



RUN FOR FUN

NOV/DEC 2007

DEVELOPMENT STAFF AT COACHES CONGRESS



Little Athletics NSW Development staff members Alvin Umadhay, Kristy Tinnion and Darren Wensor recently attended the 2007 Australian Track and Field Coaches Association National Coaching Congress in Adelaide. The Congress, held September 28 – 30, attracted coaches from across Australia to the South Australian Police Academy at Largs Bay.

The program was entitled "From Basics to Beijing" and featured a diverse range of presentations and workshops. These included practical demonstrations of the event disciplines, resistance training, plyometrics, medicine ball training, warming up, program planning, sport psychology and a number of other athletics-related topics.

The delegates were able to hear presentations and take part in practical sessions conducted by leading Australian and International coaches, sport scientists and coach educators. Very popular were the two international guest speakers Wolfgang Ritzdorf and Didier Poppe.

Wolfgang Ritzdorf is a senior lecturer at the German Sport University in Cologne and former German national coach of female high jumpers. He has worked with Olympic gold medalists in the high jump. Didier Poppe is a former Physical Education professor and has

been the French national coach in charge of the South Pacific area and based in New Caledonia for the last thirty years. Both were very entertaining presenters and brought a wealth of experience and ideas to the congress.

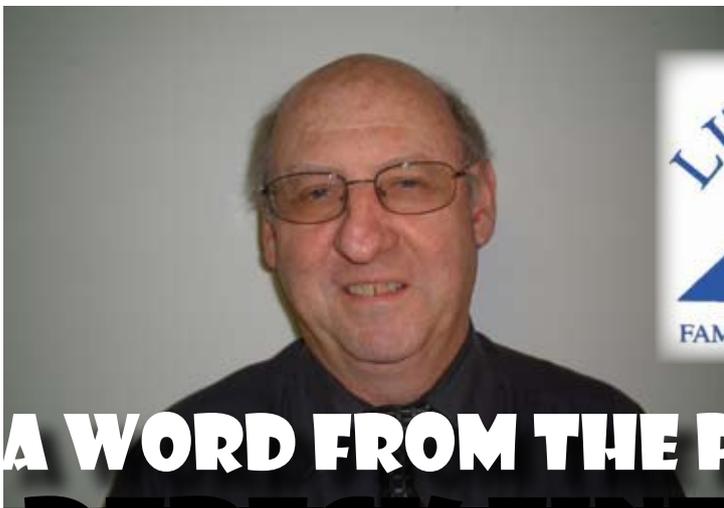
The Little Athletics NSW Development team presented a practical workshop on the Sunday morning of the Congress entitled "Training Games: Making Young Athletes Athletic". The aim of the workshop was to promote the use of games in coaching young athletes. It contended that games are a valid training tool in developing athletic qualities. It also demonstrated how games can be used to disguise work as play and inject fun into a training session. Nearly forty coaches, including some who coach senior international athletes, attended the workshop. The session was very well received, with a number of the coaches becoming vigorously involved in the games and obviously enjoying it immensely.

Congratulations to the Australian Track and Field Coaches Association for making available such a wonderful opportunity for the development of coaches. The Little Athletics NSW Development team returned from Adelaide with lots of new knowledge and a heightened enthusiasm that is already being put to good use.

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- Starting your athletics season on the right foot
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- Lets stamp out sports rage



A WORD FROM THE PRESIDENT...

DERECK FINEBERG

For most Centres we are now two months into the season and it's been all hands to the pump (especially now the rain has returned!) doing rego's and getting programs underway. It has also been an extremely busy time for the office and several long days have been put in by the staff, particularly assisting with online rego's. It has been encouraging to see the number of people using this option.

Very soon we will be starting the Association Carnivals part of our season with the Trans Tasman Trials at Albion Park, followed by perhaps our biggest carnival in terms of competitors and spectators – the State Relays at Sydney Olympic Park – both during November.

Also a number of Zones will be conducted in December, some of which I and some of the other Board members will be visiting. I wish all those Zones and Centres good luck with their carnivals.

Well, I've been in the chair now for three months and during that time I've presided over three BOM meetings, one Association Meeting, attended two other special meetings, travelled to Melbourne and Adelaide for ALA meetings and a Region 5 meeting in Wellington. I've been made welcome and I hope I've been able to make a positive contribution and hope to lose my 'training wheels' real soon now!

