



# RUN FOR FUN

## Melinda Gainsford-Taylor encouraging students to "BE THEIR BEST"



**SEPT/OCT 2007**

A Word from the President	2
Editorial	3
Championship News	4
The ROC	5
Development Diary	6
2008 State Team	7
Projects Page	8
Resource Review	9
Count Me In	10
ANSW News	11
From the Zone	12
Centre News	13
ALA Website - have you seen...	14
Another Website of Interest	14
Find a Word	15

On the 20th & 21st August 2007, Gilgandra & Narromine Little Athletics Centres were honoured to have former Little Athlete, Olympic and Commonwealth representative, and World Indoor Champion, Melinda Gainsford-Taylor, accompanied by Kristy Tinnion of LAANSW, attend local schools within their town. Together Melinda and Kristy promoted some of the core concepts of Little Athletics - "Family, Fun & Fitness".

newspaper articles where published which hopefully will boost participation in our country areas.

The local kids were enthusiastic in their reception of the famous and entertaining Melinda and were astonished to hear about her humble beginnings (rounding up the sheep) which ultimately lead to athletic stardom.

A wonderful time was had by all and we are really looking forward to next year's school visits. Thank you to the Centres who allowed us to visit schools in their areas and a sincere thank you to Melinda Gainsford-Taylor for giving up her valuable time to promote our wonderful sport.

Students were able to look at and hold Melinda's World Championship Medals and Olympic uniforms. They were also shown pictures of Melinda in her younger years competing at Little Athletics. Many schools obtained pictures and signatures from Melinda, who was happy to sign bags, rulers, caps and school books.

Overall, our school visit program was very successful with a total number of 35,180 children seen during 159 presentations at 135 different schools, state wide. Some Centres were given the opportunity to participate in our Little Athletics Program for Schools (LAPS) coaching sessions as part of our promotional program. LAANSW State Team coaches Darren Wensor, Alvin Umadhay and Kristy Tinnion visited a total of 33 schools with over 4,000 school students being actively involved.

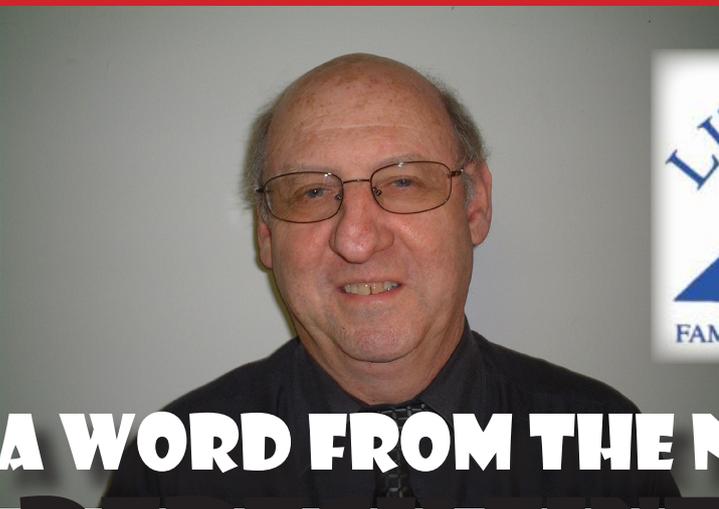
Local newspapers appeared at Melinda's old primary school in Narromine and many

Our message of "being your best" was reiterated in all our coaching and presentation sessions and we hope all Centres reap the benefits of our school visits program.

### Special Points of Interest...

- Meet the new LAANSW President
- Intergrating U16s & U17s
- NSW Indigenous Athletics Championships
- 2008 State Team
- Sport Rage
- New Paralympic Classification home page





## A WORD FROM THE NEW PRESIDENT...

# DERECK FINEBERG

Well here we are at the start of yet another Little Athletics season. One in which, as always we will welcome back old friends as well as new friends who will be joining our sport for the first time. To all of you on behalf of the Board welcome to Little Athletics and I hope you all – athletes and families – enjoy the experience.

