



# RUN FOR FUN



## Usain Bolt is coming to Sydney!!

Whether you are a die hard athletics fan or not, you would have to agree that one of the greatest sporting talents ever seen is the world's fastest man, Usain Bolt.

The Sydney Olympic Park Athletic Centre will host the sprinting phenomenon at what's being hailed as an innovative meet designed to "entertain and inspire" on September 15, 2010.

Bolt, the world champion in the 100m, 200m and 4 x 100m events, will be guest of honour at the inaugural Competitive Edge All Star Athletics event, which has been described by meet director Hayden Knowles as the sport's equivalent of the Twenty20 cricket phenomenon.

National Rugby League stars Jarryd Hayne (former Campbelltown Little Athlete) and Greg Inglis will line up in the Fastest Man in Footy sprint race: Canterbury's Jamal Idris (former Bankstown Sports Little Athlete), who represented Australia at the World Junior Athletic Championships three years ago, will take on world discus champion Dani Samuels (former Greystanes Little Athlete), while former international rugby league star Mark Geyer will match muscle with national shot put champion Scott Martin.

Samuels will also compete in a unique three-way shoot-out against America's Olympic Champion Stephanie Trafton Brown and former New Zealand world champion Beatrice Faumina.

World indoor long jump champion Fabrice Lapierre (former Blacktown Little Athlete) will attempt to break the national record "Jumping" Jai Taurima set 10 years ago when he won a silver medal during the Sydney Olympics.

Sydney hurdler Hayley Butler (former Green Valley Little Athlete) will go head-to-head with her Kiwi arch rival Andrea Miller in a Trans Tasman challenge aimed to decide the queen of Australasia's 100m hurdles ahead of the New Delhi Commonwealth Games.

### July/Aug 2010

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### Special Points of Interest...

- And the winners are....
- Trans Tasman Trials
- Relaxation tips
- School Visits get underway for 2010

Raining Commonwealth Games Champion John Steffensen will compete in an interactive 400m race against Aussie legend Darren Clark (former Hornsby Little Athlete) in a 21st century version of the battle of the clock. Seffensen will race vision of Clark taken when he was at his peak.

Three-time Olympian Melinda Gainsford-Taylor (former Trangie Little Athlete) made her mark in Australian Athletics in 1995 when she stormed 200m to win the world indoor crown. She has long been regarded a wonderful ambassador for her sport as an international competitor, spokesperson, coach, media personality and mentor. On September 15 the cream of Australia's under 23 women sprinters – including the electrifying Laura Whaler - will sizzle in the especially named MelGT sprint to acknowledge a great athlete and great Australian.

World youth silver medalist Amy PejkoVIC (former Cherrybrook Little Athlete) and 2006 Commonwealth Games representative Claire Mallett (former Port Hacking Little Athlete) will go head to head in a high jump challenge.

The night will also feature dancers (including the Justice Crew), rock bands and DJs as well as numerous other activities that are aimed to help draw a new crowd to the ancient disciplines of athletics.

Don't miss your chance to be there at this historic event.

Outerground tickets are available through Ticketek. Grandstand tickets are available from Little Athletics NSW.

For further information [www.athleticallstars.com.au](http://www.athleticallstars.com.au)



# A WORD FROM THE PRESIDENT...

## DERECK FINEBERG



During June I and many others attended the funeral of our former LAANSW President John Burne OAM.

John, Burnsey or 'JB' made an incredible contribution to Little Athletics at all levels of Centre, Zone, Region, State and National and made many, many friends during his journey. He will be sadly missed by all and this will be brought home as we attend the various Association carnivals and not have JB trackside cracking the whip to ensure the program runs on time!

I was fortunate to have spent a lot of time with John in recent years, in particular on the occasions of LAANSW hosting the nationals in Sydney in 1997 and 2004, at many carnivals, and also when I followed him into the President's role. During all that time I found him extremely helpful, supportive, friendly and very much enjoyed his sense of humour. May he rest in peace.

