



RUN FOR FUN

Australian Little Athletics Roll of Excellence



A diverse collection of some of Australia's leading identities were inducted into the Inaugural Australian Little Athletics Roll of Excellence, at a gala function at the Novotel, Darling Harbour, on Saturday, October 10, 2009.

The Little Athletics Roll of Excellence recognises the exploits of former participants in our sport who have gone on to achieve excellence in their chosen sport or profession. The inaugural recipients have achieved success at the highest levels of athletics, AFL, cricket, cycling, hockey, winter sports and AWD (athlete with a disability), as well as in the fields of medicine and volunteerism. Between them, the inductees share 17 world and Olympic gold medals.

In particular, Little Athletics NSW would like to congratulate the inductees who were former members of our Association.

Melinda Gainsford-Taylor



Melinda Gainsford-Taylor started her athletic career with the Trangie Little Athletics Centre in western NSW. In 1984, as an U12, Melinda was a member of the LAANSW State Team that participated at the Australian Little Athletics Teams Championships in Perth.

During her career, Mel won a total of thirteen Australian individual open titles - two at 100 yards, six at 100 metres and five over 200 metres. She won five 100m/200m sprint doubles and still holds the Australian records for 100m and 200m, as well as sharing in 4x100m and 4x400m relay records.

Mel competed at 3 Olympic Games; making the semi-finals of the 200m in 1992 and finishing 6th in the final of the 200m in Sydney in 2000. At the 2000 Games she also assisted the Australian 4x400 m relay team to a fifth place finish and a new national record.

In 1993, she won a silver medal at the World Indoor Championships and went one better to win the 200m at the 1995 World Indoor Championships. Mel won a bronze medal at the 1994 Commonwealth Games in the 100m, and at the 1995 World Championships, as part of the Australian 4x400 m relay team. In 1997, Melinda reached her first individual outdoor final at the Athens World Championships, placing 7th in the 200m final.

Nov/Dec 2009

A Word from the President	4
Editorial	5
IGA's Docket Competition	6
Championship News	7
The ROC	8
Coaches Corner	9
Development Diary	11
2010 asics Australian Little Athletics Championship	12
Projects Page	14
2009 Coach of the Year Award	15
Count Me In	16
IGA Food for Life	16
Centre News	17
Find a Word	18

Special Points of Interest...

- Running tally for the IGA Docket Competition
- Trans Tasman Trials
- Heat Stress & Sport - reducing the risk.
- School Visit program
- JETS take off
- Association publishes AWD rules



Jana Pittman-Rawlinson



Jana Pittman-Rawlinson was a member of both the Parramatta and Winston Hills Little Athletics Centres. In 1998, as an U15, Jana was a member of the LAANSW State Team that participated at the Australian Little Athletics Championships in Hobart. Jana won the Multi-Event (pentathlon) at those Championships.

Only 12 months later, in 1999, Jana became the World Youth (under 18 champion) at 400m hurdles at her first major international competition and in 2000 equaled the World Junior 400m hurdles record. In 2000, she won the 400m and 400m hurdles double at the World Junior Championships in Chile, whilst visiting the Australian embassy to sit higher school certificate exams each evening.

Jana has competed at 2 Olympic Games; placing third in her heat at the 2000 Games and assisting the Australian 4x400 m relay team to a fifth place finish and a new national record. At the 2004 Olympics, Jana finished 5th in the final, following an operation on her knee only weeks prior to

the Games.

Jana won the 400m hurdles at the last 2 Commonwealth Games (Manchester in 2002 and Melbourne in 2006), as well as anchoring the 4 x 400m relay to gold in Melbourne, with a superb 50.38 - the third fastest relay split ever by an Australian.

Jana is a dual World Champion, taking a surprise win in Paris in 2003 and retaining the title in Osaka in 2007. She was the youngest 400m hurdles Olympic or world champion in history (male or female).

Jana is now looking to 2012, where the elusive Olympic gold awaits.

Amy Winters



Amy Winters started her athletic career with the Kempsey Little Athletics Centre on the NSW Mid North Coast. She represented the Kempsey Centre at the LAANSW State Championships on many occasions and was a regular participant at LAANSW Coaching Camps over several years in the early 1990's.

Shortly after finishing Little Athletics (at age 16), Amy began her illustrious career as a paralympian. Amy first represented Australia at the 1994 International Paralympic Committee (IPC) Championships, where she won 3 silver medals (100m, 200m & long jump). She won Paralympic gold in 1996 in Atlanta with a new world record in the 200m, and picked up a bronze medal in the 100m. She was double gold medalist in the 1998 IPC World Championships. She consolidated her international status when she won the sprint double at the Sydney Paralympics in 2000 (100m & 200m) and claimed the bronze medal in the 400m. Amy competed at the IAAF World Championships in

Edmonton in 2001 where she won the 100m. In Athens in 2004, she again won the sprint double.

Amy was born with her disability (T46 Amputee - single arm amputee) and has been running since the age of nine. Amy has won many awards including an Order of Australia Medal in 1997. She was NSW Athlete of the Year with a disability in 1999 and vice-captain of the 2000 Australian Paralympic team.