Speaking of old and new, this is my very first article in this publication as LAANSW President, having only been elected in July at our Annual AGM & Conference held in Wollongong. I'd like to take this opportunity to thank all those who supported me for this role and I will be trying hard to ensure I am worthy of that support. I'd also like to congratulate my fellow Directors, Peter Barnes, Greg Dickson and Tony Kish on their election/re-elections to the Board.

I'd like to take this opportunity to acknowledge the wonderful contribution of our outgoing President John Burne during his six years in the role. His will certainly be a hard act to follow. On behalf of everybody involved in Little Athletics in NSW I'd also like to congratulate 'JB' on receiving the honour of Life Membership of the Association, bestowed on him at Conference. It was certainly well deserved.

As well as hellos and welcomes we have, sadly had to say farewell to three of our long serving servants of Little Athletics after long illnesses. I refer to Garth Robinson (Association Life Member), Jim Hepburn and Bill Bradshaw. All made huge contributions to our sport and will be sadly missed. Our thoughts go to their respective families.

Our Conference this year was tremendously well supported and it was great to see so many delegates in attendance (209) which was our highest in some time. It was a successful event and included a number of significant items, presentations and workshops.

One of the most significant items at Conference was the support for the introduction of the Under 16s and 17s.

Following this decision the Board then had to consider the ramifications of the implementation of these age groups not only on the Championship program but on all other aspects of Little Athletics operations. After much consideration and debate the Board decided to introduce these age groups at Centre level only at the option of the individual Centres for this season.

As expected this decision has had a mixed reaction. On the one hand many have expressed their disappointment at the 16s and 17s not being included in the full championship program and this view is totally understandable. Equally however, many have applauded the decision to hasten slowly. Is their a right or wrong decision? We don't know for sure. However, the Board feels that more time was required to investigate thoroughly the impact of implementing these two age groups before making it a fait accompli. With a more complete picture we can then plan more thoroughly for the following season.

In the meantime, those athletes who wish to compete as under 16s or under 17s can at least do so at Centre level and also at Zone on invitation.

LAANSW and ANSW continue to have fruitful discussions on general athletics issues, not the least of which is the transition of athletes from the junior to senior ranks.

On another issue it is encouraging to see the take up of online registrations this season following its introduction last year. Well done to all those Centres and we certainly hope in time it streamlines your registrations into the future.

In closing I'd like to encourage all the parents to please get involved at your various Centres to assist those hard working committee people and officials who are there every week. They need your help to ensure everything is in place to enable your children to enjoy their sport. Believe me it is much more fun on the inside helping than on the outside looking in.

So good luck to all the Centres, athletes and families and I hope you all enjoy a successful and fun filled season.

# editorial

There is no doubt the introduction of the Under 16s and Under 17s into the folds of the Little Athletics Association of NSW has been the hot topic of conversation from Centre all the way to Board level since Conference back in July 2007.

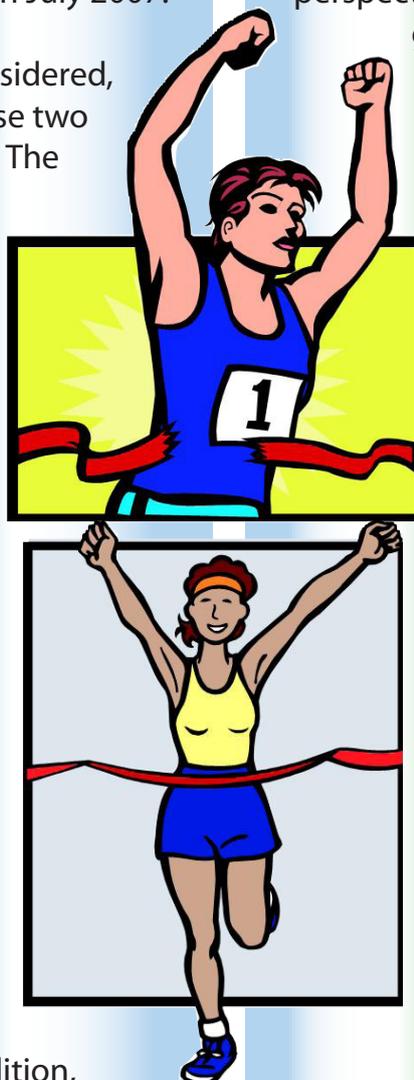
There is much that needs to be considered, discussed and arranged before these two age groups can be fully integrated. The time allowed to ensure a complete transition was insufficient for the 2007/2008 season so the Board of Management decided to press on with registration and competition at Centre level only at this stage. In the interim, a full assessment will be made as to how best introduce the two new age groups with a full report to be presented to the Association Meeting to be held in February 2008.

