



# RUN FOR FUN

## WILL YOUR GROCERY BILL TURN INTO CASH FOR YOUR CENTRE?

Next time that you, your relatives or your friends shop at an IGA store, be aware that you in a position to help your Little Athletics Centre receive much needed funds, through the 2008/2009 IGA Little Athletics Docket Competition.

The IGA Little Athletics Docket Competition is an initiative of our valued partner IGA, and will see a total of \$15,000 cash distributed to Little Athletics Centres in NSW and the ACT.

Next time you or someone you know shops at an IGA store, make sure the docket is retained and handed in to your Little Athletics Centre Committee. These dockets will then be tallied and forwarded to IGA at the end of each month. At the end of the season, IGA will determine the winning Centres based upon the greatest value of collected dockets. There are 3 prize divisions (for small, medium and large Centres), with 3 prizes in each division.

The IGA Little Athletics docket competition was run for the first time in 2007/2008 and was a fantastic competition for those Little



Athletics Centres that participated. In the inaugural competition, Walgett & Eschol Park Little Athletics Centres each received a cheque to the value of \$3,500, as winners of their respective categories. Grenfell, Nyngan, Lockhart, Billabong, Eschol Park, Girraween and Holroyd Little Athletics Centres all shared in a further \$3,400.

Through our wonderful partner IGA, YOU have the opportunity to help YOUR Little Athletics Centre, so don't forget to collect your dockets! Make sure you also let your friends, family and neighbours know about the competition and encourage them to shop at IGA and provide you with their receipts, then watch this space in May 2009 for news of the winners!

The Little Athletics Association of NSW thanks IGA for their ongoing valuable support.

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### Special Points of Interest...

- Encouragement & support is the key
- Fun, laughter, skills & friends at the 2008 Orange Camp
- Tips on the competition mental games
- Myths about young athletes & sport



# A WORD FROM THE PRESIDENT...

## DERECK FINEBERG



We are now a few months into the new season and indications are that registrations have increased significantly for many Centres. This is a fair reward for the advertising and recruitment efforts conducted by all of you coming on the back of the Olympics.

I hope all these new Little Athletes and their families enjoy the experience. I'm sure they will be catered for by the hard working Centre Committees out there. Good luck to all those committees and especially to the new Centres that have formed this season. I refer to Prestons, Manilla, Kendall and Lake Cargelligo. Welcome and remember, you are not alone. Your Zone Co-ordinators, fellow Centres and the LAANSW office are happy to help.

This year of course we will see the Under 17 age group in our full championship program. This will add an exciting element to these carnivals and it will be interesting to see how many of these athletes take part.

I would like to thank those people who have volunteered to join the various Association Advisory Committees. As I have said previously running the organisation is a joint effort and the more contributors we have the more we can get done. I'm confident you will enjoy the experience.

On that note we still have a vacancy on our Board of Management in the Business Development area. If you have an interest in getting more involved in the affairs of the Association in this particular area, I encourage you to contact the office to obtain more information.

I recommend to you all the various guidelines that have been produced from our Risk Management area. These have been sent to all Centres and include information on – Complaint Handling, Sports Rage and Taking Images of Children. These are all excellent documents and provide very useful advice to all Centre officials.



On a sad note we recently noted the passing of Arnold Hunt AM, who was a long serving servant of Little Athletics and was a former Association President and official. Arnold had not been well for some time and our condolences go to his family. His contribution to our sport was significant.

Well we are readying ourselves for the first of our Association Championships with the Trans Tasman Trials and our biggest carnival, the State Relays, scheduled for November. These will be followed by a number of Zone Championships in December. Good luck to all who take part.

Also, Little Athletics have been invited to enter teams in the Australia Cup again this season by Athletics Australia. This will be held in early February in Brisbane and will be available to the Under 14 age group. Selection criteria for this team will be circulated by the office in due course. I know that our athletes who participated in this competition last season thoroughly enjoyed the experience.

So, I hope you are all enjoying Little A's so far and that you continue to do so for the remainder of the season. Remember, it's about FUN!