Michael (Mike) Whitney



Michael (Mike) Whitney, whilst now known as an Australian television personality, made his name and became a public figure through his career as a cricketer. Mike played in 12 Test Matches and 38 One Day Internationals, from 1981 to 1993.

Less than 10 years before his international cricket debut, Mike was representing Little Athletics NSW as member of their State Team which competed at the Australian Little Athletics Union Interstate Match. In fact, Mike Whitney (who belonged to the Randwick Botany Little Athletics Centre), took part in the first ever ALAU Interstate Match, held in Melbourne in 1970.

In 1994 after a 14 year successful career he retired from first class professional cricket. Since then Mike has established himself in the entertainment industry and the hearts of the Australian people with his varied talents including promotions and marketing, print, television, radio and film. Mike has

primarily worked in the media, most prominently as the host of Who Dares Wins (made in Australia, the show has been seen in America on cables Game Show Network). He has also been a referee on the Australian version of TV game show Gladiators and continues to host a variety of travel programs. Mike is currently hosting Sydney Weekender, a show airing only in New South Wales.

Mike Whitney is also the author of two best-selling books; Quick Whit and Whiticisms.

John Maclean



John Maclean was a member of the Nepean Little Athletics Centre, in Sydney. In 1978, as an U12, John was selected in the LAANSW State Team to compete at the Australian Little Athletics Union Interstate Teams Championships (ITC) in Canberra in the 1500m Walk (he won that event).

Ten years later, in 1988, John had the rugby league world at his feet and was on the brink of first grade selection with the Penrith Panthers. Out training one day John was knocked off his bike by an 8 tonne truck. The impact resulted in John suffering multiple breaks to his pelvis and back, a fractured sternum, punctured lungs, a broken arm, and left John a paraplegic. Despite the grief of what he had lost, the excruciating physical pain and the challenges of daily life in a wheelchair, John decided he would become bigger and stronger than ever.

In 1995 John made history by becoming the first wheelchair athlete to finish the world's toughest multi-discipline sporting event – the Hawaiian Ironman Triathlon (something he has now done 3 times), making him the first non-American inducted into the Hawaiian Ironman Triathlon Hall of Fame.

Many more extreme sporting challenges followed: including becoming the first wheelchair athlete to swim the English Channel; completing the gruelling Molokai Ocean challenge (World Championships for open water paddling); and even racing in the Sydney to Hobart Yacht Race. In 2006 he took part in the invitation-only extreme endurance event Ultraman World Championships, in Hawaii.

John also represented Australia at the 2000 Olympic Games, as a member of the Australian Paralympic Team, competing in the 1500m, 5000m, 10000m and marathon. He was also the National Handcycling Champion for 3 consecutive years from 2002 to 2004, and was an Australian Representative at World Cycling Championships in Prague in 2003.

John was then invited into the sport of rowing. In September 2007, he and his rowing partner claimed a silver medal at the Rowing World Championships. In April 2008, they won a gold medal in Italy, at the International Regatta. John went on to sensationally win a silver medal at the 2008 Beijing Games.

John was presented with an Order of Australia (OAM) in 2000. He has also written and released two books, "Sucking the Marrow Out of Life" and "Full Circle".

Barry Garment



Barry Garment has been involved in Little Athletics in NSW for nearly 40 years. Barry began as an age manager with the Condell Park Little Athletics Club (part of the Bankstown Centre) in 1971, and from the outset was involved with the Centre itself. His contribution to the Bankstown Centre was such that he was awarded Life Membership in 1977.

Following a move to Silverdale in outer Western Sydney in the late 80's, Barry established the Warradale Little Athletics Centre in 1989. He has been a member of the committee since that time and has also been awarded Life Membership of the Warradale Centre

Since his first involvement in the sport, Barry has also offered his services to the NSW Association. From the early 1970's through until this day, Barry has been a key official at LAANSW Championships and events. The first ever LAANSW Officials Sign-on Book shows Barry as a track judge, timekeeper and track referee in 1973. Since that time, he has held various positions including Track Referee, Field Referee and a myriad of event positions in between. Barry has officiated for LAANSW at a State Level for 36 years – the only LAANSW Official from 1973 who is still actively involved today, at both the Centre and Association level. It is estimated that Barry has officiated at over 150 State Carnivals!

Barry was awarded Life Membership of the LAANSW in 1988 and presented with a LAANSW Officials Recognition Award in 2005 for his outstanding contribution to LAANSW as an Association Official.