We have just recently held our annual Zone Co workshop where the BOM and the 'zoneys' get together to discuss many important matters pertaining to Little Athletics in NSW. This workshop was extremely constructive and I believe, productive and I thank all attendees for their contribution. We still have a number of items to work on and hopefully we can do that in a real spirit of cooperation.

Our annual AGM and Conference has now been held at Port Macquarie and it was great to see a large number of delegates in attendance, especially so many 'newbies' attending for the first time. It is a wonderful opportunity to get together with others from many areas around the state and share experiences and forge new

friendships. I hope everyone derived some benefit from the various items that were on the agenda.

I thank all our special guests for attending and all the presenters and facilitators of the various workshops and interactive sessions. I also thank the staff of LAANSW for their hard work in preparing for the Conference and their assistance during both days. Congrats to Ian Adams and his team of willing helpers for the fine job they did in hosting the Conference.

I also hope all who participated, enjoyed the Cross Country and Road Walks at Forster-Tuncurry and a big thankyou must go to the host Centre for that event.

Good luck to all Centres and the various committees with your planning for next season.

Cheers,

Dereck Fineberg (OAM )  
PRESIDENT

# editorial

With annual registrations of about 40,000 for Little Athletics in NSW, it would be fair to assume our sport is in a very comfortable position considering the number of other sports on offer to children these days. However, when you dig deeper into registration trends for Little Athletics in our state over the last 5 years, it is not as glossy as it may seem at first glance. The number 40,000 has been a haunting figure over this period of time because this has been the consistent number of registrations...we are not growing as a sport in real terms considering urban and rural sprawl in concert with population increases.

So why is there no growth? This is not an unreasonable question to ask, but the answers are many and varied. One thing that cannot be disputed is retention is one of the key factors. For every athlete or family that leaves the sport, inevitably is a parent or parents who are no longer available to help out each week at the Centre or otherwise. It is also one or more less experienced person who can assist to show new comers what is involved in Little As and this places undue pressure on those who return back for the new season. We have been lucky those leaving the sport have been replaced with these new registrations.

This has been recognised by the LAANSW Board of Management (BOM) and retention is one of the key strategies it will be concentrating on not only over the next 12 months, but well beyond. This said, the BOM cannot do it alone. It is up to each and every Centre to help play some small part in the "retention campaign". So what needs to be done? Anecdotal evidence suggests there are many reasons why athletes/parents leave Little Athletics and there is no single fix to address the issue.

To start the ball rolling, the following is a list of questions Centres could ask themselves which may enlighten them to possible shortcomings that makes the sport unattractive to athletes and parents alike. This list by no means is suggesting anything about Centres as a rule; it is merely observations made by participants in a recently conducted marketing survey and their thoughts about ways we could improve the Little Athletics experience.

- How do Centre Officials interact with athletes and parents?
- Is the Centre all inclusive with the athletes, i.e. elitism is avoided where possible?
- Are all athletes rewarded and/or recognised at the season's conclusion?
- Is the weekly program conducive to providing variety without being too long?
- Does the Committee listen out or look for the needs of the membership?
- Is the Centre Committee approachable?
- Does everything relevant to the sport get published either in hard copy format and/or electronically?
- Whilst all parents may be encouraged to join the Committee, is the approach to them possibly intimidating?

At the end of the day we have a product and if that product does not meet the needs of the consumer, then they will turn to alternatives. Little Athletics is a great sport to be involved in and everyone's initial involvement is at the grass roots – the Centre. Collectively we need to ensure one and all gets the most out of it... this will help retention to grow and all will benefit. More to come on this topic in the near future!





