



# RUN FOR FUN

LITTLE ATHLETICS NSW

# JETS

JUNIOR ENCOURAGEMENT & TALENT SQUAD



## Little Athletics NSW launches a brand new development program

### What is the JETS program?

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

### What will the program offer?

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

### Who is eligible?

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

### Where can I find more information?

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

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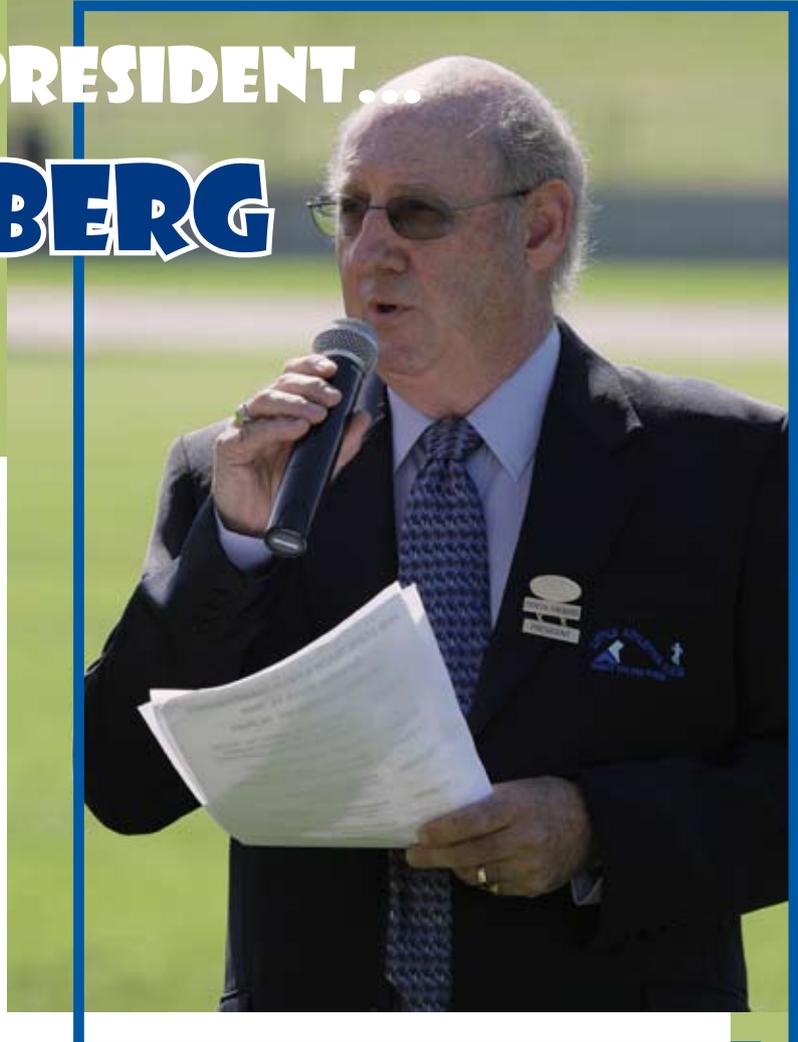
### Special Points of Interest...

- Rule changes that have been ratified for the 2009/10 season
- School Holiday Coaching Clinics
- 2010 State Team Program
- A recipe that is guaranteed to be a hit!



# A WORD FROM THE PRESIDENT...

## DERECK FINEBERG



Well the 2009/10 season is certainly upon us. I hope all Centres have had or are still having successful registrations. Welcome to all our new families wherever in the state you have signed up and welcome back to those who are re-registering. On behalf of LAANSW I hope that you all thoroughly enjoy the Little A's experience.

This season sees the introduction of a dual registration system whereby all little athletes from the age of 12 to 17 are automatically registered with both LAANSW and our senior counterparts. If the individual athletes wish to take part in senior competition they need to activate this registration with ANSW and join a senior club. It is hoped this will encourage more of our older athletes to more easily transition to senior athletics should they wish to do so.

