



RUN FOR FUN

NSW Little Athletes excel at the World Youth Championships

Well done to the 10 current or former NSW Little Athletes who competed at the recent World Youth Championships in Lille, France. Of these 10 athletes, 6 finished with a top 8 performance and 2 brought home medals. Special congratulations to Jake Stein (Warradale LAC) for his gold medal in the Octathlon and Sarah Carli (Wollongong City LAC) for her silver medal in the 400m hurdles.

In March of this year, Jake Stein was the gold medalist in the LANSW U17 State Multi-Event Championships in Wagga Wagga, and today he is the gold medalist at the World Youth Championships! In earning his gold medal, Jake achieved a fantastic 6 personal best performances out of the 8 events. He posted a score of 6491 points, the best ever performance by a Youth!

In the first event, the 100m, Jake ran a time of 11.52s, just 0.01 behind his PB. He then went into the field and added 7cm to his long jump PB with a leap of 7.22m. Later that day, he added 2 more PB's to his score, with a throw of 17.22m in the shot put and a time of 51.32s in the 400m. Day 2 started with another PB, this time in the 110m hurdles with a time of 14.25s. In the high jump, he cleared 1.98m on his first attempt before missing at 2.01m and then went to the javelin, where he achieved yet another PB, with a massive throw of 59.65m. In the final event, the 1000m, Jake set another PB to round off the competition with a time of 2:52.93.



Sarah Carli improved her personal best in the 400m hurdles by an amazing 2 seconds at the championships. To begin with she won her heat in a new PB time of 59.06 seconds; she finished 2nd in her semi final; and then powered down the straight in the final to claim the silver medal with another second off her PB, clocking 58.05 seconds.

July/Aug 2011

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Special Points of Interest...

- Association Advisory Committees
- JETS Lands at Bankstown
- Activity, Exercise & Food
- Safe Conduct or Shot Put
- International Children's Games

Also competing in the final of two events was **Filoi Aokuso** (Blacktown LAC), who finished 5th in the discus with a throw of 50.38m and 8th in the shot put with a throw of 13.68m. Filoi was the youngest member of the Australian team at just 15 years of age.

Jarrold Geddes (Sutherland & Port Hacking LAC) lined up in the final of the 100m and finished in 6th place with a time of 10.63s. Jarrod, along with fellow Aussie, **Hugh Donovan** were Australia's first ever boy's 100m finalists at the World Youth Championships.

Also finishing in 6th place in his event, the high jump, was **David Snowdon** (Kurrajong Bilpin LAC). David cleared a height of 2.09m, just one centimetre from his personal best of 2.10m.

In the javelin, **Elliot Lang** (Northern Districts & Parramatta LAC) finished in 7th place with a seasons best throw of 73.55m.

In the heptathlon, **Melissa-Maree Farrington** (Northern Suburbs LAC) finished in 10th place, with a score of 5109 points. In her first event, the 100m hurdles, Mel just missed her PB when she finished in a time of 13.95s. She was however able to claim a PB of 1.63m in the high jump and a PB of 9.41 in the shot. In her 200m she ran a time of 25.88s, followed by a jump of 5.71m in the long jump. Another PB came in the javelin, with a throw 35.08m and in the final event, the 800m, she recorded a time of 2:27.09.

Anna Laman (Campbelltown Collegians LAC) made the final of the 1500m, where she finished in 11th place with a time of 4:21.06 and **Jenny Blundell** (Cherrybrook LAC) earned herself a position in the semi-final of the girls 800m where she finished in 5th place, with a time of 2:09.15. **Emily Crutcher** (Grenfell LAC) missed progressing to the final of the girl's high jump, with her clearance of 1.67m.

The 29 member Australian team scored a total of 51 points to finish 11th on the placing table and headed home with 4 medals. Congratulations to all of the athletes; most of who were representing their country for the very first time!



Jarrold Geddes



Filoi Aokuso



Hugh Donovan



Anna Laman



Jenny Blundell



David Snowdon



Elliot Lang



Melissa-Maree Farrington

(Photos from Athletics Australia)

A WORD FROM THE PRESIDENT...

DERECK FINEBERG



Now that we are in the so called “off-season” we can sit back and put our feet up? Well not quite! Now is the time that most of the planning for next season occurs at Centre level and at Board level in particular.

With the completion of all Centre AGM's, a number of you will have committed to various roles within our organisation. Good luck and congratulations for volunteering. I'm sure you will benefit from your involvement. I know your athletes and families will.