# editorial



We have already reached that time of the season when we will be attending the various Association Championship Carnivals. It is probably a good time to stop and consider the reason behind the running of these carnivals; what the athletes can gain from participation in these events; and the approach that should be taken by all in relation to their conduct.

There is no denying the fact that Association Carnivals are about competition; but they are also about much, much, more..... interaction, friendship, fun, personal achievement, discipline, sportsmanship...and the list goes on.

Competition is a valuable experience for children as it can stimulate them to seek personal improvement as well as learn discipline, persistence and good sportsmanship. Competition can help children to appreciate and value effort and excellence in themselves and other competitors, and it can assist children with a knowledge of how to co-operate and compete with others within the rules of the sport. In order to achieve all of these outcomes however, competition must be a positive, fun activity, devoid of

undesirable emotional and physical stress and negative experiences. It is therefore most important that the adults involved understand this and endeavour to play their part in providing this environment.

For parents and friends this means remembering to focus on the child's efforts and performance rather than winning or losing. For officials this means being consistent, objective and courteous when making decisions; emphasise the spirit of the competition rather than the errors and ensure that your behaviour and comments are always positive and supportive. For coaches this means remembering that young athletes participate for fun and enjoyment and winning is only part of their motivation. Focus on performance rather than result.

For athletes, remember that fun and friendship should be the most important thing and all that is ever requested of you is to "Be Your Best"®.

If we all go out there to enjoy the 'Championship' season and remember why we are there, the personal rewards are sure to follow.

# Championship news

It seems like we have only just started back at Little Athletics for the 2008-09 season and already many Centres have held Gala Days, Lap-a-thons and multi events and now it is time for the State Relays.

This year we have a change of venue for the State Relays. Sydney Olympic Park, where the relays are normally held, is being resurfaced, so we are heading to Campbelltown. The junior events (U/8 to U/11) will be on Saturday and the seniors (U/12 to U/17) on Sunday. The U17 age group are included in State Relays for the first time this year and we look forward to their involvement.

The Trans Tasman Trials have been held at Barden Ridge and the team of 120 Under 11 and 12 team members and 16 reserves, have been selected. The team participates in the Trans Tasman

Challenge against a team from Auckland at Sydney Olympic Park on January 18, 2009.

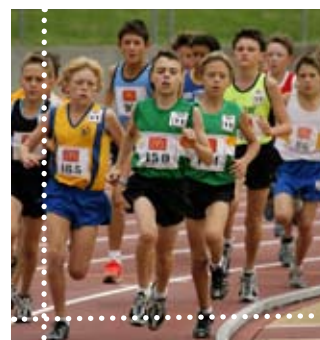
It won't be long before the Zone Championships are being held in your local area and we hope everyone enjoys the competition.

In the New Year there will be our five Region Championships, State Multi-Event at Lismore and finally the State Track & Field Championships at Sydney Olympic Park. Each of these events will also see the inclusion of the U17 age group for the first time. 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.



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







# The ROC

(The Rules of Competition)

Did you know.....

## QUICK SCRAMBLE

In High Jump a trial is declared to be failure or miss if the athlete knocks the crossbar off the supports. There is a popular misconception that as long as the athlete has scrambled off the mats before the bar falls then the trial is OK.

This is WRONG. Whether the athlete has gotten off the mats or not does not affect the decision which is based on whether or not the bar fell because the athlete knocked it.

## WRIST WRAPS

In Shot Put an athlete may wear a bandage around their wrist to help prevent injury.

However in Discus and Javelin an athlete can only wear a bandage or tape on their wrist on the production of a doctor's certificate or authority given by the appointed medical officer.

## LANES ONLY

Timing gates which meet the Associations Specifications may only be used at Association Carnivals for races that are run entirely in lanes. They should not be used for events where the athletes do a pack start or where athletes merge to the inside lane during the course of the event.