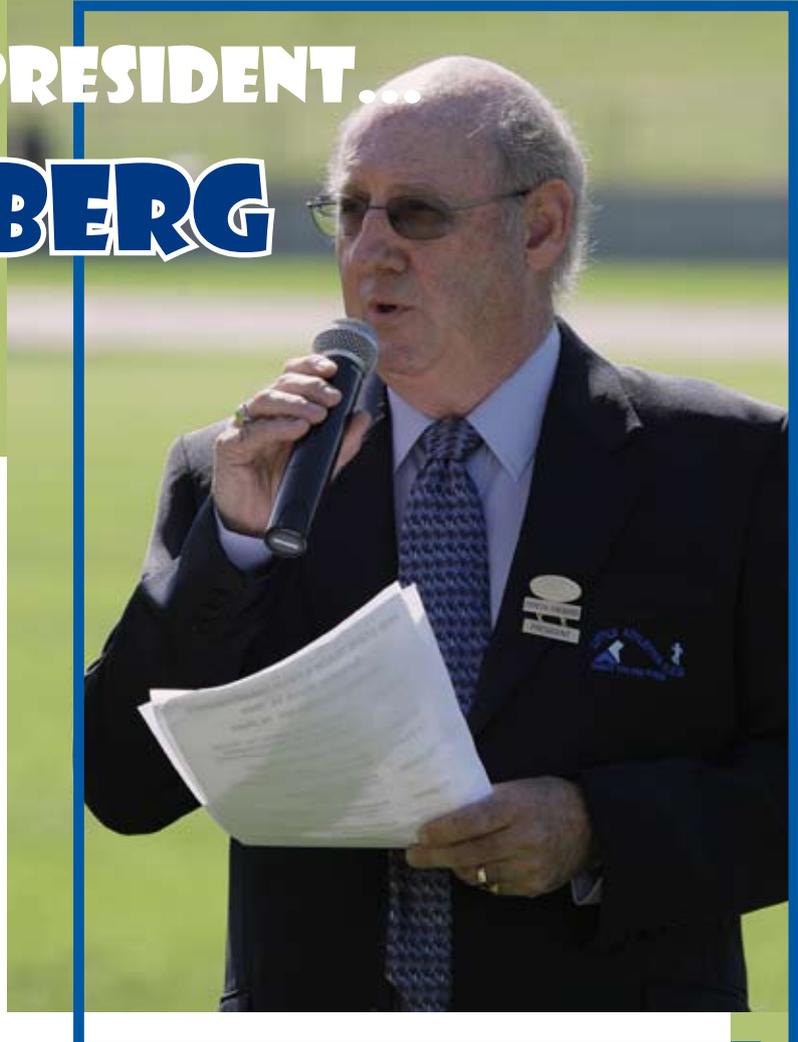
Congratulations to all of the inductees!

The LAANSW concurs with the Australian Little Athletics President, Ross Burridge, when he says "We are very proud of the sporting and social opportunities that Little Athletics provides and of the successes that many of our past participants have had in such varied fields of endeavour."

[Click here to see a full list of the inaugural inductees.](#)

A WORD FROM THE PRESIDENT...

DERECK FINEBERG



Many Centres and their families are now a couple of months into the new season and thus far registration numbers look to be very encouraging. It is always a positive feeling when the advertising that many of you do reaps some rewards.

I hope that all our new athletes and families in particular are enjoying their first Little Athletics experience.

At the time of publishing this E-News we will have just held the Trans Tasman Trials. Good luck to all who took part. I'm sure the trip to New Zealand will be a wonderful experience and one you will remember for a long time.

Later in the month we will be at Homebush for the State Relays Championship. This is a huge carnival and because of the nature of relays, is a great teams based event. As usual the success of this event will be determined by the efforts of many people. My thanks to you all – again.

As reported last time, members of the Board of Management will be attending Regional Conferences this year. The first of those occurred at Argenton, in the Lake Macquarie/ Newcastle area with myself, our CEO Kerry and Resources Director Greg attending. The overall feedback was quite positive. The second was held at Tamworth and although the number of Centres in attendance was quite small, feedback suggests that those who did attend gained some useful information. I hope that the remaining one scheduled for Dubbo is equally well received. I encourage all Centres in that area to attend.

In October the Australian Little Athletics (ALA) Half-Yearly Conference was conducted in

Sydney at Darling Harbour. The Presidents and CEO's from all other Australian states

attended, together with ALA's Executive. A highlight this year was the inaugural awards dinner, which saw a number of former Little Athletes and volunteers inducted into a Roll of Excellence. My personal congratulations and those of our Association go to our nominees who have been honoured for the magnificent contribution they have made to our sport and beyond. See our cover story in this issue for details.

I am very pleased to see a number of new people come forward and join our advisory sub-committees. We do rely on new ideas, so thank you for volunteering. This is one of many ways that many of you can make a contribution to our Association. We really do appreciate your input as we do not own all the answers. Good luck and I hope you enjoy the involvement.

Cheers,
Dereck Fineberg (OAM)
PRESIDENT

editorial



The season is well and truly underway now and no doubt many of you have been or are about to attend one of the Gala Days or Association Carnivals on offer. Let's hope the experience is an enjoyable one for both athletes and parents.

The most important thing to remember about these Carnivals is that everyone wants to enjoy a successful event. Carnival management try to make sure everything is in place for all the parents, athletes and officials. Officials want to see the athletes follow the rules of competition so that the outcome is fair and equitable for all the competitors. Parents hope their children enjoy themselves as they strive for success and personal bests. At an athletics Carnival, it comes very natural for us to cheer on those whom we know very well as opposed to those whom we don't. If you are watching an event and you notice someone from your Centre competing, cheer them on regardless. Even better, find out their name and call out to let them know they are being watched and supported. Nothing brings out better self esteem in children when they are in

a competitive arena than knowing they have the support of their peers irrespective of the result. And on this point, athletes should be encouraged to congratulate others after their event has been completed. It shows the spirit in which the event has taken place. Also, thank the officials if you get the opportunity to do so. They are enjoying their involvement just as much as the spectators and the athletes... that is why a lot of them are there, because they love the sport of Little Athletics.