As has been stated in other publications, a lot of work has been going on in recent months with a number of new initiatives, including a new constitution, Zone-Region review and LANSW staff re-structure. These topics, in addition to many others, were recently the subject of discussion at our annual Zone Co-ordinators & Board of Management meeting. They are also on the agenda at our upcoming annual AGM/Conference in Orange. With your support the BOM hopes to be able to push on with the implementation of these significant items.

I wish to thank those Zone Co-ordinators and BOM members who attended the Zone Co meeting in June for their constructive contributions to the many key matters that were tabled for discussion. That forum is always an excellent opportunity to debate the pros and cons of many important items.

I hope that many, if not most of our Centres manage to send delegates to the upcoming Conference in Orange where they will have the opportunity to take part and listen to in depth discussions, workshops and presentations on many important subjects. This year we formed a volunteer sub-committee from the membership to provide suggestions as to the format, structure and theme of the Conference. I hope it proves successful and I thank them for their contribution.

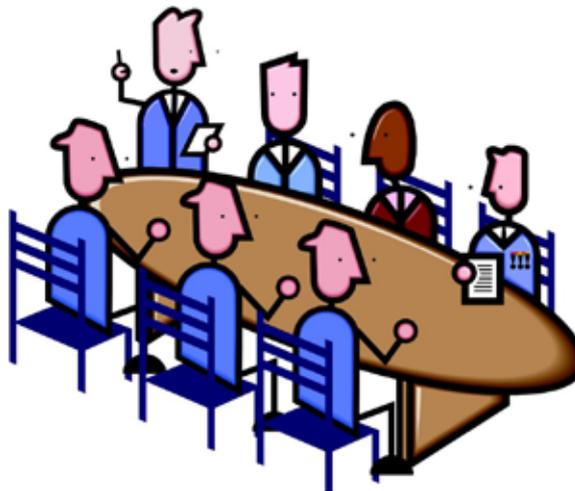
In recent times LANSW has conducted a number of surveys aimed at the membership and Centres. The feedback we receive is certainly taken into consideration where possible when formulating plans for future operations. So, thank you to all who have responded. LANSW stands prepared to initiate suggestions if it is considered they will provide a benefit to the majority of our membership. However, many initiatives need to be acted upon at Centre level. The assistance by Centres in this regard will be appreciated wherever possible.

Whether it was your first or one of many I hope all our families and athletes have enjoyed this season of Little A's. To those athletes and families who participated at the LANSW Cross Country and Road Walks Championships on July 3rd at Scheyville, I hope you enjoyed our final event of the season.

Good luck with all of your off season activities, whether it is other sports or some other pursuits and I hope you all return at the start of next season with your recharged batteries and renewed enthusiasm for another season of Little Athletics.

Cheers,
Dereck Fineberg (OAM)
PRESIDENT

editorial



The Association's AGM and Annual Conference is nearly upon us, and this usually means there are elections held for some of the Board of Management portfolios. As a consequence, it also means the re-establishment of some of the Association's Advisory Committees. So what is an Advisory Committee and what do they do?

Each Director has an area of responsibility which they must ensure meets the Association's objectives. They usually get their guidance from the Association's Operational Action Plan which is reviewed on an annual basis. Advisory Committees are volunteers from the broader Little Athletics community who help the Director meet their goals. Members of an Advisory Committee may be asked to do some research or undertake a task on behalf of the Director. If this is not the case, they are certainly involved in discussions or requested to put forward ideas that will help the Director when they take any thoughts, policies or procedures to a Board of Management meeting. Advisory Committees are an extremely important asset to the Association because it is on their advice, decisions are facilitated when made by the Board.

Why this is being mentioned here is because members of an Advisory Committee are not pre-determined. Expressions of interest are sought from adult members within Little Athletics to join one of these Advisory Committees. No special skills or expertise is required, just enthusiasm. Expressions of Interest will be requested at around the same time this editorial is being read and the Association would really love to have new people with new ideas to join others who have been working on the Committees now for a few years.

Risk Management, Business Development and Officials are the Advisory Committees which will be seeking members, so look out in the Board Minutes or on the website over the next few weeks.

If you want more information about what is involved in being on an Advisory Committee, don't hesitate to call the Association Office. Membership on an Advisory Committee is not a closed shop; new people are always warmly welcomed.



The ROC

(The Rules of Competition)

Did you know.....

OFFICIALS ACCREDITATION

- The minimum age to become a fully accredited official is 16 (18 for starters).
- 14 and 15 year olds may obtain Junior D Grade accreditation.
- People holding Junior D Grade may be a Chief at Centre level for Age groups younger than themselves. They may also officiate at Zone (but not be a Chief).
- Any 14 or 15 year old interested in becoming a Junior accredited official should contact their Zone Co-ordinator.