# 's Little Athletics Docket Competition

## Results Announced...

Place & Prize	Division 1 (1-120 Members)	Division 2 (121-299 Members)	Division 3 (300+ Members)
1st & \$3,500	Gilgandra Little Athletics Centre	Warradale Little Athletics Centre	Doonside Little Athletics Centre
2nd & \$1,000	Stockton Little Athletics Centre	Eschol Park Little Athletics Centre	Nepean Little Athletics Centre
3rd & \$500	Nyngan Little Athletics Centre	Coonamble Little Athletics Centre	Woden Little Athletics Centre (ACT)

**Congratulations to these Centres, and all Centres who participated on their fantastic efforts in this year's IGA Little Athletics Docket Competition!**

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

**Good luck to all Centres who participate in the 2010/2011 IGA Little Athletics Docket Competition!  
You can start collecting docket from**



**IGA Kids Club – Are you a member yet?**

It's free to join and there are plenty of great games to play and prizes to win.

There's a Birthday Club too, you'll receive a birthday card

and a voucher to redeem at your local IGA store.

Join today, visit [www.igakidsclub.net.au](http://www.igakidsclub.net.au)





# The ROC

(The Rules of Competition)

Did you know.....

## COLOUR CODED

The 1Kg, 1.5Kg and 2Kg Shot Puts all have the same dimensions i.e. 76mm to 86mm even though they are different weights. To help identify the correct Shots for each age group, a colour coding system was introduced.

1kg	Blue	U/6 & U/7 Boys and Girls
1.5Kg	Yellow	U/8 Boys and Girls
2Kg	Orange	U/9, U/10 & U/11 Boys & Girls U/12 Girls
3Kg	White	U/12 & U/13 Boys, U/13, U/14 & U/15 Girls
4Kg	Red	U/14 & U/15 Boys, U/17 Girls
5Kg	Green	U17 Boys

## VISUALLY IMPAIRED TRACK ATHLETES

Visually Impaired athletes (T11 and T12 Classification) may be accompanied in their track events by a guide. In the 100m the guide will run in the lane next to the athlete to guide them along the track.

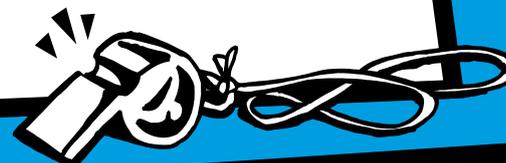
- The guide can give them verbal instructions or be tethered to the athlete.
- The guide can't pull the athlete or propel them by pushing the athlete.
- The athlete and guide can't be more than 0.5m apart during the race.
- When the athlete crosses the finish line the guide must be behind them.
- Guide runners wear bright coloured vests to distinguish them from the athletes.

### **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.



# Championship News

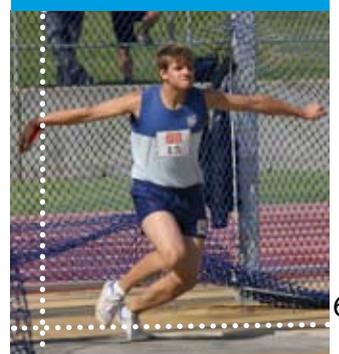
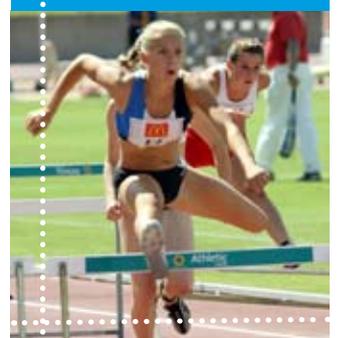
## State Cross Country and Roadwalks

It was a great day at Tuncurry on Sunday 4th July when we had the State Cross Country and Road Walks Championships.

451 Little Athletes ran and walked in these Championships, around the grounds of Forster Tuncurry Little Athletics.

For the first time nearly everyone had entered online with the Little Athletics Office after every Little Athlete had received three emails reminding them about the events and the closing date.

The 3 individual winners in each event were the first little athletes to win a medal with our new logo on it. The first 3 teams from each Centre also won a medal with the new logo.



## Trans Tasman Trials

The Trans Tasman Trials will be held at Blacktown Olympic Park on Sunday, 7th November, 2010.