Some of the areas that need consideration are the inclusion into Association Championships, the impact and if any, what can be done to resolve this with as little inconvenience to the existing format on other age groups. In addition, there are the Association Award systems, constitutions allowing inclusion of the age groups, various computer programs and

systems that exist and their ability to cater for additional age groups and events, the impact on dual registrations and Teen Athletics from both this Association's and Athletics NSW perspective, the provision to include these age groups into the various camps on offer to other age groups, equipment purchase if needed, as well as a lot of hidden administrative matters.

In the eyes of some, not enough has been done to introduce these two new age groups as quickly as possible but the reality is, if we are to embrace the Under 16s and Under 17s properly into our sport, then it must be done correctly, with due consideration to all facets of the sport and not just competition alone. An interim moratorium gives everyone time to see what best suits all and provide an avenue for proper planning for the 2008/2009 season starting from Centre level up.

Can you imagine the criticism that would have been received if the introduction of the Under 16s and 17s had been rushed and turned out to be a complete disaster?



# CHAMPIONSHIP NEWS

## NSW INDIGENOUS ATHLETICS CHAMPIONSHIPS

The 2007 NSW Indigenous Athletics Championships will be held on November 16th & 17th at the Hunter Sports Centre, Glendale.

The event offers indigenous athletes aged 5 – 21 years, of all abilities and disabilities, of remote, rural, urban and metropolitan areas of NSW, the opportunity to strengthen cultural and personal identity.

It is estimated more than 1000 people, including over 600 competitors, will be involved in the event.

The event's profile has grown tremendously over recent years, supported by the attendance of elite indigenous athletes such as Kyle Vander-Kuyp and Joshua Ross.

The event aims to open pathways, provide motivation, and encourage participants to lead a healthy lifestyle. The event also aims to provide opportunities for participants to learn new skills, learn about dedication, develop life-long friendships, enjoy and celebrate success, and set athletics-related goals.

Run concurrently with the Championships is an Education and Training EXPO which allows a number of stall holders to display and hand out information about their services.

Cultural workshops offer a unique opportunity to gather Indigenous dancers, artists, poets, oral story

tellers, comedians, musicians and knowledge holders to share their skills over the two-day event.

The event details are:

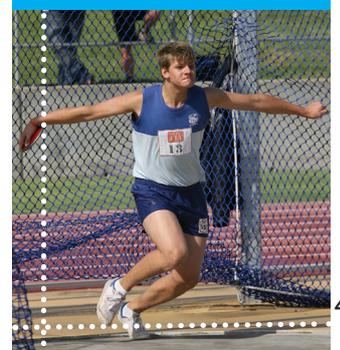
**WHEN**  
November 16th & 17th, 2007

**WHERE**  
Hunter Sports Centre, Glendale

**COST**  
\$7 per person or \$12 which includes a t-shirt

**CONTACT**  
Hunter Sports Centre on (02) 4953 6366

Entries are now being accepted.





# The ROC

(The Rules of Competition)

## Did you know.....

### YOU NEED TO PICK UP AFTER YOURSELF

If a baton is dropped in a relay race the person who dropped the baton has to pick it up, otherwise a team can be disqualified. For example if Athlete A is passing the baton to Athlete B in the change over zone and A drops the baton which lands at B's feet, B can not pick up the baton. A has to pick it up.