It is certainly interesting to have a view of proceedings from a number of different levels and meet others involved in the sport. To some extent the challenges and issues faced by other states are similar to those in NSW. However, there are several that we are fortunate not to have. We continue to work quite amicably with the senior body - ANSW - in many aspects of the sport and we hope that association can continue to be constructive for a long time to come.

I am also keen to try and understand the different needs and challenges our country areas face compared to metropolitan areas and I know others on the Board share that view. We will be trying to visit a number of areas both country and city as time permits over the next few seasons.

To some extent I'm also still in catch up mode, trying to work my way through the trailerloads of paperwork passed on to me by my predecessor JB! Only kidding – just one trailerload.

It has been my observation that the day to day running of the organisation is certainly in good hands as the Board, the office staff, the various sub-committees, Zone Co's and Centres go about the business of their respective roles.

Speaking of sub-committees - sometimes the level of interest could be greater. These committees are vital to the development of many ideas for their various areas of focus and I would like to strongly encourage a greater participation from anybody who thinks they can make a contribution.

We are continuing to work through the various issues that relate to the eventual full implementation of the U/16 and U/17 age groups and some aspects of that are being announced as we proceed. "Watch this space" as they say for further announcements.

So to all – keep up the good work. Remember we are all in the boat together and hopefully we can row and steer in the right direction. I hope to meet many more of you over the ensuing season. If I don't know you yet or even if I do, come up and say hello and share with me your thoughts and ideas about Little Athletics (well maybe not all your thoughts!).

editorial

We are fast approaching that time of the season when we will be attending the various Gala Days and Association Carnivals. It is probably a good time to stop and consider the various aspects of these Carnivals that can make the whole experience enjoyable for all concerned.

The most important thing to remember is that everyone wants to enjoy a successful Carnival. 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 achievement 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 good 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 upcoming season of competition events and along the way make new friends if we can.



Championship News

It seems like we have only just started back at Little Athletics for the 2007-08 season and already many Centres have held Gala Days, Lap-a-thons and multi events and now it is time for the State Relays. Remember the many hours that were spent at Sydney Olympic Park on the last Sunday in November? Now we have State Relays on a Saturday for Juniors U/8 to U/11 years and Sunday for U/12 to U/15 years. This year we also have a new section for Centres with less than 150 athletes the previous season. Unfortunately only one Centre entered but there will be more next season, as this is the second State Relay Championships where we have had middle distance relays where one

runner from each age group runs 800 metres and this year we have heats and finals.

The Trans Tasman Trials have been held at Albion Park and the team of 145 Under 11 and 12 athletes have been selected and the 45 officials who nominated, have also been selected. The team leaves for Auckland on 10th January and returns home on 22nd January, hopefully with The Challenge Cup.

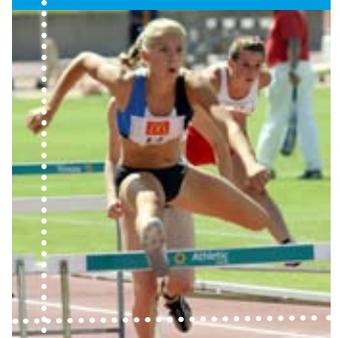
It won't be long before the Zone Championships are being held in your local area and we hope everyone enjoys the competition. For the first time ever at some Zones, Under 16 and 17 year old athletes will be competing in

invitation events and we wish them all the best.

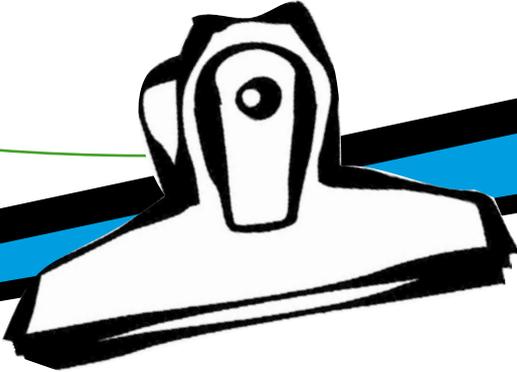
In the New Year there will be our five Region Championships, State Multi Event at Orange and finally the State Track & Field Championships at Sydney Olympic Park. Of course during these next three months, all our Centres will be conducting weekly Centre competition and maybe their own championships as well.