### *What is the ROC?*

*The ROC is the LAANSW Inc Rules of Competition. It contains the requirements for competition for LAANSW Carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC*

### *Where can I find the ROC?*

*All Centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LAANSW website.*



# 2009 Asics Australian Little Athletics Championships

Sunday April 26th, 2009

Santos Athletics Stadium, Adelaide

## 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

### Under 13 Teams Event:

- A team of twenty-two (22) Under 13 athletes (usually, but not necessarily 11 boys and 11 girls) will be chosen to represent NSW in the Under 13 Teams Event from performances during the 2009 LAANSW State Track & Field Championships at the Sydney Olympic Park Athletic Centre.
- Athletes will be selected on the basis of their ability to gain maximum team points for New South Wales.
- First place-getters at the State Track & Field Championships are not necessarily chosen. A good second or third place with a back-up event may be more attractive to the selectors with reference to the ALAC program of events.
- Athletes generally, but not necessarily, will need to excel at more than one event to be selected.

### Under 15 Multi Event:

- Two girls and two boys will be selected to represent NSW in the Under 15 Multi Event, following performances at the 2009 LAANSW State Multi Event Championships in Lismore.
- Selection will be determined on events which form the basis of the Australian Little Athletics Multi Event, that is: 100m; 90m Hurdles (G), 100m Hurdles (B), 800m; Long Jump and Discus. The point score system used to determine selection will be that of Australian Little Athletics and not LAANSW.





## 2009 State Team Activities

### Announcement of the Team / Information Meeting – Sunday March 22, 2009

As is tradition, the 2009 State Team will be publicly announced in front of the main grandstand following the final events and medal presentations of the LAANSW State Track & Field Championships. Selected athletes will be asked to come forward onto the track to receive an information folder from a member of the 2008 team. Immediately following the team announcement, a special information session will be held for the new team members and their parents.



### State Team Camp 1 - Friday April 3, 2009 to Sunday April 5, 2009

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 17, 2009 to Sunday April 19, 2009

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 1999 State Team and the naming of the 2009 State Team captains.



### Team in Adelaide - Thursday April 23, 2009 to Monday April 27, 2009

The NSW Team will travel to Adelaide three days prior to the Championships and stay together in a motel situation. These three days will be spent on Championship preparation, sightseeing and further team bonding. A track familiarisation, and the attendance at official engagements also feature on the program. The team competes on Sunday April 26 at Santos Athletics Stadium, Railway Terrace, Mile End. The team will return to Sydney on Monday April 27.

## More Information

- All dates on the team itinerary are compulsory and not negotiable. If an athlete is selected and unable to make themselves available on one or more of these dates, they will be withdrawn from the team and replaced by another athlete.
- All potential team members must be present for the announcement of the team at the conclusion of the State Track & Field Championships on Sunday March 22, 2009.
- To be eligible for State Team Selection (U13 or U15), athletes MUST be registered with a Little Athletics Centre and compete in their registered Centre uniform.
- Travel assistance to team activities is provided for those athletes selected from Regions 4 & 5.
- The team selection guidelines can be found at [www.littleathletics.com.au](http://www.littleathletics.com.au) in the NSW section under "Championships".
- The ALAC Rules of Competition and the ALAC Program of Events can be found at [www.littleathletics.com.au](http://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](mailto:admin@laansw.com.au).





# COACHES CORNER

## encouragement and support is the key

by Bruce Tulloh

*Bruce Tulloh explains how to be successful in helping young athletes achieve their athletic goals.*

The key to successful coaching of young athletes, whether by parents or professionals is to tackle each phase of development differently, according to its context. We would all like our children to be Olympic champions and the worst thing you can do is pressurise your children with your own dream of glory and then blame them for not realising it. At each stage in life the developing boy and girl have their own reasons for getting involved in sport. It may be a desire for approval, or a wish to make a mark in his or her peer group. We all need to find things we can do well. Self-esteem feeds on achievement, and sport at club level is an excellent way of doling out spoonfuls of achievement on a regular basis.