### IT IS THREE STRIKES AND YOUR OUT

If an athlete receives warnings from 3 or more walk judges he/she will be disqualified. Warnings are given when the athlete is breaking the rules of race walking. Warnings are given for:-

- Bent knees - the advancing leg has to be straight (not bent at the knee) from when it first contacts the ground until it is directly underneath the athlete
- Loss of contact - when neither foot is touching the ground.

The walk judges determine if there has been a breach by what they see with their naked eye. Videos or photos can not be used to determine if an athlete has breached the rules.

### LAST MAN IN

In field events, a round is completed when the last athlete eligible and present to compete in the round completes their trial. The event is completed when the last round is completed.

If an athlete arrives at the event after the last of the other athletes present has completed their last trial but before the Chief Judge has checked the results and placed the athletes, it would be too late for him/her to have a trial.

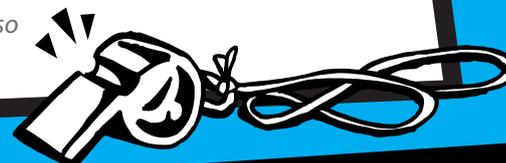
---

#### *What is the ROC?*

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

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

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



# DEVELOPMENT DIARY



## 10 REASONS TO ATTEND A LITTLE ATHLETICS NSW CAMP OR CLINIC

Did you know that LAANSW conducts Coaching Camps and School Holiday Coaching Clinics throughout NSW each year for athletes aged 8-15yrs.

LAANSW has operated coaching clinics & live-in coaching camps since the 1970's for members and for those who want to "come & try". Each year a number of such camps and clinics are organised and conducted at various venues throughout the State. These camps and clinics are beneficial to anyone, regardless of their ability. Here are ten reasons for attending a LAANSW Camp / Coaching Clinic:

### 1. A well-rounded development

LAANSW camps / clinics help to develop well-rounded athletes. The camps / clinics provide opportunities for participants to experience aspects of the sport beyond what may be available at a local level and emphasize the social aspects of the sport.

### 2. A fresh environment

LAANSW camps / clinics provide a different environment for an athlete to learn and train in. This exposure to new scenery, new people, new information, new ideas and new experiences can spark an athlete's interest and keep them motivated.

### 3. High quality coaching

All LAANSW coaches must hold current national coaching accreditation and be a member of the Australian Track & Field Coaches Association (ATFCA). A number of camp / clinic coaches have had NSW State Team experience.

### 4. The latest technique and training styles

As the primary provider of athletics for children under the age of fifteen, LAANSW has access to the latest coaching and development information, and contact with many of the leading authorities in these fields.

### 5. Exposure to a number of coaches

At LAANSW camps / clinics, athletes are exposed to a number of coaches with a variety of coaching styles.

### 6. Making new friends

Being away from their normal environment encourages young people to make new friends. LAANSW camps / clinics can be a

great way to develop and strengthen social interaction skills and increase self-esteem.

### 7. Leadership skills

A number of activities conducted at LAANSW camps provide young people with the opportunity to develop leadership skills amongst their peers.

### 8. Finding a coach

Should an athlete not already have a personal coach, LAANSW camps / clinic may provide a participant with the opportunity to develop an alliance with a coach that they meet or provide information to locate a coach.

NOTE: LAANSW and ATFCA forbid coaches to solicit, either overtly or covertly, athletes who are receiving coaching to join their squad.

### 9. Professional and well supervised

Months of planning and preparation go into the staging of a camp / clinic. The live-in staff for camps always includes at least 2 full-time LAANSW staff member and a mix of males and females. All work under a strict code of conduct and have undergone full Federal Police background and working with children checks.

### 10. Fun

Camps / clinics help keep sport fun. Participants feel energised and ready to go back to their local Little Athletics Centre and show everyone what they have learnt.