The great thing about Little Athletics when it comes to these Gala Days and Association Carnivals is that they are communal. A group of people are together supporting one another. Yes, rivalry does exist and this can be very healthy, so long as no one takes it too seriously. At the end of the day there can be only one winner, but they are not a winner unless there is competition. So, let's all go out there, enjoy the competition and along the way make new friends where we can.



's Little Athletics Docket Competition is on again!

Running Tally

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

Division 1
(1-120 Members*)

1st: Gilgandra
2nd: Everley Park

Division 2
(121-299 Members*)

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

Division 3
(300+ Members*)

1st: Doonside
2nd: Northern
Districts

Congratulations to all of the Centres who have entered in our first month of the competition!

There are some fantastic entries for so early in the season!

* Correct as at 23rd October 2009. Centres 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

Congratulations to the winners of the 2008/2009 Docket Competition:

Division 1:

1st **Stockton** LAC - \$3,500
2nd **Wauchope** LAC - \$1,000
3rd **Junee** LAC - \$500

Division 2:

1st **Warradale** LAC - \$3,500
2nd **Coonamble** LAC - \$1,000
3rd **West Wyalong** LAC - \$500

Division 3:

1st **Queanbeyan** LAC - \$3,500
2nd **Gungahlin** LAC - \$1,000
3rd **Blacktown** LAC - \$500

Competition was extremely tight, particularly in Division 1 so well done also to Nyngan, Nambucca, Gilgandra, Temora, & Lockhart LACs.

This year's competition is just hotting up so be sure to send your docket in to be counted in the leader board!

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

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

IGA Kids Club – Are you a member yet?



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

Join today, visit www.igakidsclub.net.au



HOW TO ENTER: Keep your IGA docket 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.



Championship News

Earlier this month 122 Under 11 and Under 12 Little Athletes competed at the Trans Tasman Trials at The Crest, Bass Hill. After a long day where they all competed in their nominated 2 track and 2 field events, they all met the officials who will be looking after them for the 12 days they will be in New Zealand. For the first time, all our Team have been invited to compete in the North Island Games in Auckland. These Games are the same as our State Championships. Our team will be competing in two other athletic carnivals, as well as going to fun parks, travelling south to the famous Rotorua area, staying over night at a Maori marae and spending a great day at the thermal water park. Everyone was fitted for their uniforms at the Trials and is looking forward to collecting them on 20th December and then they will all be ready to leave on Thursday 7th January. We wish everyone a great tour.

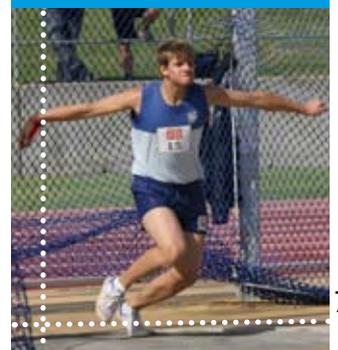
Also this month at Sydney Olympic Park, Homebush Bay, the State Relays will be held. On Saturday 28th there will be 695 teams competing from the Under 8 to Under 11 age groups and on Sunday 29th there will be 506 teams from the Under 12 to Under 17 age groups. We are again using the photofinish system for the track relays and all winners will be setting the first electronic State Relay Records. Each day there will be nearly 100 State Officials helping so that all the athletes can achieve their best performances.

Next month some of our Centres will be competing at their Zone Championships and the remaining Zones will be held after Christmas.

Good luck everyone.



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





The ROC

(The Rules of Competition)

Did you know.....

NO BLOCKING

In both Track events and Cross Country /Road Walks an athlete can be disqualified for interfering with or obstructing other athletes. Interference or obstruction would include:-

- Pushing, shoving, bumping
- Zig Zagging to stop another athlete passing
- Veering out to force another athlete to run wider.

This does not mean that you have to move out of the road of another athlete to allow them to pass you but you cannot change direction to force them to change direction.

OVER THE FENCE

Athletes are not permitted to leave the competition area during an event without the permission of the Chief Judge. The Chief Judge will normally tell the athletes what the boundaries of the competition area in his/her talk prior to competition starting.

Athletes are permitted to communicate with people outside the competition area (e.g. receive tips, coaching) providing that:-

- The athlete remains within the competition area
- They or the person they are communicating with do not use technical equipment e.g., mobile phones, loud speakers etc
- The communication does not interfere with other competitors or the conduct of the competition.

For a first offence the Referee would warn the athlete and advise that a second occurrence could lead to disqualification. If the coaching is being initiated by the person outside the competition area, the Referee may warn them.

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.





COACHES CORNER



Summer is just around the corner and if the past few weeks are any indication, it looks like it may be a hot one. We all love the Aussie summer with sun, surf, beaches, BBQ's, picnics and sport, the way of life for many Australians.