### **Ages 7 to 11: Avoiding "little league syndrome"**

We hear of football clubs sending scouts to primary school matches, and the "pushy parent" phenomenon - or what the Americans call "little league syndrome" - can appear at a very early stage. But at this age sport is just play, and it does not matter who wins. Children need exercise: They need to develop their bodies and their brains, and the best way of doing this is by having fun at the same time. Exercise also offers a way of learning about the world and how it works. Sport, like life, has its rules, its constraints and its set boundaries. The child learns the hardest but most valuable lesson of all - that they have limits. The parent has to find out what the child can and cannot do well. They must offer the child lots of opportunities and help them to select the ones which will best help them grow as a person.



## About The Author

Throughout the Sixties he was one of Britain's leading distance runners, winning a national title or setting a national record every year until his retirement from international competition in 1967 at the age of 32. He set new British and European records for Two Miles, Three Miles and Six Miles and competed in 2 European, 2 Commonwealth and one Olympic Games. The highlight of his track career was winning the gold medal in the 5000m at the 1962 European Championships.

His coaching career started when he became a teacher in 1965. He has gone on to coach at all levels, from eleven-year-old boys and girls to Olympic level. His most successful athletes have been Mike Boit and Richard Nerurkar. Mike Boit was Commonwealth Games Gold Medallist at 800m, and African record holder for the Mile, with times of 1min43.5 for the former distance and 3mins 49 for the latter.

He was also Coaching Editor of Runners World magazine for 15 years.

### **Ages 11 to 13: Resist the urge to specialise**

At the beginning of secondary school, the child's choices are generally guided by parents and teachers. The urge to specialise in one particular thing must be resisted: all the evidence is that those who keep up a variety of sports up to age 14 are more robust and less fragile than those who specialise early. Early specialisation may bring short-term success, but is that really what you want? At this age there will be a huge difference between early and late developers. The nature of the age-group system may lead to immature just-11-year-olds running against over developed 14-year-olds. Coaches and parents must be careful about throwing children into competition before they are ready for it, but they should not avoid competition entirely.

With the majority of kids of this age, the right approach is to encourage team spirit, in a club, group or a school team. This enables the slower developers to get satisfaction from the team success. The more successful fast developers must be shown that they need the others if they are going to win their match or get a medal in the relay. With some short-term goals ahead of them, training should be done once or twice a week, but integrated with all the other physical activities such as games, another sport and school physical education (PE) lessons.



### **Ages 13 to 15: Taking social life into account**

During this phase the child has a far bigger share in the decision making process. The other feature of this age group is that social activities have to be taken into account. The running has to be handled in such a way that it does not conflict directly with the other developing interests. Again, if there is a local club with a good team spirit, it will provide the support and companionship, which is so important at this age. By this time it will be clearer where the child's talents lie. However, the really talented track runner may be needed for the football or the hockey team in the winter, when most runners are doing cross-country. This should not be a cause for worry, because some running training can be added to the football, and there is plenty of time to get fit for the track season. Training can now become more organised, but other sports can still be kept in.

So I say to parents: "Enjoy each phase in your child's athletic career, but keep things in proportion: it is their sport and their life."

### **Age 16 and over: Relating training to ability**

From this point on the parent is a consultant, not a dictator. The level of training is related to the ability of the athlete. A really talented athlete may be on the fringe of international level at 17. In this case, some adjustment may be made to allow more time for training. On the whole, it is better to stay on in education as long as possible, because sport and education can be combined more easily than sport and work.

On the other hand, parents must accept that puberty brings huge psychological as well as physical changes, and priorities will change. My own daughters at 15 had lost interest. Art, Life and Literature became much more important to them, and as parents we had to accept their choice. Although we lost them as athletes, we kept them as daughters and friends. They went on to become happy and successful in other ways, and I am sure that the discipline and the confidence they gained from their running has helped them in later life.

## **CHRISTMAS CAMP 2008**

It's almost here..... Christmas is fast approaching and so is our Annual 2008 Christmas Camp.