Our Annual Conference and AGM was held in Wagga Wagga in July, with approximately 200 delegates attending from Centres across the state. The Board believes the event was very successful and the positive feedback from many delegates certainly supports this view. There were many opportunities for all who attended to mix with their peers and to listen and discuss many ideas.

This coming season members of the Board will be conducting Regional Conferences in various areas around the state. They are planned for Lake Macquarie/Newcastle in September, Tamworth (October) and Dubbo (November). We hope that Centre personnel attend these sessions and if they are successful it is intended to repeat the exercise each season in various venues.

Later in the year we will of course be holding the Trans Tasman Trials at Bankstown and State Relays at Sydney Olympic Park. More will be advised about these in later bulletins, but good luck for the preparation and training for these events.

One particular event we are looking forward to is the ALA Half-Yearly Conference which is scheduled

for Sydney in October. An inaugural 'Roll of Excellence' dinner will be held to award a number of people from the various associations for their services or achievements in Little Athletics within various categories. This will of course include some of our own NSW people and it will be well deserved.

For now, I know how busy the early part of each season is with all the preparation that is required throughout the various Centres, Zones and Regions across our state. Certainly the Board and in particular the LAANSW office is extremely busy. Our Development staff have been busy with many school visits and coaching sessions too, and of course we hope the impact of these is increased registrations.

I congratulate you all in advance on the wonderful job that you all do. The enjoyment that families and especially all the athletes experience each week make it all worthwhile.

Cheers,

Dereck Fineberg (OAM )

PRESIDENT

# editorial



In July just gone by (18th and 19th), the Little Athletics Association of NSW Annual General Meeting and Conference was held in Wagga Wagga. Nearly 200 people comprising of Centre delegates, Zone Co-ordinators, Board of Management, Association Staff and Special Guests attended. During the course of the two days, most people were involved in a number of presentations, workshops and discussion items. The response from attendees during and since Conference is they felt it to be a worthwhile experience.

One feature of Conference that receives quite a bit of positive appraisal is the feedback sessions. These are sessions where delegates have the opportunity to provide views and opinions on a range of topics. All this feedback from the various sessions are collated and passed on back to the Board of Management for analysis.

One of the key points to come out of the sessions from this year's Conference was the potential extension of online (Internet) technology. Some of the ideas include providing a feedback forum online where thoughts, comments and views can be submitted online on a wide range of topics in a blog style format. This idea is considered quite beneficial so hopefully it will be available by the end of September through the Association website. Something else in this vein was putting more entry forms online. Many people comment

how confusing the State Relays entry form can be at times, so to make it easier, an interactive and intuitive entry form will be provided in 2010 for this Championship carnival. This will hopefully reduce any potential errors. "Can Officials Accreditation be done online?" was a question asked during these feedback sessions. The Officials Advisory Committee will be reviewing the current accreditation process with a view of possibly utilising online resources.

What has been described above is just one small sample of the sort of ideas that come back from Conference. The Board of Management does consider all ideas worthwhile and tries act upon them wherever possible. Conference is a great forum to learn and/or participate in the future direction of our sport. If you seriously consider other sports you may be involved with, there are not too many, if any sporting associations where you can talk face to face with a Director like you can at our Annual Conferences. Next year's Conference will be held at Port Macquarie on 17th and 18th July 2010. Yes, it is some way off yet but it is an event Centre Committees should consider as a part of their calendar. The Board of Management will be seeking more feedback a lot earlier than has been done in the past as to the possible content for this next Conference. At the end of the day, it really is your Conference so we need your ideas....watch this space!

# Championship News

## Rule Changes

The following rule changes have been ratified for the 2009/10 season:

- Boys now have to wear shorts over their above the knee bike pants/ compression pants.
- Competition singlets/t-shirts must not cover any compulsory numbers and athletes may be fouled if they have been asked to tuck them in and don't comply.
- At Zone, Under 13-17 athletes can now enter in no more than 6 events excluding the relays.
- Senior Middle Distance Relays (4 x 800m) now can have one substitution (i.e. two of same age). Athletes can only go up one age group and the Under 12 must be a genuine Under 12.