It will be the first event for the 2010-2011 season for any registered U11 and U12 Little Athletes who would like to be selected in the Trans Tasman Team. The team will compete in Sydney next January when the New Zealand team arrives. Each age group has 30 team members and 4 reserves.

Watch our website [littleathletics.com.au](http://littleathletics.com.au) from early September for more details.



# 2011 NSW STATE TEAM UPDATE



The 2011 Australian Little Athletics Championships (ALAC) will be held on Saturday April 30 at the Sydney Olympic Park Athletics Centre.

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.

## **2011 State Team Program**

The following dates for 2011 NSW team commitments have so far been confirmed:

- Team Camp 1                      Friday April 1 - Sunday April 3, 2011
- Team Camp 2                      Sunday April 17 - Tuesday April 19, 2011
- Team together in Sydney      Thursday April 28 - Sunday May 1, 2011

More dates will be added as they are confirmed.

Potential team members should note that 100% attendance is expected at all team activities.

## **Selection Guidelines**

Little Athletics NSW is currently in the process of reviewing and updating the State Team Selection Guidelines.

Once fully updated, the guidelines will be published on the LAANSW website and widely promoted throughout the Little Athletics community. It will be the responsibility of potential team members and their parents/guardians to read and understand this document and seek further clarification from LAANSW as required.

## **Further Information**

Any queries about the LAANSW State Team and/or the ALAC can be directed to the LAANSW office or visit our website and follow the links to the State Team information. News items relating to State Team developments are periodically posted on the website.



# JETS SET TO TAKE OFF AGAIN

**The Little Athletics NSW Junior Encouragement & Talent Squad (JETS) program will be back bigger and better for the 2010-2011 season with even more things on offer.**

JETS is a program that 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 in an enjoyable social environment.

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

Some of the highlights of the 2009-2010 JETS program have been:

- The program boasting approximately 130 members.
- Six JETS coaching clinics conducted.
- Melinda Gainsford-Taylor and Dani Samuels coaching at the first JETS clinic.
- All JETS members receiving an exclusive member t-shirt.
- JETS members competing at the Hunter Track Classic.
- JETS members assisting with the conduct of the Sydney Track Classic.

The JETS coaches have been closely examining the inaugural year of the program and are now busy implementing some great ideas for the program's second season.

Plans for the new season include:

- More JETS clinics.
- More JETS events to be held in regional areas.
- More coaching/training information available to JETS members.
- More social opportunities for JETS members.

The first members-only coaching clinic of the 2010-2011 program will be held at Sydney Olympic Park Athletics Centre on Sunday October 24, 2010, 12.30pm – 4.00pm.

Keep an eye on the NSW section of [littleathletics.com.au](http://littleathletics.com.au) for more information (including the qualifying standards) and application forms. Alternatively, phone 02 9633 4511 or 1800 451 295 or email [admin@laansw.com.au](mailto:admin@laansw.com.au).





# COACHES CORNER



## Relaxation

Relaxation itself can be useful in a number of circumstances including:

- the promotion of rest, recovery and recuperation
- the removal of stress related reactions, e.g. increased muscular tension, etc.
- the establishing of a physical and mental state which has an increased receptivity to positive mental imagery
- the establishing of a set level of physical and mental arousal prior to warming up for competition

### Mental Imagery

When combined with positive mental imagery it is useful in:

- developing self confidence
- developing pre-competition and competition strategies which teach athletes to cope with new situations before they actually encounter them
- helping the athlete to focus his/her attention or concentrate on a particular skill he/she is trying to learn or develop. This can take place both in or away from the training session
- the competition situation

### How do I achieve relaxed muscles?

Progressive muscular relaxation involves the active contracting and relaxing of muscles. When a muscle is tightened for 4-6 seconds and then relaxed, the muscle returns to a more relaxed state. This process should be performed for the following parts of the body in turn - feet, legs, thighs, buttocks, stomach, back, neck, shoulders, arms, hands, jaw, face and eyes. How will relaxed muscles feel?