This is a great opportunity for all U9-U15 yr old registered Little Athletes to enjoy quality coaching, make new friends (or meet up with old ones) and have fun (parents it's also great time to get your last minute preparations done).



The camp will be held at "Life" Adventure Site, Kurrajong from the 19th- 21st December 2008.

After a very successful camp last year spots are filling up fast! So don't forget to send in your application forms to our office ASAP and take advantage of the early bird price.

Brochures for the 2008 Christmas Camp are now available on the website so don't delay, grab some friends, 'give it a go' and celebrate Christmas – Little Athletics' style.

# 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.**

Coaches will be notified of their nomination.

Nominations should be sent to Little Athletics Association of NSW, Locked Bag 85, Parramatta, NSW 2124, ph. 02 9633 4511 or 1800 45 295, fax. 02 9633 2821, Email. [admin@laansw.com.au](mailto:admin@laansw.com.au)

## 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.



# DEVELOPMENT DIARY



## FUN, LAUGHTER, SKILLS & FRIENDS ORANGE CAMP 2008 ANOTHER SUCCESSFUL YEAR

From Sunday September 28th until Tuesday September 30th 2008, the LAANSW Development Staff and Quality Sporting Services ran another successful coaching camp at Orange.

The coaches included Alvin Umadhay, Darren Wensor, Kristy Tinnion, Anita Morrison and Astrid Lepelaar. We were also fortunate to have Clare Maloney attend and assist with our coaching as part of her Year 12 assessment.

The weather was very favourable with clear blue sunny skies in every direction. This year the camp had 31 athletes participate, with 16 athletes living in. All athletes were enthusiastic, skilled, encouraging and well-behaved.

The coaches were amazed at how fast the athletes were picking up new skills!! This year we were able to run group activities which provided athletes with alternative warm up and cool down methods. Clare Maloney conducted a very beneficial stretching session at the end of day two.

We also introduced a few new items to our program including group games on day three and an open discussion for parents to ask a qualified coach (Darren Wensor) and a current athlete (Clare Maloney) questions about nutrition, coaching programs, how to progress through athletics, etc. These new interesting items proved very successful and we are looking forward to holding them again next year.

A special thankyou needs to be made to both Astrid and Anita for their coaching throughout the camp. At short notice these wonderful local coaches provided quality coaching to the athletes who attended the camp. Their help and assistance was warmly welcomed by LAANSW and the athletes, who thoroughly enjoyed the sessions.

Athletes who attended the camp took part in the following activities: 11 quality coaching sessions; free time in the pool & foam pit; numerous group activities; a movie night; a team tabloid competition; and the opportunity to make many, many, friends.

We hope to see all of the athletes from our 2008 camp, as well as some new athletes, at our Orange camp in 2009!



# VIEWS FROM AN ATHLETE



## Tips on the Competition Mental Game

By Clare Maloney

*In the following article, former Little Athlete and current Under 20 National level competitor Clare Maloney, shares some of her thoughts about keeping calm and correctly focused during competition.*

Different things work for different athletes. Every athlete is different and it is important that the athlete/coach are able to discover what works best for the athlete.

Here are some ideas that work for me and may help other athletes compete to their best ability by improving/working on their mental skills:-

From the athlete's point of view:-

- While waiting at your event, focus on the other events around the track/field, then focus on the event you are at when it is your go. This will help keep your mind clear and will keep you relaxed.
- If at a field event, interact with the other athletes during the event.
- If you are stressed out, tense, cranky or upset, your performance will most likely drop. An athlete needs to be bouncy, lively, and happy. This way they will most likely be able to perform well. Listen to music that you enjoy prior to the event. This will help relax you and get you into a good and happy mood.
- In warm ups - Make them fun, muck around a bit (but it is still very important to take it relatively seriously).

- Find the mood that works best for you. Practise this in training; this will help make the training situation more like the competition atmosphere.
- Make routines that work for the following for YOU!!!! Develop routines for your warm up, cool down, and during the event.
- Make key words that can remind you to do something. These may be simple obvious key words, or complex key words. E.g. "Stretch, stretch, stretch" – for the three parts of the triple jump (To help you remember to stretch out as far as you can to the greatest distance you can).