## State Cross Country & Road Walks (5th July)

The largest number of athletes for at least 10 years competed at these Championships at Jamison and this was also the first time our Under 17's were able to compete. Three quarters of the 774 Cross Country entries and 202 Road Walk entries were taken online and all runners and walkers wore transponders. The colour coded courses were successful and thanks to the Outer West Metropolitan Zone who were the hosts. Many very good performances were achieved. Thank you to the officials who helped make the carnival a success.

## 2009/2010 Region Championships

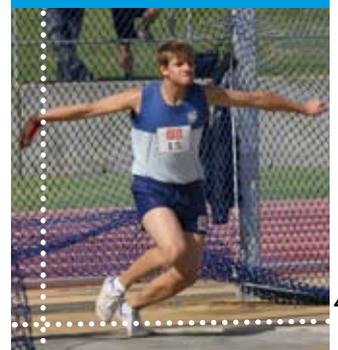
The dates and venues for the Region Championships this season, have now been confirmed, as follows: -

Region	Date	Venue
Region 1	February 27 & 28, 2010	Narrabeen
Region 2	February 20 & 21, 2010	Blacktown
Region 3	February 20 & 21, 2010	Campbelltown
Region 4	February 20 & 21, 2010	Tamworth
Region 5	February 20 & 21, 2010	Finley

## AWD Rules of Competition

AWD Rules of Competition for the invitation events at the State Championships will be included in the RoC. A simplified set of rules/guidelines will be available for Centre use.

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





# The ROC

(The Rules of Competition)

Did you know.....

## TUCKED IN

Competition singlets / T-Shirts must NOT cover any compulsory numbers (e.g. Centre number) or patches (e.g. age patch). A competitor will be asked to tuck the singlet / t-shirt if it covers a compulsory number or patch and a competitor may be fouled or disqualified if they fail to comply with this request.

NOTE This rule has been changed for the 2009/2010 and subsequent seasons. It is no longer compulsory for athletes to have their Competition shirt/t-shirts tucked in whilst in the competition area. However they will have to tuck in the shirt if it covers a compulsory number or patch. E.g. if the age patch or hip number is on the athletes shorts and the shirt, if out, covers the patch or number it will have to be tucked in.

## NEVER TOO YOUNG

14 and 15 year olds are eligible to sit for the Junior D Grade Official Accreditation in all events except for Referee and Starter. They have to pass a multiple choice theory exam and successfully pass a 1 day/night practical assessment. This accreditation allows them to be a Chief Official in that event at Centre competition and an official helper at Zone Carnivals. They cannot however officiate on their own or older age groups.

16 year olds (and above) may sit for the D and/or C Grade Officials accreditation for all events except Starter (minimum age 16) and Referee. They also do a multiple choice theory exam and 1 day/night practical assessment. Once accredited they can be considered for Chief at Centre and/or Zone levels and a helper at Region level.

## ONLY ONE IN

When an athlete competing in discus is having his/her trial or practice throw, there is only one person allowed to be inside the cage i.e. the athlete. For safety reasons, no officials should be standing inside the cage. Officials are to wait until the athlete has completed their throw and left the circle prior to entering the cage to measure the throw.

The other competitors should be located outside the cage and behind the cage opening.

### *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.*



# DEVELOPMENT DIARY



## SCHOOL HOLIDAY COACHING CLINICS

NSW Little Athletics holds a variety of coaching clinics throughout the October school holidays. Starting at 8.45am and concluding at 3.45pm, they attract up to sixty interested 8–17 year olds. The clinics are open to all registered and unregistered athletes of all abilities (participants MUST be at least 8yrs old).

These clinics aim to provide children with the opportunity to 'have a go' at athletics and to develop skills in sprints, hurdles, high jump, long jump, shot put and discus. The clinics also aim to expose children to the enjoyment, friendship, improvement, learning, personal achievement and positive experiences, as well as to help raise interest about athletics in the community.