We wish all our athletes and parents Merry Christmas and a Happy Little Athletic New Year.

Heather Mitchell
Championship
Director



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



RECORDING FOR FIELD EVENTS

A review of the symbols used when completing field event result sheets was recently undertaken by the Officials Director. As a result of the findings of that review it has been decided to standardise the symbols used at LAANSW Association Carnivals.

In field events the following symbols will be used when completing the recording sheet:-

Throws and Jumps other than High Jump

- "F" Foul
- "P" Passed
- "a" absent

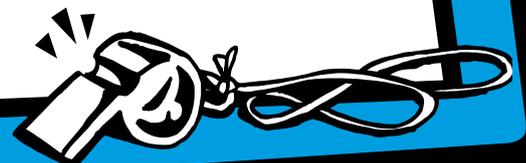
Otherwise the distance achieved by the athlete should be recorded

High Jump

- "X" Failed Jump
- "O" Cleared Jump
- "_" Passed
- " " absent (ie leave blank)

It is recommended that these symbols and definitions also be used at other Little Athletic competitions eg. Centre competition, Gala Days etc.

Peter Barnes
Officials Director





COACHES CORNER



Starting your Athletic Season on the Right Foot

Kids participate in sport for a variety of reasons to have fun, learn new skills and make friends. Little Athletics aims to provide a safe and enjoyable experience for all young athletes. Important things to remember at the beginning and throughout your athletic season are:

Correct Equipment (Shoes and Spikes)

Appropriate shoes for the activity can help to prevent injuries and improve your performance. Shoes should be properly fitted and suitable for the activity and surfaces. Spikes should be treated with caution and removed after each event (in competition) or immediately after training in order to prevent injuries to yourself and other individuals. Carry your spikes in a spike bag (if you have one). In the bag you can also carry spare shoe laces, spare spikes, spike key, long jump marker and water bottle, just in case you need it while on the field.

If you require more information on footwear, visit your nearest "Athletes Foot" store.

Warm up & Warm Down

The **WARM UP** is an important aspect for any young aspiring athlete; it will prepare your body for the activities ahead. Most kids doing their warm up do not get their heart rate up high enough or they get it up too high. Studies are now showing that the old "jog 2 laps around the oval and stretch" is now out-dated and is not a great motivational tool prior to training or competition.

Active warm ups are now recommended as they gradually increase body temperature, heart rate, breathing rate and motivate athletes to train and perform. An active warm-up is where athletes complete a series of warm up games, specific movements and drills specific to the event to be trained. The intensity of the warm up is easier to control to ensure the body is well prepared to perform.

WARM DOWNS are equally as important and are needed at the end of your activity to remove any waste products from muscles, helping to prevent muscles from becoming sore and stiff. A slow jog, stretching and constant hydration is essential to any warm down routine. In addition, stretching before going to bed and first thing the next morning is recommended.

Good Technique and Practices

A qualified/ accredited ATFCA coach may be able to assist you with techniques in different events. They not only help you learn and practice correct techniques but can help you become aware of your growth, development and performance, to ensure you continue participating in athletics because you find it fun and challenging.

Hot and Cold Conditions

Young athletes are not able to control their body heat as well as adults, therefore it is important young athletes wear lightweight and loose fitting clothing and a hat on hot and humid days. They should drink plenty of fluids to avoid dehydration. In colder conditions, young athletes should wear layers of clothing, which can be removed if they begin to warm up. Sunscreen should continuously be applied even in overcast and colder weather. In raining and cold conditions, watch for signs of hypothermia (loss of body heat) such as uncontrollable shivering, cramps and slurred speech.



DEVELOPMENT DIARY



CHRISTMAS CAMP

**NEW age group
U9-U15**

Camp dates: 21st - 23rd Dec 2007

Venue: "Life Adventure" Site, Kurrajong

For information please contact Kristy Tinnion at the Association Office

Hope to see you there!