Clare is a former member of the Stuarts Point Little Athletics Centre and is now a member of their senior club. During her time in Little Athletics Clare was named in the 2004 LAANSW State Team and was captain of the 2002 Trans Tasman Team. She now competes up to a national level in heptathlon, triple jump and high jump, and is a member of the NSW Institute of Sport Emerging Athlete Program.





# RESOURCE REVIEW

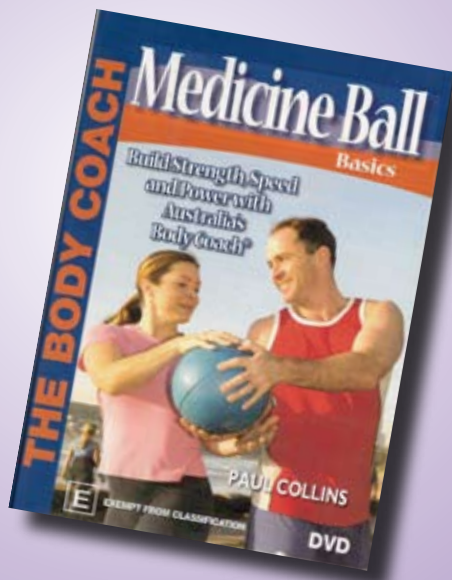
## MEDICINE BALL BASICS

DVD

The Body Coach, Paul Collins provides step-by-step coaching in this educational DVD with detailed descriptions of medicine ball exercises that focus on developing core-strength, speed and power for the upper, mid and lower body regions.

Medicine Ball Basics is ideal for athletes, coaches, sporting teams and fitness enthusiasts alike of all age groups. It provides the external resistance required to challenge the body and make exercise fun for individuals, partners and groups.

**Cost: \$25.00**



To order a LAANSW resource, contact the Association office on 02 9633 4511 or 1800 451 295.



## KIDZ Cre8tions

### MINI CHRISTMAS PUDDINGS

#### Ingredients

- 100g white chocolate melts
- 12 Arnott's Royals chocolate biscuits
- 12 Jaffas
- Spearmint leaves, cut into smaller leaves

#### Method

1. Place the white chocolate melts into a heatproof bowl. Microwave on Medium/50% power, stirring every minute until they are fully melted.
2. Spoon the melted chocolate into a sealable plastic bag and snip one corner of the bag to make a piping bag. Pipe enough white chocolate on top of the biscuits, allow to drip down the side to resemble custard flowing over the pudding.
3. Place a Jaffa on top and a small spearmint leaf each side of the Jaffa and secure in the melted chocolate.

Makes 12



*(pls remember to seek permission from your parents before you commence any recipes)*

# PROJECTS PAGE



## MYTHS ABOUT YOUNG ATHLETES & SPORT

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

### MYTH 2:

"Children should not participate in strength training activities"

### REALITY:

Some facts about children and strength training are:

- Children can benefit from participation in correctly designed strength training activities.
- Correctly designed strength training significantly increases strength in pre-pubertal and early-pubertal boys and girls.
- The reasons for strength increases have not been unequivocally established, but it is believed to be associated with neural mechanisms (i.e. coordination of muscles and between muscles).
- Strength training appears to have little effect on muscle size in pre-pubertal boys and girls.
- Strength training activities two times per week appears to be quite sufficient to develop significant changes. More frequent sessions do not produce any more development (7 – 16 year olds). Only one training session per week does not appear to preserve prior strength gains developed over a period of training.
- During growth and development, natural strength increases occur with age, but cease approximately two years earlier in females. Therefore strength training for young females is arguably more important than for males.

