 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.

Athletes can help prevent sport rage by contributing to a positive sporting environment.

SELF TEST: WHICH ATHLETE ARE YOU?

- **The Dummy Spitter** can't control their temper out on the track. They abuse officials, other athletes and sometimes even spectators. The dummy spitter should remember that it's just an athletics competition and treat others as they would want to be treated themselves.
- **The Quizmaster** questions and complains about officiating that does not go their way. They always think that they can do a better job. The Quizmaster needs to accept the decisions no matter what and realise that officials are only human.
- **The Sledger** continually makes snide remarks to other athletes, contributing to a tense atmosphere. They should concentrate on their own performance.
- **The Cheapshot** is cowardly and will resort to unprovoked physical bullying of their competitors away from the eyes of the officials. Cheapshot has a reputation as a sly bully. They should remember to treat other athletes with more respect.
- **The Five Star Athlete (You?)** focuses on being a good sport. They know that winning is not the only goal. They respect officials and other competitors. The "Five Star Athlete" enjoys sport and always competes with integrity and fairness.

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

Count Me In



State Championships Success

For the third consecutive year, Little Athletics NSW conducted invitational events for Athletes with a Disability (AWD) at the State Track & Field Championships. Seventeen athletes entered to contest these events which were very much appreciated by the athletes and spectators alike. The 100m event was a highlight of the weekend, giving the athletes the opportunity to perform on centre stage in front of a full main grandstand.

All events were conducted utilizing the multi-disability format, which sees athletes with different disabilities in action on the track or in the field together, but competing against a certain time or distance for their particular classification. The events contested by these athletes were the 100m, the long jump and the shot put.

Events for Athletes with a Disability are now an established part of the State Track & Field Championships. Little Athletics NSW aims to see the participation on Athletes with a Disability at these championships continue and further expand over the next few seasons.

With the Under 17 age group being incorporated into all levels of competition during the 2008/2009 season, the age groupings for the AWD invitational events at next year's State Championships will be Under 9 – 10; Under 11 – 12; Under 13 – 14; Under 15 – 17.

For more information about the AWD events at the State Track & Field Championships, please contact the Little Athletics NSW office.

Classification

All athletes with a disability who compete at the Little Athletics NSW State Track & Field Championships have to have been formerly classified prior to the event.

For all information about classification for athletes with a disability see the Australian Paralympic Committee's new classification home page. Go to www.paralympic.org.au and click on "Classification Program". Alternatively, contact Jenni Cole at the Australian Paralympic Committee on ph. 9704 0513.



TRANS TASMAN NSW ATHLETE OF THE MEET

The inaugural Garth Robinson Family Shield was awarded to Gus Frank from the Milton-Ulladulla Centre. The shield will be an annual prize presented to an athlete in the NSW team, judged to be the Athlete of the Meet at the Trans Tasman Challenge, according to the criteria. The shield was donated by the family of the late Garth Robinson, well known LAANSW Life Member and Association official. He was a long time member of the Trans Tasman Committee, who had been on thirteen tours to New Zealand.

The award was presented by Bev Robinson, wife of Garth, on behalf of the family, at the recent State Championships at Sydney Olympic Park. Bev expressed herself as being very satisfied with the choice of the recipient for the shield. Gus had won both the 800m and the 1500m at the 2008 Trans Tasman Challenge, two events that Garth used to compete in.

Gus is in the U12 age group and is a regular competitor at the Milton-Ulladulla Centre, even though he lives on a farm some kilometres inland. He said that he had a wonderful time on Trans Tasman but got a little homesick after talking on the phone to his family.

Gus' name is engraved on the shield and he has a replica trophy to keep, as a memento of winning this prestigious award.



Mrs Bev Robinson presenting the award to Gus Frank.

Holroyd Little Athletics Centre

HOLROYD LITTLE ATHLETICS HAVE A GOOD TIME ON TRANS TASMAN!



Five children and seven adults, from Holroyd LAC., went as part of the last Trans Tasman Tour to New Zealand. For four of the children and some of the adults, it was the first time that they had left Australia, so there was the added excitement of having to be issued with their first passport.

At last departure day dawned, with a sea of Trans Tasman Little Athletes and officials flooding the departure lounge at Sydney airport. Everyone was delighted to be wearing their smart uniform clothing and are still getting plenty of wear out of it.

What a fabulous time everyone had over in New Zealand. Plenty of sightseeing, fun activities and good competition. A very important plus on the tour was the lovely food supplied, with plenty of variety for even the fussiest eater.

The first night after we returned, back at Holroyd competition, there was no problem picking the kids that had been on the Trans Tasman. They had the biggest smiles and were the chatterboxes in their age group. They all said that had a great holiday. It was pleasing that three out of five won medals on Challenge Day.

Already we have families interested in the next tour in 2010 and as a Centre, we have organised fundraising BBQ's so hopefully the families intending to tour will have raised sufficient money for two family members to travel.

Adults: Kim Burton, Michelle Price, Grace Lamas, David Crelley, Glen Irish, Claire Yeo, Maria Mc Conville
 Athletes: Andrea Lamas, Corrine Irish, Jacob Waddell, Amber Price, Bradley Crelley

FIND A WORD



Our Feathered Friends

chicken
dove
duck
eagle
emu

falcon
finch
goose
hawk
kite

kiwi
macaw
magpie
owl
parrot

penguin
pigeon
stork
swan
turkey

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

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 23rd of June 2008.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Congratulations

to U10 Little Athlete Natalia Robson from Sawtell Toormina LAC who won last edition's Find-a-Word!!

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