TRAVELLING ALL OVER THE COUNTRYSIDE

This year our October School Holiday Clinics took the development team to the New England and Western Plains areas. Kristy, with well-respected coaches John Sharpe and Kerry Smith travelled to the beautiful country towns of Armidale, Gunnedah and Narrabri, while Darren and Alvin travelled to Coonamble, Dubbo and Wellington conducting one-day coaching clinics for athletes in each of these towns.

Although the weather was extremely hot, there were numerous athletes attending each of the clinics, with Armidale reaching the maximum attendance with over 60 young aspiring athletes attending their clinic. In total, there were 228 athletes participating in the fun filled clinics. A special thank you to all Centres involved for their organisation and a HUGE thank you to the coaches who made the days exciting and educational for all athletes who attended.

WOW!!!! Another SUCCESSFUL Orange Camp

Once again, numerous participants from all over NSW attended our very successful Orange Camp, which was held at Kinross Woloroi School. This was the 11th consecutive year that the camp was held in partnership with Quality Sporting Services. An incredible experience was had by both athletes and coaching staff, with everyone enjoying the great coaching, fantastic location and sunny weather.

We began our trip driving to Orange and with Bathurst "buzzing" due to the weekend car races, it was difficult not to get excited. Our first day started with a 'bang'! After a hearty breakfast, our first task was introduction games then



straight into 4 event specific coaching sessions. This year athletes were able to rotate through all events giving all athletes the opportunity for a "try before you buy" experience, before choosing their own sessions over the next few days. This approach was very successful and many athletes picked up special skills, which, no doubt, helped them throughout the camp.

Our second day was equally successful with athletes choosing their programs/sessions for the day. A total of 4 coaching sessions of their choice were on offer. It was great to see athletes choosing events they were not necessarily strong at, but wanted to learn more about. We were also lucky enough to have the pool and gymnastic foam pit at our disposal and finished the day with a movie in the cinema room. Everyone loved these facilities and certainly had FUN!!!

Our final day on camp was wrapped up with 3 more coaching sessions, an athletics tabloid and our favourite 'world record snort' game. All coaching staff, Mandy, Darren, Alvin and Kristy thoroughly enjoyed themselves and are looking forward to seeing previous and new athletes at our next Orange camp.

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

Welcome to our new KiDz Cre8tions Section!! For a limited time we will be placing nutritional recipes from our readers in the Run for Fun E-News!



KiDz Cre8tions

BANANA POPS



Ingredients:
1/4 cup orange juice
10 ripe bananas
1/2 cup rice bubbles

Method:

Pour orange juice into a dish, peel the bananas and dip in the juice.
Spread the rice bubbles on a board or clean bench and crush with a rolling pin.

Roll the bananas in the crushed rice bubbles. Insert an ice-cream stick into the base of each banana, place on a tray lined with non-stick baking paper and freeze for about 20min.

Preparation time: 5 minutes

Makes: 10

If you have a "yummy" recipe that tickles your taste buds, please email it to our office titled **kiDz Cre8tions**.

Email addresses: ktinnion@laansw.com.au / aumadhay@laansw.com.au

Please remember to include your name, age & Centre details along with the recipe name, ingredients, quantities, instructions/method & cooking times (if applicable).

2008 STATE TEAM DATES

The critical dates for the 2008 LAANSW State Team are:

Sunday March 16, 2008:

- Announcement of the 2008 LAANSW State Team at the conclusion of the LAANSW State Track & Field Championships
- State Team Information Meeting following team announcement

Friday March 28, 2008 to Sunday March 30, 2008:

- Team Camp 1 at the Sydney Academy of Sport & Recreation, Narrabeen

Friday April 11, 2008 to Monday April 14, 2008:

- Team Camp 2 at the Sydney Academy of Sport & Recreation, Narrabeen

Wednesday April 23, 2008 to Sunday April 27, 2008:

- Team in Melbourne (Competition day is Saturday April 26, 2008)



PROJECTS PAGE



LET'S STAMP OUT SPORTS RAGE

Tips for Officials

Sport rage is any violence, bad language, abuse and 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.

The majority of officials do a great job of creating a safe and enjoyable sporting environment for everyone. But others could be unwittingly creating tension which contributes to sport rage.

SELF TEST: WHICH OFFICIAL ARE YOU?