Resistance training is not exclusively weight training. It can include:

- Body weight exercises
- Free weights (dumbbells and barbells)
- Weight machines
- Circuit training
- Medicine ball
- Resistance bands
- Partner work
- Games

The benefits of resistance training for the Young Athlete are:

- Increased muscular strength
- Increased local muscular endurance
- Decreased injuries in sport & recreation activities
- Improved performance capacity
- Improved posture

Some specific common myths and misconceptions about strength training for young athletes are:

- Strength training causes growth plate injuries?  
It appears that strength training poses no greater risk to the individual than participation in many other sports and recreational activities. If closely monitored and supervised it is not a particularly risky activity for young athletes.
- Children can't gain strength?  
Strength training can lead to significant increases in strength, even in pre-pubescent boys and girls.
- Strength training is dangerous?  
Poorly performed, under-planned and over-strenuous strength training is dangerous for children, just as it is for adults. Provided that young athletes are correctly instructed and supervised, and following properly designed program, strength training will not only enhance performance, but also prevent injury by stabilising joints and strengthening body structures.



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



### **Guidelines/Precautions for children and strength training:**

*Strength training carries risks just as most physical activities do. These risks can be reduced with adequate supervision and education. To make strength training safe for children try to always be aware of the following.*

#### **General Guidelines:**

1. The age at which a young athlete should begin strength training will vary depending on the individual's level of maturation and the type of strength training chosen. Body weight resistance exercises can be introduced earlier than a weight training program.
2. Children involved in strength training activities must be mature enough to accept coaching and instruction.
3. A strength training program should increase gradually and focus on correct technique.
4. Always warm up and cool down.
5. A good balance between muscle development and flexibility is required especially in the quadriceps and hamstrings groups.
6. Beware of contraindicated exercises for children (i.e. Exercises that children should not do). Be aware of sensitive areas such as knees, ankles and lower back. Overhead lifting movements should be avoided / treated with extreme care.
7. Strength training should only be one component of an overall program.
8. Strength training equipment should be of appropriate design to accommodate size and degree of maturity of a child.

#### **Specific strength training guidelines:**

1. A supervised weight training program can be introduced at approximately 15 years of age.
2. Supervised weight training before the age of 15 is not recommended because:
  - The limited time available for sport at this age is best spent in the mastery of the game/activity.
  - Fitness and strength development promoted through enjoyable skill learning activities and minor games will establish a good base for specific conditioning later on.
  - Damage may occur to the immature growth regions of bones causing long-term abnormalities. This is generally due to poor technique, overuse, lack of supervision and lifting weights that are too heavy.
3. Qualified adults must supervise children involved in specific strength training activities – someone who can identify correct and incorrect technique.
4. Strength training should be directed towards high repetitions and lower sets. Young athletes should complete seven to fifteen repetitions per set.
5. One repetition maximums (maximum lifts) should never be attempted at this age. No child should train with loads that he/she cannot lift for 7-10 reps.
6. Training can be performed three days a week with at least one day of rest between sessions. The number of strength training sessions per week should not exceed three and should be integrated into the training program of the sport.
7. Educate children about why they are completing specific exercises and the importance of good technique and maintenance of good posture throughout each activity.
8. Adolescents must not take an exercise to voluntary muscular fatigue.

#### **Conclusion:**

Strength training is an important part of an athlete's total development and strengthening exercises should be introduced early as part of the overall plan.

Contrary to popular misconceptions, strength training is quite safe for children.

Children need to be properly taught and undertake a well-controlled, progressive program.

#### **References:**

- Brandon, R., "A Fitness Specialist says: if you're training child athletes, remember not to treat them as adults in miniature", Coaching Young Athletes, 2004, Peak Performance Publishing, pp 13-24
- Jennings, D., "Strength Training and the Young Athlete – Myths and Misconceptions", Sports Coach, Vol. 21, No. 2, Winter 1998, pp 9-11
- Sports Medicine Australia, "Safety Guidelines for Children in Sport and Recreation", 1997, Australian Coaching Council, pp 18-19