Our current Coaching camps are:

- Tamworth Camp (in partnership with Dept. Sport & Rec) – usually held in the July School Holidays
- Orange Camp – (in partnership with Quality Sporting Services) usually held in the October School Holidays
- Mid South Coast Camp, BERRY – held in November
- Christmas Camp, KURRAJONG – held in December

The School Holiday Coaching Clinics are hosted by various Centres every school holidays providing participants a whole day of training "being their best" and developing their athletic skills in a fun learning environment.

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.

# 2008 STATE TEAM

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 States and Territories, apart from the Northern Territory, are usually 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 point score) and the Alan Triscott Cup (for handicapped point score). The smaller States and Territories of Tasmania and the ACT also compete for the Dick Healy Trophy. Individual medals are also on offer for all place-getters.

The Under 15 athletes compete for individual medals and a separate teams point score trophy known as the Life Members Trophy.

A team of twenty-two (22) Under 13 athletes (usually, but not necessarily 11 boys and 11 girls) is chosen to represent NSW in the Under 13 Teams Event from performances recorded during the LAANSW State Track & Field Championships.

Two girls and two boys are selected to represent NSW in the Under 15 Multi Event, following performances at the LAANSW State Multi Event Championships.

The 2008 Australian Little Athletics Championships will be held in Melbourne.

The critical dates for the 2008 LAANSW State Team are:

Sunday March 16, 2008:

- Announcement of 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)



For more information, contact the Association office on 02 9633 4511 or 1800 451 295, email [dwsensor@laansw.com.au](mailto:dwsensor@laansw.com.au), or see [www.littleathletics.com.au](http://www.littleathletics.com.au).

# PROJECTS PAGE



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 parents do a great job of contributing to an enjoyable sporting environment for everyone. But others could be unwittingly creating tension which contributes to sport rage.

## SELF TEST: WHICH PARENT ARE YOU?

- **The Screecher** focuses on the negative and yells constantly at the athletes and officials. The Screecher must learn to see the positive things in the sport and make an effort to ignore mistakes.
- **The Try Hard** is overly positive, cheering so hard it can be embarrassing for their kids. It is also irritating to other spectators. The Try Hard must learn to balance their enthusiasm.
- **The Analyst** takes notes (and even video) to analyse performance. They relive the competition with their child and point out things to do better. The Analyst needs to leave coaching to a coach.
- **The Wannabe** lives their dreams through their child. They treat their child's sport as if it was their own. The Wannabe needs to drop the win at all costs attitude and remember it's not their sport.
- **The Not Really There** is so busy catching up with the news from the week and talking on the phone that they pay no attention to the competition. The Not Really There should remember a little encouragement goes a long way.
- **The Five Star Parent (You?)** focuses on the child's effort and not the outcome. They respect and thank coaches, officials and other athletes. They are positive supporters and keep in mind the role they are playing from behind the fence.

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](mailto:dwensor@laansw.com.au).

**Remember:**

**Be a sport, just support!**

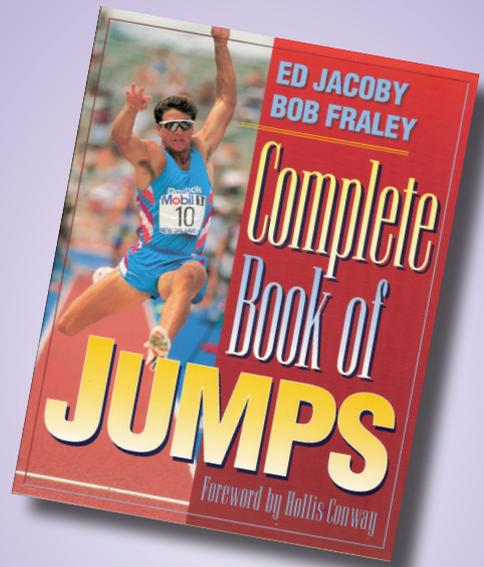
**Play your part. Prevent sport rage.**

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](mailto:dwensor@laansw.com.au)

# RESOURCE REVIEW



## COMPLETE BOOK OF JUMPS

Field event coaches Ed Jacoby and Bob Fraley have worked with many world-class and Olympic jumpers. In *Complete Book of Jumps*, they draw on their combined 60 years of coaching experience to help track and field athletes at all levels of competition improve their jumping technique, training, and performance.