- **The Party Pooper** ruins the fun for all athletes. They pick up all the mistakes in a negative way, making the athletes feel they can't get anything right. The "Party Pooper" needs to keep some fun in the sport.
- **The Weekend Warrior** takes their power to the extreme. They demand respect from the athletes without showing any respect. The "Weekend Warrior" needs to understand the athletes want to have fun too and the game is not about them.
- **The Grudge** does not officiate fairly, showing bias towards and athlete or athletes. The "Grudge" should understand that athletes, coaches and spectators will respect and official who upholds the rules without favouritism.
- **The Out of Date** has not stayed up to date with the rules. They confuse the athletes, the spectators and themselves. The "Out of Date" needs to keep up to date.
- **The Five Star Official** (You?) officiates an event to the skill level of the athletes. They are consistent and emphasise the spirit of the game, not the errors. The "Five Star Official" is courteous and encourages all athletes.

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

Remember:

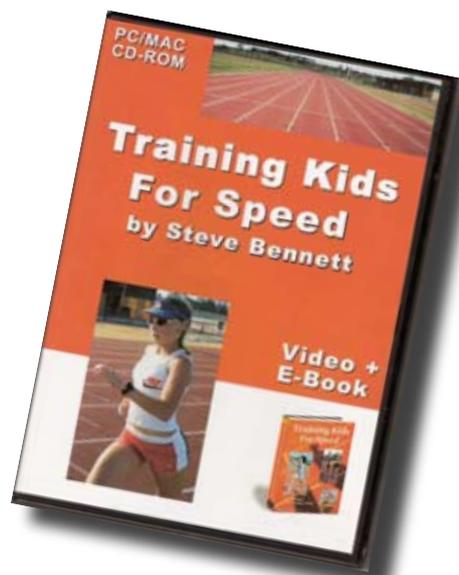
Be a sport, just support!
Play your part. Prevent sport rage

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



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

RESOURCE REVIEW



TRAINING KIDS FOR SPEED

Video + E-Book

The resource aims to integrate modern sprint training ideas into the methods used with developing athletes for the improvement of speed. The aim of this resource is to help all coaches, parents and teachers of young sprinters. It also will be helpful in any sports which value fast running.

The information has been gathered over many years. It is a combination of shared knowledge of a number of Australia's best sprint coaches and also information gathered directly and indirectly from some of the coaches of the world's elite sprinters. Training Kids for Speed introduces a large range of ways, following recent research, to be more effective in shaping running technique and improving speed. The video includes footage of a variety of training activities that are outlined in the e-book. It includes a section displaying drills, pilates, swiss ball, gym ideas, bounding etc.

For coaches, following the principles displayed in Training Kids for Speed will almost certainly see clear improvement in the running performances of the athletes or players in your care. Many ideas contained in Training Kids for Speed should also help decrease the athletes chances of injury. There is a great range of ideas for you to choose from in Chapter 7 - Training Session Ideas.

For parents, reading Training Kids for Speed will prepare you to understand the importance of your children being shaped technically as they mature. It also explains the way that a large variety of areas of training impact on running performance and technique. It discusses what is good practice and what is not. If your children have programs that embrace the principles contained in this book they will have an increased chance of reaching their speed potential and will also have plenty of fun doing it.

Training Kids for Speed is a great introduction to many of the latest training ideas used by elite sprinters. A long term speed development program is presented with video footage complimenting text.

By: Steve Bennett

PRICE: \$20.00

To order a LAANSW resource, download a Resource Order Form from the SHOP section of the website (www.littleathletics.com.au) or contact the Association office on 02 9633 4511 or 1800 451 295.

Count Me In

Telstra Australian Athletes with a Disability Underage Championships

16 – 18 November, 2007

AIS Track, Bruce, ACT

The Australian Athletes with a Disability Underage Championships are a multi-disability competition across the IPC classifications. The program incorporates both ambulant and wheelchair track and field events in the U20, U18, U16 and U14 age groups.

Entries are now available online at www.athletics.com.au/community/events/awd_underage_07.

Athletes wanting to enter should check out the qualifying standards at the above listed website.

Also incorporating the ACT Athletics Open AWD Championships, events will be offered for both ambulant and wheelchair competitors.

For further information, contact neil.fuller@bigpond.com.