Little Athletics is a summer sport and competing in the heat (especially for many regional athletes) is a weekly occurrence. For this reason, all Little Athletes need to be aware of heat stress.

Below is an article from "The Better Health Channel". The Better Health Channel website was founded in 1999 by the Victorian Government, as a consumer health information website for the Victorian community. It is now Australia's most popular health and medical website with a large repository of over 1,770 facts sheets, hundreds of healthy recipes, interactive features and calculators, directories and more.

Heat stress and sport - reducing the risks

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Heat_stress_and_sport_reducing_the_risks

The human body generates about 100 watts from internal metabolic processes, but this can escalate to 1,000 watts during heavy exercise. A watt is the unit of power or energy expenditure per second. Keeping a constant temperature of around 37°C is vital. To lose heat and maintain core temperature, blood vessels in the skin expand and bring body heat to the skin surface. Perspiration floods out of sweat glands and evaporates from the skin to cool the body.

Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool. Many of the symptoms occur as a result of excessive loss of body salts and water.

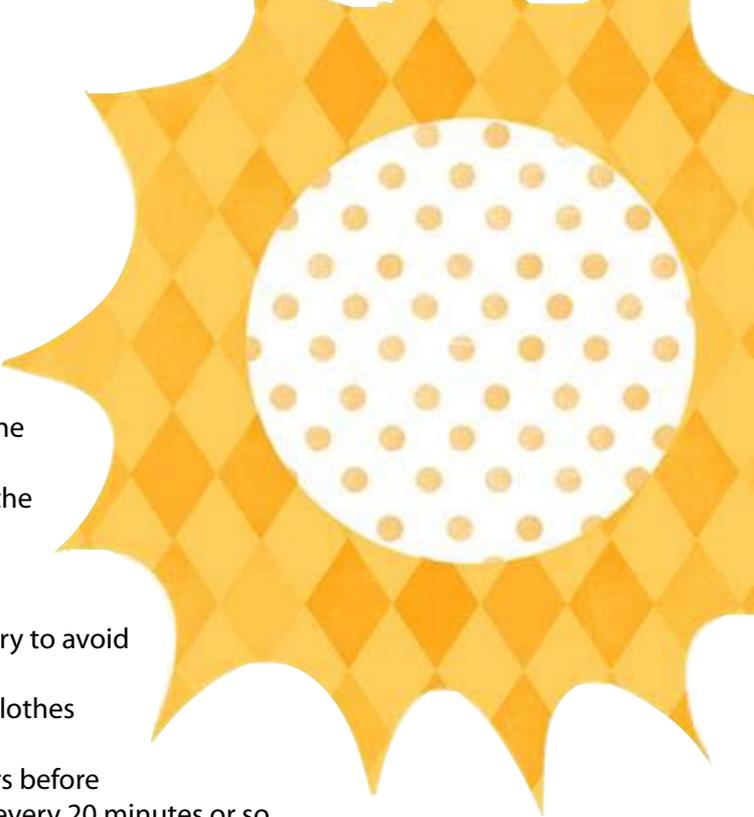
At rest and in comfortable temperatures, a person sweats about two litres of fluid every 24 hours. During hot weather (35°C), this fluid loss can leap to around 10 litres over the same time period. Exercising in hot weather accelerates fluid loss even more.

Symptoms

The symptoms of heat stress include:

- Deterioration in sporting performance
- Muscle cramps
- Headache
- Dizziness
- Nausea
- Vomiting

If the symptoms are ignored and left untreated, it can lead to a life-threatening complication known as heat stroke. Children and the elderly are particularly vulnerable to dehydration and heat stress.



Safety suggestions

Suggestions to prevent heat stress during exercise include:

- **Fitness** - a physically fit body is better able to manage the stresses of sport.
- **Acclimatisation** - keep up an exercise program during the cooler months, so that your body is prepared for sport during summer.
- **Avoid the hottest part of the day** - start sporting activities before 9am or after 6pm during summer, and try to avoid sport or exercise between 11am and 3pm.
- **Clothing** - wear loose, light-coloured and comfortable clothes made from natural fibres. Wear a visor or hat.
- **Fluids** - drink at least half a litre of fluids in the two hours before exercising. During your sport, aim to drink about 200ml every 20 minutes or so. Choose a specially formulated sports drink if your sporting event goes for more than an hour. After the game, drink around half a litre of water.
- **Rest breaks** - frequent breaks in the shade allow the body to cool down.
- **Check for symptoms** - be alert for the symptoms of heat stress or dehydration.

Calculating your fluid requirement

To work out how much water on average you need to drink, weigh yourself before and after your game. A loss of one kilogram equals a loss of one litre of fluids. If you find you have lost weight after your game, try to increase your fluid intake next time.

Managing heat stress

Suggestions to treat heat stress include:

- Rest in a cool, shaded place.
- Remove excess clothing.
- Drink plenty of liquids, either cool water or diluted sports drink.
- Sponge the body with tepid water and fan to promote evaporation.
- Don't douse the body with cold water or ice, as this will encourage the blood vessels in the skin to constrict and retain body heat.
- Seek medical assistance.
- If the person is confused, unconscious or has trouble breathing, call an ambulance immediately.