The book features clear instruction combined with detailed illustrations for these 4 jumping events: long jump, triple jump, high jump, and pole vault.

In Part I, the authors explore mechanical factors common to all jumps, components of the approach run, and strength and power training for jumpers. They share ideas for the development of technique, including:

- how to avoid flaws that slow the approach,
- tips for achieving maximum height at takeoff,
- how to use the number of strides to determine runway approach distances, and
- 10 plyometric drills to add strength and power specifically for jumping.

Part II features event-specific technique and training information. Devoting a chapter to each event, the book analyses the various phases of each jump from approach, to takeoff, to landing. Eleven multiple-frame illustrations from the performances of record-setting jumpers help to demonstrate proper technique.

*Complete Book of Jumps* also includes 16 event-specific workouts, 4 for each event. Each workout focuses on a different phase of training—general preparation, specific preparation, power development, and competition. By breaking down each event into its key parts, these training programs help athletes fine-tune their skills and achieve peak performance.

An essential resource for coaches and an effective training tool for athletes, *Complete Book of Jumps* is filled with proven, practical information jumpers need to go higher and farther than the competition. Unfortunately, like most coaching books on the market, this book focuses on the adult athlete and will need to be adapted for the younger athlete.

By: Ed Jacoby & Bob Fraley  
(147 pages)

**PRICE: \$33.00**

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

# Count Me In



## NEW CLASSIFICATION HOME PAGE!

The Australian Paralympic Committee has recently posted a brand new Classification Home Page on its website.

The information portal is for anyone with questions about classification, people wanting to be classified and for those wanting to train as classifiers.

An information sheet can now be downloaded which gives a detailed explanation about classification and what to expect during a classification.

Information is also available about the Australian Paralympic Committee's new "Remote Provisional Classification" service to assist athletes with a disability living in rural and remote areas.

To view all of this information, go to [www.paralympic.org.au](http://www.paralympic.org.au) and click on "Classification".





# Athletics New South Wales NEWS

**AUSTRALIAN INSTITUTE OF MATHEMATICS**  
**NSW ALL SCHOOLS TRACK & FIELD CHAMPIONSHIPS**  
Sydney Olympic Park Athletic Centre

**Seniors (15-19yrs)**  
**13-14 October 2007**

**Juniors (12-14yrs)**  
**20-21 October 2007**

For more information please contact Athletics NSW  
[info@nswathletics.org.au](mailto:info@nswathletics.org.au)  
(02) 9746 1122

See your Sports Coordinator for an entry form or visit  
[www.nswathletics.org.au](http://www.nswathletics.org.au) to enter online

Inside Athletics, is the official e-zine of Athletics NSW.

The magazine, which will be released approximately every two months, will promote and showcase our vibrant sport, with a focus on local athletes and events.

Inside the first edition we cover all of the action from the recent World Championships, including a unique insight into the championships from Jane Saville. We get a similar perspective of the World Youth Championships from Ryan Gregson as well as pieces on the National Cross Country, plyometric training and more.



## SOUTH WEST METRO ZONE

Our area has been fortunate during this last season or two. A few Centres have received part grants to erect new equipment sheds, discus cages, shot put and discus circles moved and built.

During the heavy rains earlier in the year Ambarvale Oval flooded higher than the metre high fence surrounding the track. Athletics was cancelled that week - why!!!

To create a bit more competition among our Centre's U13, U14, U15, U16, U17 athletes (as some Centres only have a couple of each), we are holding a fortnightly Tuesday night competition at Campbelltown. No points, no trophies, just competition. We have invited three other local Centres to take part, so we just wait and hope it all works out.

McDonald's has their adverts in our local bus shelters and they gave them up and put all our Centre rego dates in for a month - great huh! We think so.