Toyota Paralympic Talent Search

When: Sunday November 25, 2007

Time: 10.00am to 2.00pm

Where: The Whitlam Leisure Centre, Memorial Avenue, Liverpool

Do you have a physical disability? Do you have a vision impairment? Do you dream of being a Paralympian? Have you even considered it?

At the Talent Search Day, the Australian Paralympic Committee will be conducting sporting tests to help identify future Paralympic athletes. Some sports to be targeted are athletics, cycling and swimming.

For further information and for a registration form contact:

Amy Winters

Phone: 02 9704 0515

Email: amy.winters@paralympic.org.au

Web: www.paralympic.org.au

Classification

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".



FROM THE ZONE

Central Coast Zone

The Central Coast is situated one hour North of Sydney and 1 hour South of Newcastle.

The Central Coast Zone holds its championships on the first weekend in December each season.

We used to hold them on Australia Day, but usually found that the weekend was always too hot and we were not getting enough athletes attending. A number of seasons ago we changed to December and have seen a gradual increase in the numbers of athletes attending. There are some well-known sporting identities that have done Little Athletics on the Central Coast.

Athletes such as Martin Dent the Long Distance Runner, Mark Skaife the Race Car Driver, Jarred McVeigh and Mark McVeigh the well known Australian Rules footballers, and more recently, Adam Ashley-Cooper the Australian Rugby Player. They all competed in Little Athletics on the Central Coast.

The 2007-2008 Championships will be my second as Zone Coordinator and without the large amount of assistance that is given from all Centres, our Championships would be very difficult to get off the ground.

Warren Matthews from the Gosford Centre attained his B grade Discus Officials Accreditation this season. Congratulations go to Warren. We hope to have many more highly qualified parent officials trained in the next season or two. We encourage all parents to improve their knowledge and skills in all parts of Centre or Zone operations.

While each Zone Championships brings to the forefront new names that will be on everyone's lips for the coming Region and State Championships, many of last seasons' outstanding results were very inspiring to watch.

Ed Batten
Central Coast Zone Coordinator

Inner City Zone

The Inner City Zone consists of the following Centres

- Randwick Botany (formed in 1968)
- Eastern Suburbs (formed in 1971)
- Balmain (formed in 1972)
- Western Suburbs (formed in 1972)
- Canterbury (formed in 1974)
- South Eastern (formed in 1989)

During seasons 2003/04, 2004/05 and 2006/07, the Inner City Zone had the second largest number of registrations each year. Total registrations for last season were 2678. It is also interesting to note that the entire Inner City Zone area can be seen from the observation level of Centre Point Tower!

Allan Shaw
Inner City Zone Coordinator



FROM THE ZONE

West Metropolitan Zone

The West Metropolitan Zone provided an opportunity for people of Blacktown City and surrounding districts to learn about Little Athletics.

Blacktown Olympic Park was a hive of sporting activity as it played host to the fourth annual Blacktown City 'Family SportsFest' on Saturday 25th August 2007, a fantastic fun-filled afternoon for the whole family. The event was a huge success with 25 sporting associations and sporting venues displaying their services to over 2,000 members of the community at the sports spectacular that also featured Mega Inflatables, face painting, Featherdale Wildlife Park, AFL Interactive Kicking Machine and Major League Baseball Batting Cage. The West

Met Zone provided a display of various athletics equipment, giving children a "first-hand" experience of the different events we offer.

Mount Druitt Festival was held on Saturday 15th September in the Mt Druitt Town Centre & Westfield Mt Druitt. The festival included a range of art and craft stalls, live performances on two stages and a range of great attractions, suitable for the entire family. The Sayers from Minchinbury LAC and Gordon Prevett and Chris Watt from Lethbridge Park LAC manned a stand and provided information about Little A's to people from as far flung as Sutherland and the Central Coast.



Mt Druitt Festival

CENTRE NEWS

Tuggerah Lakes-Mingara Little Athletics Centre

The Tuggerah Lakes-Mingara Little Athletics Centre (Centre 165) conducts competition on Friday evenings throughout the athletics season at the Central Coast Regional Athletics Centre, Tumbi Umbi. Our Colours are Jade, Gold and Black. Our Emblem is the Running Pelican in our Centre colours.