# Count Me In

## Communicating with People with a Disability

**How do I talk to a person with a disability?**

**What do I do if I can't understand what they say?**

**What do I do if the person can't speak or hear?**

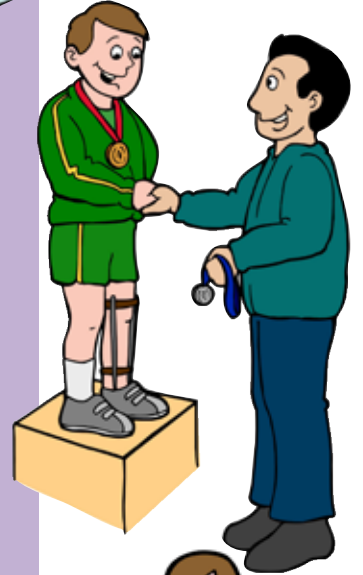
These are all questions that you may have about communicating with people with a disability. Most of the time, communicating with a person with a disability is just like communicating with anyone else. Here are some tips:

- Smile and greet the person as you would anyone else.
- Talk to a person with a disability as you would anyone else; use the same tone and pitch, and level of eye contact.
- Don't talk to the person in a patronizing or condescending way.
- Never patronize people who use wheelchairs by patting them on the head or shoulder.
- Speak clearly, asking one question at a time.
- Acknowledge the person before the disability.
- Relax. Don't be embarrassed if you happen to use accepted, common expressions such as 'See you later' or 'Did you hear about that?' that seem to relate to a person's disability.
- Don't be afraid to ask questions when you are unsure of what to do.
- Even if the person with a disability has a companion or sign language interpreter, speak directly to the person with the disability.
- If you offer assistance, wait until the offer is accepted. Then listen to or ask instructions. Don't be offended if the offer is declined.
- When introduced to a person with a disability, it is appropriate to offer to shake hands as you would with anyone else if this is your normal practice. People with limited hand use or who wear an artificial limb can usually shake hands.
- Listen attentively when you're talking with a person who has difficulty speaking. Be patient and wait for the person to finish, rather than correcting, speaking for, or finishing sentences for the person. Never pretend to understand if you are having difficulty doing so. Instead, repeat what you have understood and allow the person to respond.
- The wheelchair is part of the personal body space of the person who uses it. Leaning on or hanging onto a person's wheelchair is similar to leaning on or hanging onto a person, and is generally considered annoying.
- When speaking with a person who uses a wheelchair or a person who uses crutches, place yourself when possible at eye level in front of the person, to facilitate conversation.

*Adapted from: NSW Sport & Recreation, 'Disability Awareness Resource – A guide for the sport & recreation industry, pp 43-44*

## State Championships Entry Forms Now Available

An information sheet and entry form for the invitational events for athletes with a disability at the 2009 LAANSW State Track & Field Championships are now available in the NSW section of [www.littleathletics.com.au](http://www.littleathletics.com.au) under "Championships".





# Randwick Botany Little Athletics Centre

On Saturday 25th October, the Randwick Botany Little Athletics Centre conducted its Official Opening for the season and the popular one hour Lapathon.

400 boys and girls were joined in the run by Ronald McDonald who actually completed about five laps.

We would like to thank Grace Hopkins, McDonald's area manager, and the local stores for arranging Ronald McDonald to attend, compete and present some of the awards.



Steve Stevens presenting a Best Marcher award



Grace Hopkins presenting a best marcher award



Tony Vecellio presenting a Best Marcher award



The new captains



Steve presenting an award to new girl captain



Ronald in the crowd



Ronald with the kids



Everyone in the Lapathon



Some of the LA kids

# NEWS CENTRE

# Find a Word



## Santa's Reindeers

DASHER  
DANCER  
PRANCER  
VIXEN  
COMET  
CUPID  
DONNER  
BLITZEN  
RUDOLF

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

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 of January 2009.



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

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

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

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

**Congratulations**

to U13 Little Athlete HARRISON GREGORY  
from NEPEAN 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](mailto:info@laansw.com.au) Website: [www.littleathletics.com.au](http://www.littleathletics.com.au)