Clinics will be held this October at the following locations:

Sawtell Toormina LAC    Wednesday October 7, 2009  
Kempsey LAC            Thursday October 8, 2009  
Raymond Terrace LAC   Friday October 9, 2009

Kurri Kurri LAC        Wednesday October 7, 2009  
East Maitland LAC    Thursday October 8, 2009

Doonside LAC         Wednesday October 14, 2009  
Riverstone LAC        Thursday October 15, 2009  
Hornsby LAC          Friday October 16, 2009

For more information click on the relevant links below or contact the Association Office on 02 9633 4511.

- [2009 October Coaching Clinic brochure](#)
- [Coaching Clinics Frequently Asked Questions](#)

To avoid disappointment,  
**register online today!**



# NSW STATE TEAM UPDATE



## Changes to Selection Guidelines

Following a complete review of the team selection process, a number of changes have been made to the LAANSW State Team Selection Guidelines. In summary, some of the most significant changes are:

- The team will no longer be announced at the conclusion of the LAANSW State Track & Field Championships on the Sunday. The team will be finalised on the Monday after the State Championships, and the selected Under 13 athletes will be contacted via telephone by 9pm on that day.
- The Under 15 athletes will be informed of their selection as soon as it is confirmed following the LAANSW State Multi Event Championships.
- The selectors will identify reserves in the case that a selected athlete does not or cannot meet the conditions of selection.
- A new State Team Agreement entitled "Conditions of Selection" will need to be signed by the team member and a parent/guardian. The athlete's place on the team is conditional and dependent on items contained in this document.
- A new State Team Code of Conduct has been developed to guide the standard of behaviour expected of all team members.

The new LAANSW State Team Selection Policies, Conditions of Selection, and Code of Behaviour can be found at [www.laansw.com.au](http://www.laansw.com.au).

It is the responsibility of potential team members and their parents/guardians to read and understand these documents and seek further clarification from LAANSW as required.

## 2010 Australian Little Athletics Championships

The 2010 Australian Little Athletics Championships (ALAC) will be held on Saturday 24th April at the University of Queensland Athletics Track.

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 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.

## 2010 State Team Program

The following dates for 2010 NSW team commitments have so far been confirmed:

- |                                     |  |
|-------------------------------------|--|
| • State Team Information & Training | Sunday March 28, 2010 (TBC)                                  |
| • Team Camp 1                       | Saturday 3rd April - Monday 5th April, 2010 (Easter Weekend) |
| • Team Camp 2                       | Friday 16 April - Sunday 18 April, 2010                      |
| • Team in Brisbane                  | Thursday 22nd April - Sunday 25th April, 2010                |

# 2010 Australian Little Athletics Championships

## STATE TEAM SELECTION

The LAANSW State Team Selection Policies (Under 13 and Under 15 athletes) for the 2010 Australian Little Athletics Championships are now available on [www.laansw.com.au](http://www.laansw.com.au).

It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policy and how it operates.

If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or [admin@laansw.com.au](mailto:admin@laansw.com.au).

By way of assistance, the following provides a summary of the intended meaning and operation of the policies.



### Eligibility

All team members must be registered with LAANSW as an Under 13 or Under 15 athlete in accordance with the Constitution and rules/regulations of LAANSW.

All Under 13 team members must have competed at the 2010 LAANSW State Track & Field Championships and all Under 15 team members must have competed at the 2010 LAANSW State Multi-Event Championships.

### Team Size

Each Association is entitled to send an Under 13 team of up to 22 athletes to compete in the Australian Teams Championships (ATC).

Up to two boys and two girls may be entered in the Under 15 Australian Multi-Event Championships (AMEC).

### Selection Criteria

The selectors will name twenty-two Under 13 athletes who, in their opinion, have the ability to gain maximum team points for NSW. The discretion of the selectors is absolute.

The Under 15 athletes are selected based on their performances at the LAANSW State Multi-Event Championships. Selection will be determined on the events contested at the AMEC – 100m, hurdles, long jump, discus, 800m. The two boys and two girls who have scored the highest number of aggregate points in the events contested at the AMEC, using the Australian Little Athletics point score system, will be selected to represent LAANSW.

### Announcement of the Team

Under 13 team members will be advised of their selection via telephone by 9pm on the Monday following the LAANSW State Championships. Under 15 team members will be advised of their selection via telephone in the days following the LAANSW State Multi-Event Championships.