Our Centre moved to the current complex for the 2001-2002 season. Previously, competitions were held at the grounds of The Entrance District Sports And Community Centre, Killarney Vale before moving to the Killarney Vale Athletics Field near Killarney Vale Public School. That 300m grass track on Wyong Road was our home for a number of years, and saw many famous faces compete in our familiar, friendly atmosphere on Saturday mornings. We now compete on a synthetic track on Friday evenings.

We usually have about 500 athletes register each season, including Tiny Tots, (which some seasons total up to 60). We have many athletes represent our Centre at Zone and Region, and last season we had 19 athletes qualify for the State Championships. That was one of our best results ever.



MINGARA
Life's Great!

We gratefully thank the sponsors and supporters of our Centre.

The Mingara Recreation Club has been a major sponsor of our Centre for a number of years.

The Athletes Foot at Tuggerah and Erina continually assist our members with correct footwear for competition.



John Holmes at "Anything Concrete" is always a great supporter of our Centre.

Last season we were fortunate to receive an equipment grant from Telstra. This support from Telstra has dramatically improved our Centre operations.



This is our 25th season and even though it has just started it is so far is looking like our best.

Ed Batten
President



Lockhart & District Little Athletics Centre

On a very hot day, Sunday 21st October 2007, the Lockhart & District Little Athletics Centre held their 5th athletics carnival at the Lockhart Recreation Ground. This was the first carnival for season 2007/2008 held in the Eastern Riverina Zone. The Carnival was well attended with 79 athletes from nine Centres. Athletes travelled from as far away as Albury, Junee, Leeton and Finley to attend the carnival and a great day was had by all.

Old records tumbled across all age groups, and new records were established in events that had not previously been held. Natalie Hoogers from Narrandera broke four records in the U15 Girls, Jessie Pescod from Finley broke three in the U12 Boys and Dean Bensted from Albury broke three records in the Open Boys. William Holt, Molly Darrington, Sophie Howard and Grace Rees all broke two records for the day; and Liam Zeschke, Rogan Cronk, James Loomes, Jemma Power, and Laura Darrington all broke a record in their age groups.

The U9 & U10 Boys were evenly matched with a dead heat in the U9 Boys 100m between Thomas Burns (Finley) and Thomas Gooden (Lockhart), and another dead heat in the U10 Boys 70m between Jack Henry Field (Junee) and Jacob Bolton (Narrandera).

Lockhart Little Athletics would like to thank all athletes who attended our carnival; without you, carnivals would not happen. We would also like to thank all those who helped out on the day, either with catering, officiating on events or at the recording table. Last, but not least, thank you to those people who marked the oval, set up and finally packed up after the carnival.



Lake Illawarra Little Athletics Centre

For some thirty years or more Lake Illawarra Little Athletics Centre have been running at King Memorial Oval on a great grass track being only 370m in length.

For some time now there has been talk about Lake Illawarra Little Athletics Centre moving to a new ground location in the Shellharbour City Municipality. There was some great news earlier this year at our AGM when a councillor representative informed us of a new ground under construction at Mirambar for the purpose of Athletics only. The new facility will house two permanent discus areas with cages, two permanent shot put areas, two long jump pits and two triple jump pits, and a full eight lane 400m grass track. All going well, the move will take place in season 2009.

For me, as a long time member and Life Member of Lake Illawarra Little Athletics Centre, this is a very big move for the Centre as it will allow us to host Major Championships events conducted by LAANSW which we have been unable to do in the past.

Howard McGarry
President

We at Lake would like to take this opportunity to wish every Centre and office staff a



And invite you along to our Summer Carnival which is on the 13 January 2008. Entry forms to this carnival can be found at www.lilac.net.au

CENTRE NEWS

Gosford Little Athletics Centre

Gosford Little Athletics Centre competes at Adcock Park, Gosford on a Friday night between 6pm and 9pm. This season we have just over 300 athletes registered which is a little lower than the past few years.

Gosford has a very hard working Committee, some great throwing and running coaches, and a great range of athletes, some who have won medals at National level in School Athletics and State Level at NSW Little A's, to those who run purely for the fun of it.

A few years ago we introduced a trophy in each age group for athletes who register the most "personal bests" for the season. This season we have gone one step further and will have colour coded Certificates for each age group when an athlete achieves 5, 10, 15 and so on PB's.