Where to get help

- Your doctor
- Always call an ambulance in an emergency Tel. 000
- Nurse-on-Call Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)
- 'Go for your life' Infoline Tel. 1300 739 899

Things to remember

- Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool.
- Symptoms include muscle cramps, deterioration in sporting performance, headache and dizziness.
- Suggestions to prevent dehydration and heat stress during sporting activities include drinking plenty of fluids before, during and after the game, avoiding the hottest parts of the day, and taking frequent rest breaks.

DEVELOPMENT DIARY



Technology Rules!!!

Online Registration for Camps & Clinics

Don't forget that LAANSW organised camps and clinics (except Tamworth) have an online registration option. To ensure the involvement with any of the coaching programs, it is advised that participants register online. This confirms (if positions are vacant), your registration and you will receive an instant confirmation (via email). Registration via post or fax is still available by downloading a brochure from the LAANSW website.

October School Holiday Coaching Clinics

The October school holidays saw six coaching clinics held in various areas throughout NSW. Coaches and athletes battled through hot steamy weather in Sawtell, cold showery conditions in Raymond Terrace and fine blue skies at Hornsby. Overall, all the coaches gave glowing reports about each of the clinics and there was great positive feedback from participants. A total of 211 athletes attended the clinics.

I'd like to send a big thank you to the following Centres and Centre representatives for their involvement and support: Sawtell Toormina LAC, Kempsey LAC, Raymond Terrace LAC, East Maitland LAC, Hornsby LAC and Doonside LAC.

Thank you to the coaches: Glen Howell, Scott Westcott, Trudy Thompson and Liam Wanless for their support and enthusiasm.

LAANSW are now seeking expressions of interest from Centres wishing to host Coaching Clinics during the various 2010 school holidays

2009 School Visit Program

The 2009 School Visit Program is now complete. LAANSW came into contact with approximately 46,000 school students state-wide in 41 days. LAANSW Officers represented 48 Centres at 210 schools. Officers travelled to schools in Ballina (9 ½ hrs north) Deniliquin (9 hrs west) visiting large schools of 800+ students to small schools less than 10, promoting the benefits that Little Athletics offers.



Ex Little athletes Melinda Gainsford-Taylor (Trangie Little Athletics Centre) and Scott Westcott (Parkes Little Athletics Centre) were also involved in this year's program, representing a variety of Centres.

Melinda (World Champion, Australian Olympic & Commonwealth Games representative) visited schools on behalf of: Prospect LAC, Northern Districts LAC, Gilgandra LAC, Dubbo LAC, Narromine LAC, Cranebrook LAC, Doonside LAC and Mosman LAC. Scott (Australian Commonwealth Games & World Championship representative) visited schools on behalf of Cessnock LAC, Woodberry LAC and Medowie LAC

Thank you to Melinda and Scott for taking time out from their busy schedule to be involved with the program. Their message to the students was simple: "I was just like you (students), if you have a dream, go for it... anything can happen if you really want it. Little athletics gave me the opportunity to "give it a go"... I liked, it was fun, I made lots of friends... continued with athletics as a senior... and I was able to reap the rewards."

Thank you to all the Centres and Centre representatives who participated in the 2009 School Visit Program, for your ongoing support and hard work.

COMING UP:

2009 Christmas Camp

Yes, it's on again! Little Athletics NSW (LAANSW) most popular and longest running camp, the "Annual Christmas Coaching Camp", will be held on the 18th -20th December 2009 at "Blue Gum Lodge", Springwood.

Take advantage of the "early bird" price of \$140 - if application / online registration form with full payment is received by or before 5pm, Friday, 20th November, 2009.

The cost of the camp after this date is \$160.

2010 Super Coaching Clinic

The 2010 Super Coaching Clinic is a joint initiative between Little Athletics NSW and Sydney Olympic Park Athletics Centre. It is designed to provide participants in the U12-U17 age groups for the 2009/10 season, of all levels, an opportunity to enhance and develop their track and field skills at a world class venue. The clinic will be held Monday 18th and Tuesday 19th January, 2010, at the Sydney Olympic Park Athletics Centre, Competition Arena

Cost: 'Early Bird' price of \$75 if registration is received by 5pm Monday, 4th January, 2010, or \$85 after this date. Applications close Monday, 11th January, 2010.

Brochures will be available soon. Keep an eye out on our website www.laansw.com.au.

2010 Asics Australian Little Athletics Championships

Saturday April 24th, 2010

Brisbane

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 State 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.

The Under 13 athletes compete for the Trevor Billingham Trophy (for overall team point score) and the Alan Triscott Cup (for handicapped team point score). The small States and Territories of Tasmania and the ACT also compete for the Dick Healey Trophy. Individual medals are on offer for all place-getters.

The Under 15 athletes compete in a five-event multi event competition (100m, hurdles, long jump, discus, 800m) for individual medals and a separate team point score trophy known as the Life Members Trophy.