**Athletics**  
New South Wales

# NSW ALL SCHOOLS U/20, U/18, U/16 MULTI CHAMPIONSHIPS

Incorporating

## The Lake Macquarie Multi Event

(U/14, U/15 and Open Invitational)

### 31st October – 1st November, 2009

To be held at the  
**HUNTER SPORTS CENTRE**  
Stockland Drive, Glendale, Lake Macquarie

**Commencing 9.00am each day**

Decathlon      Male U/20, U/18  
Heptathlon     Male U/16, U/15, U/14.  
                         Female U/20, U/18, U/16, U/15, U/14

**Entries Close 20th October, 2009**

And must be sent to:  
Athletics NSW Ltd, PO Box 595, Sydney Markets 2129

For further information contact:  
ANSW Regional Development Officer - [scott.westcott@nswathletics.org.au](mailto:scott.westcott@nswathletics.org.au)

## 2009 EAST COAST HIGHLAND GAMES

Sunday 11th October at the Hunter Sports Centre. Opens 9.00am  
Come along for a day of **Community – Culture – Friendship – Fun**

For further information please contact:

Milton Rigby - 49431399 [milton.rigby@bigpond.com](mailto:milton.rigby@bigpond.com)

Andrew MacPherson - 0409990810 [amacpherson@komatsu.com.au](mailto:amacpherson@komatsu.com.au)

Craig Reid - 0414272551 [westmusc@internode.on.net](mailto:westmusc@internode.on.net)

Helen Crowley - 0409832244 – [Crowley@digisurt.net.au](mailto:Crowley@digisurt.net.au)



Event includes stalls, demonstrations, entertainment, including **East Coast Championships** for Highland Dancing (all age), PipeBands (all grades), Heavy Events (10 events including the multi caber), Athletics (amateur 100m gift U/15, U/18, open, open mile, High jump, Little A's club 4x100m relay challenge U/10, U/12)

Entry \$10.00 Family \$15.00 Concession \$7.00



# A RECIPE FOR A HAPPY LITTLE ATHLETE

Darren Wensor - Special Projects – Little Athletics Association of NSW

*The following recipe is guaranteed to be a hit with all young people. A recipe for everyone, it requires little skill or experience, yet some care and patience. The results are certainly worth waiting for!*

## **Method**

- Make even measures of RUNNING, JUMPING and THROWING (being careful not to add too much at the expense of another) and mix them thoroughly with a huge quantity of FUN. (Note: too little FUN may lead to a bland taste).
- Stir in a large amount of PARENTAL SUPPORT and INTEREST through the mixture.
- Blend in some GOOD COACHING and allow the mixture to settle.
- A dash of TRAINING is fine, however too much may cause early spoilage.
- Resist the temptation to add any ADULT EGO, BRIBERY, PRESSURE OR PUNISHMENT. While seeming like a good idea at the time, the results may be disappointing.
- Allow the mixture to simmer over low heat for some years, regularly stirring through some ENCOURAGEMENT.

## **Additional Notes**

- Other versions of this recipe have been tried by those looking for quick success, often resulting in total disaster.
- A bad experience with this recipe may lead to a reluctance to try it again.

*Despite this "recipe" being widely available and easy to obtain, there often seems to be some ignorance of its existence. Sometimes, for unknown reasons, it is simply ignored despite the results of this continually being less than satisfactory. This "recipe" is suited to some minor personal touches and maybe even some innovative additions, but until a new recipe is proven to gain a better result, throwing away the current recipe book is done at unfortunately the young athlete's peril.*

# Find a Word



## Reptiles

- alligator
- boa
- crocodile
- dragon
- gecko
- goanna
- iguana
- lizard
- monitor
- python
- skink
- snake
- tortoise
- turtle

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

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 25th October 2009.



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

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

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

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

**Congratulations**

to U12 Little Athlete CONNOR MACIVER from CAMDEN LAC who won last edition's Find-a-Word!!

Contact us...



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 Email: info@laansw.com.au Website: www.littleathletics.com.au