We have Training each Tuesday between 5pm and 6pm and try to cover all aspects of training drills and movements through fun games that will improve our athletes in their events.

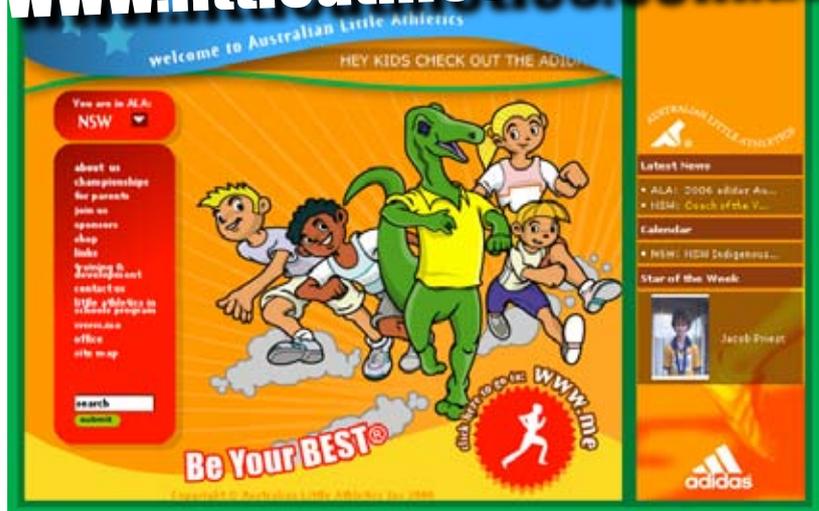
This year will see our 4th Annual Gala Day down at Adcock Park on the 9th February 2008. This will be a twilight meet with ribbons for all events and special trophy events chosen on the day for each age group. Our main attraction for this gala event is the mile run and mile walks.

As with all LAC's it is always a struggle to get enough helpers out on the field to ensure the night runs smoothly but every week we manage it, so a big thanks to all the Committee and volunteers who give up their time to make it a great night.

Any further information can be obtained from the Gosford Little Athletics Centre web site.

Stuart Farrant
President





Have you seen...

The **"POLICIES & GUIDELINES"** Page
Location: NSW → About Us

By clicking on the *Little Athletics NSW - Policies & Guidelines* you will find information on the following policies and guidelines, along with some fact sheets.

- Alcohol Policy
- Blood Guidelines
- Disability Action Plan
- Disability Fact Sheet - Vision Impairment
- Disability Fact Sheet - Autism Spectrum Disorder
- Disability Fact Sheet - Cerebral Palsy
- Drug Policy
- Equity Policy
- Heat & Hydration Guidelines
- Lightning Guidelines
- Manual Handling Guidelines
- Occupational Health & Safety Policy
- Personal Protection & Intervention Policy
- Privacy Policy
- Risk Management Policy
- Sexual Harassment Policy
- Smoke Free Policy
- Sunsafe Policy

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

ANOTHER WEBSITE OF INTEREST

www.iaaf.org



The International Association of Athletics Federation has put together a brilliant website that is a wealth of information on what is happening in the world of athletics.

By viewing the website on a regular basis you can be informed on the latest news and results, athletic events coming up, and world rankings and statistics. You can also look at international athlete biographies and browse through the photo galleries. You can find out information about the association itself and download the IAAF constitution and competition rules.

Under the "What is Athletics" section you will find details of each of the events that make up the varied sport of track and field athletics, historical landmarks and an idea of what it takes to do each event.

The "Technical Matters" section is designed for those involved in the technical organisation of track and field competitions and the production of equipment used at athletics events.

Find a Word



FEELINGS

Angry
Annoyed
Anxious
Ashamed

Awful
Bad
Cheeky
Envious

Excited
Good
Happy
Jealous

Lonely
Loved
Mad
Naughty

Nervous
Proud
Sad
Sick
Stressed

Tried
Worried

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

To win a \$50 gift voucher from The Athletes Foot, send completed puzzle, along with your name & address to LAANSW Locked Bag 85, PARRAMATTA NSW 2124 by the 17th of December 2007.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Congratulations

to U10 Little Athlete
Alana McCarten from Woodberry LAC
who won last edition's Find-a-Word!!

Contact us...



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