The Team

- All team members must be registered with LAANSW as an Under 13 or Under 15 athlete in accordance with the Constitution and rules/regulations of LAANSW. All Under 13 team members must have competed at the 2010 LAANSW State Track & Field Championships and all Under 15 team members must have competed at the 2010 LAANSW State Multi Event Championships.
- Each Association is entitled to send an Under 13 team of up to 22 athletes to compete in the Australian Teams Championships (ATC). Up to two boys and two girls may be entered in the Under 15 Australian Multi Event Championships (AMEC).
- The selectors will name twenty-two Under 13 athletes who, in their opinion, have the ability to gain maximum team points for NSW. The discretion of the selectors is absolute.
- The Under 15 athletes are selected based on their performances at the LAANSW State Multi Event Championships. Selection will be determined on the events contested at the AMEC – 100m, hurdles, long jump, discus, 800m. The two boys and two girls who have scored the highest number of aggregate points in the events contested at the AMEC, using the Australian Little Athletics point score system, will be selected to represent LAANSW.
- Under 13 team members will be advised of their selection via telephone by 9pm on the Monday following the LAANSW State Championships. Under 15 team members will be advised of their selection via telephone in the days following the LAANSW State Multi Event Championships.



2010 State Team Activities

Information Meeting/Uniform Outfitting/Team Training – Sunday March 28, 2010

This will serve as a formal introduction of the State Team Management and LAANSW officials to the athletes and parents. Following a general information session, the team will be outfitted for their uniforms while the parents receive more specific information. A team training session will follow.



State Team Camp 1 - Saturday April 3, 2010 to Monday April 5, 2010

This first team camp will be held at the Sydney Academy of Sport and Recreation, Narrabeen. The main focus of this camp will be team building through various activities. Several hours of coaching, the selection of relay teams, a uniform outfitting, and a number of information sessions and workshops will also take place during the camp.

State Team Camp 2 - Friday April 16, 2010 to Sunday April 18, 2010

Again being held at the Sydney Academy of Sport and Recreation, Narrabeen, the focus of this camp will be team cohesion and championship preparation. A highlight of this weekend is the State Team Presentation Night which will feature a reunion of the 2000 State Team and the naming of the 2010 State Team captains.



Team in Brisbane - Thursday April 22, 2010 to Sunday April 25, 2010

The NSW Team will travel to Brisbane on Thursday April 22 and on this day attend a Civic Reception/Teams Welcome. On Friday April 23 the team will be involved in a track familiarization. The team competes on Saturday April 24 at the University of Queensland Athletics Track, St Lucia. The team will return to Sydney on Sunday April 25.

More Information

- Team members will be required to attend all pre-championships information meetings, training sessions and camps prior to the ALAC. 100% attendance is expected. It is expected that team members will take their selection seriously and display an attitude and commitment to the team that is commensurate with this honour.
- Travel assistance to and from team activities is provided for those athletes selected from Regions 4 & 5.
- The team selection guidelines, conditions of selection and team code of conduct can be found at www.laansw.com.au. Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or admin@laansw.com.au.
- The ALAC Rules of Competition and the ALAC Program of Events can be found at www.littleathletics.com.au under "Competitions".
- For more information, contact the LAANSW office on 02 9633 4511 or 1800 451 295 or email admin@laansw.com.au.



PROJECTS PAGE



JETS TAKE OFF

New Development Program Launched in Style

More than seventy Junior Encouragement & Talent Squad (JETS) members took part in the inaugural JETS Coaching Session on Sunday October 25 at Sydney Olympic Park Athletic Centre.

The athletes in attendance were thrilled by the presence of two world champions – Melinda Gainsford-Taylor and Dani Samuels – who took part in a group question/answer session to begin the clinic and then assisted with the coaching sessions.

Despite some wet weather, the athletes responded to the high standard of coaches present by making the most of their opportunities and putting in their best efforts in the difficult conditions.

It was commonly agreed that the clinic was a huge success and some wonderful feedback has been received from athletes and parents alike.

The JETS members are now looking forward to the next clinic on Sunday November 15 at the Central Coast Region Athletic Park, Tumby Umbi.

The JETS program now boasts more than one hundred members.

What is the JETS program?

The Little Athletics NSW Junior Encouragement & Talent Squad (JETS) aims to recognise, reward and foster emerging talent in the sport. The program gives athletes in the Under 13 – 17 age groups the opportunity to develop their skills, knowledge and performances to a higher level.

What does the program offer?

The program consists of numerous activities, including coaching days and education workshops, aimed at motivating, encouraging and supporting squad members. The sessions are conducted by some of New South Wales' leading coaches and performance experts.

Who is eligible?

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

Where can I find more information?

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



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

2009 LITTLE ATHLETICS COACH OF THE YEAR AWARD

The ATFCA (NSW) Little Athletics Coach of the Year Award aims to promote, encourage and reward quality Little Athletics coaching. The award will be presented to an individual whose coaching highlights the values and philosophies of Little Athletics and junior sport in general. Coach nominations may be received from athletes, parents of athletes, Little Athletics Centres or other appropriate individuals.

To be eligible for the ATFCA Little Athletics Coach of the Year Award, during the twelve (12) month period of the award, a coach must:

- Have been actively coaching Little Athletics members;
- Have held a **current** ATFCA accreditation Level 1 or above;
- Have been a **financial member** of the ATFCA – NSW Branch, for the year of the proposed award.