We are holding our Seasonal Athletes

Coaching Day at Douglas Park on Sunday 18th November. All events in the morning, and sprints and track in the afternoon after a free BBQ lunch. This is open to any Little Athletics athlete.

On Sunday 14th October at Ambarvale it is our officials judging seminar, exams optional, in the morning and coaching techniques in the afternoon after a free BBQ lunch. This is open to all interested persons.

On Sunday 9th December at Eschol Park we are holding our open multi carnival, open to all Little Athletes. Entries close Tuesday 4th December 2007.

Flyers for all these events were on the table at Conference or contact Gordon T Costello on 9605 5553 or 0431 368 603.

Our Zone purchased two new judges/timekeepers stands with roofs. Great for keeping the sun and rain off our officials.

Our Zone Coordinator Gordon received Life Membership of LAANSW and also an Australian Government Sport

Achievement Award for his commitment to Little Athletics.

Douglas Park and Wollondilly have an annual interclub challenge as does Eschol Park and Ambarvale. These are held on a usual Friday night and are great fun for athletics and parents.

Four from six of our Centres have tiny tots, being Douglas Park, Eschol Park, Ingleburn & Ambarvale.

Last season at Campbelltown we hosted the Trans Tasman Gala Day.

A great way, fun, but hard yakka, to raise money is running a BBQ at "The Good Guys" or "Bunnings" as Eschol Park does. There may be a 12 month waiting list but as I said, it's a great day.



## MY TIME IN LITTLE A'S HAS BEEN A GREAT ONE!

My first day of Little Athletics at Port Hacking Little Athletics Centre (PHLAC) was a scary experience. At first I wanted nothing to do with athletics, but now I'm very glad that my parents made me do it; after the first season, I was hooked! I still remember my first event: "First Call, Under 10 Boys Long Jump"! I enjoyed competing in the Long Jump and many other events, but my passion of athletics was running. When I first started, I was just about last in every event, but with patience, perseverance, and determination; I worked my way up the ladder, and I'm still climbing!

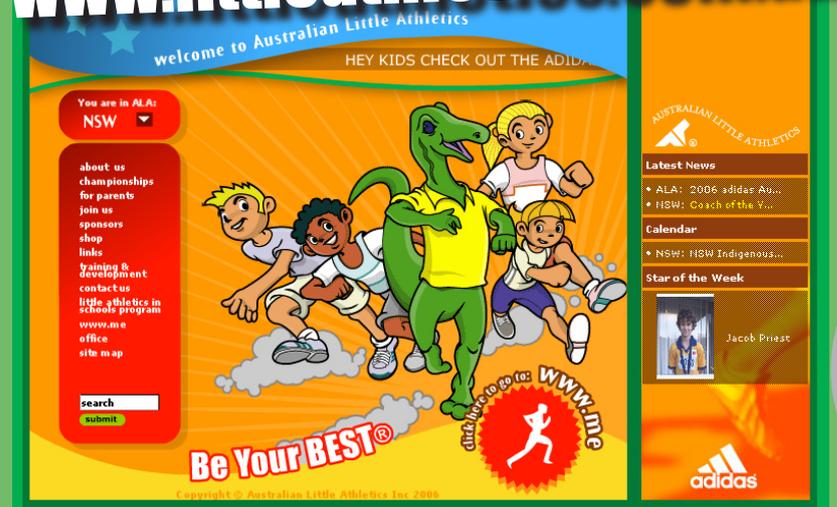
There were about twenty boys in the Under 10's, but as I progressed through the years up until the Under 15's, there were only six or seven members left. My competitors had gradually lost their interest in Little A's, and found more pleasure in such things as football and soccer. Just as I thought my Little Athletics career was over, Little Athletics NSW bumped up the oldest age group to the Under 17's, and PHLAC quickly adopted these age groups. I joined Little A's again

but was shocked to discover that apart from me, there was only one other boy. Now that there is so little competition at Little Athletics, I am going to compete in the Senior Athletics competition so that I can continue to improve.