J.H. Schultz in the 1930's noticed that patients in a relaxed state experienced one of two sensations: the feeling of warmth or the feeling of heaviness in completely relaxed limbs. During the relaxation process, concentration should be focused on one of these sensations. For the first few sessions, the athlete should alternate the focus between sessions to determine which one they prefer.

### Can Relaxation have a Negative Effect?

In a competition situation an athlete will either be:

- Under excited; low in arousal; find it hard to "get up" for the competition; disinterested; etc.
- Over excited; high in arousal; over the top; nervous-anxious; scared of the competition; sick with worry; etc.
- Optimally excited; nervous but in control; looking forward to the competition but apprehensive; thinking positively; feeling good; etc.

If we were to use relaxation procedures with an over excited athlete, we might be able to reduce his/her arousal level to that of the optimally excited athlete. This would have a positive effect on his/her performance. However if we asked an under-excited athlete to use relaxation procedures it would only make it harder for him/her to "get-up" for the competition. The coach therefore has to know his/her athletes and how they react in competitive situations.

*Stay tuned for Part 2 in the next edition to learn about different relaxation techniques.*

# DEVELOPMENT DIARY



## SCHOOL VISITS GET UNDERWAY FOR 2010!



The Little Athletics NSW Promotional School Visit Program has commenced for 2010 and will see staff travel to all corners of NSW promoting the benefits of participation in Little Athletics.

Australian track champion and former Little Athlete, Melinda Gainsford-Taylor, will again this year be helping Little Athletics NSW staff to 'spread the word' about Little Athletics. Each year during the month of August, Melinda takes time out of her busy schedule to accompany LAANSW staff to NSW schools promoting the benefits of participation in Little Athletics.

Melinda started running as a six year old in Little Athletics in the country town of Trangie in NSW. Melinda went on to represent Australia at three Olympic Games. She won 5 National Double crowns

(1992, '93, '95, '97, '98) and holds the fastest time ever by an Australian for the 100m (11.12sec) run in Italy, and she also holds the fastest time ever for an Australian for the 200m (22.23sec), run in Stuttgart Germany in 1997. In 1995 she won the World Indoor 200m title. Melinda is also a bronze and silver medalist at the Commonwealth Games.

Melinda has fond memories of her involvement in Little Athletics and is always willing to take the opportunity to promote the movement that helped her develop a love of track and field. Melinda enjoys talking to children and they love listening!

Little Athletics NSW thanks Melinda for her ongoing contribution and support.

# Food 4 Life

## Veal Parmigiana

Serves: 6

Prep: 15 mins

Cook: 20 mins

Nutritional Value: Low-fat



### Ingredients:

- 6 Veal Leg Steaks
- 1/2 cup Cornflake crumbs
- Cooking oil spray
- 2/3 cup Dolmio Smooth Bolognese Classic
- Tomato Pasta Sauce
- 1/2 cup chopped Ausfresh Marinated Grilled Eggplant
- 100g shaved 97% fat-free ham
- 1/2 cup grated Mainland Light Tasty Cheese
- Cooked McCains Winter Vegetables, to serve



### Method:

- Coat veal in cornflake crumbs. Spray a large heated non-stick frying pan with cooking oil. Cook veal, in batches, until browned on both sides. Remove from pan. Place veal onto an oven tray.
- Spread pasta sauce evenly onto veal. Top with eggplant, ham and then sprinkle with cheese.
- Cook under a hot grill until cheese is melted.
- Serve parmigiana with cooked McCains Winter Vegetables.

# Find a word



## DOGS

- BEAGLE
- BOXER
- BULLDOG
- COLLIE
- DACHSHUND
- DALMATION
- GREYHOUND
- JACK RUSSELL
- LABRADOR
- POODLE
- SHIHTZU
- SPANIEL
- ST BERNARD
- TERRIER

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

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 30th of August 2010.



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

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

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

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

# 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: [littleathletics.com.au](http://littleathletics.com.au)