How to Nominate a Coach

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

The following information must be provided with each nomination:

1. Coach Details

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

2. Nominator Details

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

3. Additional Information

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

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

Nominations close on Wednesday February 24, 2010, at 5pm. Coaches will be notified of their nomination.

Judging Criteria

The areas listed below are those that will be considered by the Coach of the Year judging panel.

Contribution to Little Athletics

The coach has contributed to the development of the sport and the young athletes within the sport. The coach is clearly making a difference by doing that "little bit extra".

Coaching effectiveness

The coach has demonstrated a proven capacity to steadily improve the performance of the athletes he or she coaches. The nominee's coaching reflects sound "coaching young athlete" principles.

Personal Development

The coach demonstrates a commitment to his or her personal development through attending workshops, gaining further accreditation, working with other coaches, etc.

Leadership

This refers to the coach's conduct. The coach takes a leadership role in the promotion and development of sportsmanship. The coach is known as a positive role model to his/her athletes and the wider Little Athletics community. The nominee's coaching reflects the spirit of the ATFCA Coaches Code of Ethics.

Special qualities

This refers to the special qualities that set this coach apart from others. The qualities that make this coach a role model for others in terms of presenting a really positive image for coaching and participation in the sport.



2008 Coach of the Year, Tony Russell

Little Athletics Coach of the Year Honour Roll:

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

Count Me In

Association Publishes AWD Rules

In response to the growing number of athletes with disabilities taking part in Little Athletics and the inception of the invitational multi-disability events at the State Championships, Little Athletics NSW has now published a section entitled: "Athletes with a Disability Championship Competition" in the Rules of Competition.

The new section outlines the rules and implement specifications for athletes with a disability to be used at LAANSW AWD Championship competition, including the invitation events at the 2010 LAANSW State Track & Field Championships.

The section outlines the general conditions for AWD competition and also rules specific to the various AWD categories.

Much work has been put into developing a table that lists shot put, discus and javelin specifications to be used at a championship level and those recommended for Centre level.

To find the new AWD championship rules go to www.laansw.com.au then click on "Competitions", then "Rules of Competition".

NOTE: At a non-championship, local Centre level officials should modify events as required to allow the athlete to participate. The extent of the modifications will depend on the athlete's level of impairment or disability. Some athletes may only require minor modifications. Others may require extensive modifications to become involved. Modifications may also be made in view of phasing them out over time.



Food 4 Life

Banana and Mango Smoothie

Serves: 2

Preparation time: 5 mins

Ingredients

200g tub plain yogurt
½ cup milk
¼ cup chopped mango
¼ cup chopped banana

Squeeze of honey (to taste)
Toasted shredded coconut, for sprinkling

Method

- Combine all ingredients in a blender and blend until smooth and creamy.
- Pour into 2 tall glasses and serve sprinkled with coconut.

Tips

- It is a good idea to freeze the fruit prior to using to make a colder drink.
- Add a couple dates to sweeten as an alternative to honey



Liverpool City Little Athletics Centre

The LCLAC Gala Day is the biggest event on our club's calendar. We were blessed with 270 entries across 36 clubs in NSW!

The rain tried to dampen and darken our spirits but it was great to see the Team, the athletes and the crowd kept shining and had a great day. We had entries from as far as Bathurst and Tuggerah Lakes!

Along with the help of a few Zone Officials on the day, it says a lot about how we all take so much pride in the sport and provide a fun, rewarding and memorable future to not only the athletes of our Zone but all in NSW.

Going back 4-5 months ago and all the way till Sunday 25th October, all the planning and work we did leading up to it portrayed the fact that we are a fun and professional team. We have received over a dozen compliments, till today, 2 weeks after the event.

We make our medal and trophy very personal by publicly presenting them in front of the crowd on a podium and announcing the athlete's names and clubs they represent and get the crowd to applaud their efforts.

That will always be a great (and deserving) feature of our day. My thanks to Life Member and ex-President Steve Bowman, 22 year old ex-Member Chris Nunes (now an International Youth League Soccer Player) and our ex-little A's athlete who still holds a number of records at our club and is currently our Throwing Coach, Sharyn Dickson (currently a National Level competitor)...for their presence, efforts on the day and also for being our Guest medal presenters.

My thanks to all our brilliant and keen Sponsors (Athlete's Foot Liverpool, McDonalds Restaurants in the Liverpool area, Harry's Café de Wheels Liverpool, M5 Motorway) who provided the kids with more rewards and smiles than they expected.

Remember, their prizes were our special surprise to the athletes.

I saw the reaction of some of the kids that received them and their smile was as bright as the medals. They make our Gala Day that little bit more special and a treat to be a part of. It's yet another reason why our Gala Day will receive more returning families and a brighter reputation (not only for the Club but the Sport as a whole) in the years to come.



Find a Word



Lets go Camping...

- BBQ
- bucket
- esky
- hammock
- lantern
- mattress
- mosquito net
- pegs
- picnic
- poles
- rain
- sleeping bag
- stove
- tent
- trailer
- water

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

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 5th January 2010.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Congratulations

to U10 Little Athlete TARA CAMPBELL from DOONSIDE 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