Anyway, competing in Little Athletics gave me many things; including a love for athletics, lots of new friends, a fun new experience, a healthy and motivated lifestyle, and a great way to spend Saturday mornings with my family. It also helped me to do well at lots of school athletics events. I recommend Little Athletics to everyone! (As long as you are in the correct age bracket, but if you are too old... why not join the senior athletics competition?). As I said earlier, the three most important qualities you will need in athletics (or in anything you do for that matter) are: PATIENCE, PERSEVERANCE, and DETERMINATION!

Paul Donnadieu  
Port Hacking LAC Member  
2001 -





## HAVE YOU SEEN...

### The "LITTLE ATHLETES" Page

Location: NSW → Training & Development → Little Athletics

The Little Athletes Page is a valuable resource for any athlete to gain information on what services your Association provides for you to develop your athletic ability.

#### LAANSW Coaching Camps & Clinics

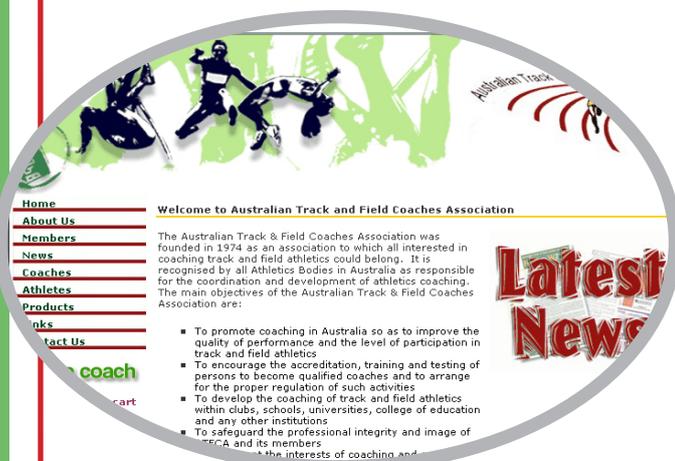
Camps and clinics are a fantastic way for little athletes to have access to quality coaches in a fun and social environment. They are organised in different locations around the state, so are available to all. Information on what is involved and details on upcoming camps and clinics, including application forms are available from the page.

#### LAANSW Programs

There is also information on the Athletic Skills Award Program and the Junior Development Program which are additional ways to gain the most from your Little Athletics experience.

If you have any queries regarding the website, please forward them to [admin@laansw.com.au](mailto:admin@laansw.com.au).

## ANOTHER WEBSITE OF INTEREST



### www.atfca.com.au

The Australian Track & Field Coaches Association was founded in 1974 as an association to which all interested in coaching track and field athletics could belong. It is recognised by all Athletics Bodies in Australia as responsible for the coordination and development of athletics coaching.

Their website contains guidelines and tips for coaches along with information on different levels of accreditation available and the when and how to obtain these levels through the courses on offer. The courses range from a very basic introductory course, the Introduction To Coaching course and five Levels of Accreditation; Level I, Level II, Level III, Level IV and Level V. Level V - Senior Coach, is the highest level of accreditation offered by the ATFCA.

The greatest part of this website is the "Find a Coach" section. This allows you to search for a coach that would best suit your needs. By indicating your location and event you will be provided with a list of coaches, along with their accreditation level and contact details.

# Find a Word



## Parts of the Body

- |       |       |            |       |          |       |
|-------|-------|------------|-------|----------|-------|
| ankle | check | collarbone | foot  | neck     | teeth |
| arm   | chest | elbow      | hand  | nose     | thigh |
| back  | chin  | eyes       | head  | shoulder | thumb |
| brain | ears  | finger     | knee  | spine    | toes  |
|       |       |            | mouth | stomach  | wrist |

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

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 29th of October 2007.



Name: \_\_\_\_\_  
 Centre: \_\_\_\_\_ Age Group: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_ Postcode: \_\_\_\_\_

**Congratulations**

to U6 Little Athlete  
 Blake Ryan from Narrabri 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