THROWS (from Circle) INTERRUPTION OF TRIALS

- After commencing their trial an athlete in a throws event may interrupt their trial.
- They may lay down their throws implement inside or outside the circle – they don't have to lay down the implement.
- They may also step out of the circle (by the rear half) before stepping back in and recommencing their trial.
- The trial (including the interruption) has to be completed within the one minute time limit for a trial.

ASSISTANCE TO ATHLETES

The following items are not to be used by athletes in the competition area:-

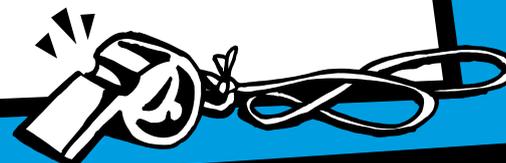
- Cassette recorders
- Radios
- CDs
- Radio transmitters
- Mobile phones or similar devices

What is the ROC?

The ROC is the LANSW Inc Rules of Competition. It contains the requirements for competition for LANSW 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 LANSW website.



Championship News

2011/2012 State Track & Field Championships

For the 2011/2012 State Track & Field Championships, up to 24 athletes (in every event) will be able to compete at Sydney Olympic Park.

The qualification process will be as follows: -

From Centre to Zone

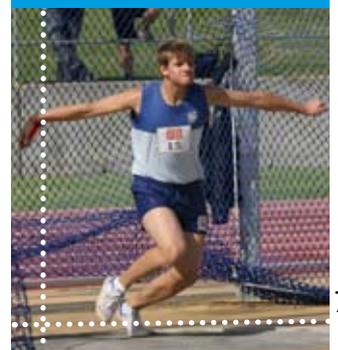
- A maximum of four competitors from each Centre in age groups up to U12 are allowed in each event. No competitor will compete in more than 4 events (excluding relays).
- Centres may enter as many U13 – U14 – U15 – U17 as they wish. No competitor will compete in more than 6 events (excluding relays).

From Zone to Region

- Zones can submit maximum of four (4) qualifiers per event to Region depending on the number of Zones in the Region.
- The age composition of a Centre Relay team competing at Zone, Region and State MUST be the same.

From Region to State

- Regions 1 and 4 will have three (3) qualifiers for each event.
- Regions 2, 3 and 5 will have four (4) qualifiers (this is as per the rotational rule from the LANSW Rules of Competition).
- PLUS the next 6 fast/best performances from finals (with a clear result) over all Regions will progress, thereby making the total up to 24 per event.
- Regions 1, 2 and 5 will have 2 Relay teams qualify for State for the 2011/2012 season.
- Remember that the age composition of a Centre Relay team competing at Zone then Region and then State MUST be the same.



2012 NSW STATE TEAM UPDATE



Preliminary Dates & Commitments

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.

Selection in the Little Athletics NSW State Team is considered a great honour and a major highlight of Little Athletics involvement.

The 2012 ASICS ALAC will be held on Saturday April 21 at the Domain Athletic Centre, Hobart, Tasmania. The selection policies for both the Under 13 Team and the Under 15 Team to compete at this event will soon be available on the Little Athletics website.

The proposed 2012 LANSW State Team Program is:

- Team Camp 1: Friday March 30, 2012 to Sunday April 1, 2012 (Sydney Academy of Sport & Recreation)
- Team Camp 2: Friday April 13, 2012 to Sunday April 15, 2012 (Sydney Academy of Sport & Recreation)
- Team travels to Hobart: Thursday April 19, 2012 (Team will travel and be accommodated together)
- Australian Little Athletics Championships: Saturday April 21, 8am to 5pm, Domain Athletic Centre, Hobart
- Team returns to Sydney: Sunday April 22

Please note:

- The LANSW 2012 LANSW State Multi Event Championships serve as the selection trials for the Under 15 team members. The 2012 LANSW State Track & Field Championships serve as the selection trials for the Under 13 team members.
- Team members are required to attend all scheduled team activities including both pre-championship camps.
- A Parent/Guardian of each team member is required to attend a State Team Introductory Session with their son/daughter on Friday March 30, 2012 at the Sydney Academy of Sport & Recreation, Narrabeen, which coincides with the start of Team Camp 1.

For the most up-to-date LANSW State Team information, go to the NSW section of the Little Athletics website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. 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.



JETS LAND AT BANKSTOWN

The latest stop for the JETS program on Sunday June 19 was The Crest Athletics Track, Georges Hall, which is the venue used by Bankstown Sports Little Athletics Centre.

Thirty-five athletes registered for this coaching clinic which apart from JETS members, included members of the 2011 LANSW State Team, and some Under 12 athletes who had competed in the 2011 LANSW State Track & Field Championships in March.

Following some fun icebreaker activities which saw lots of laughing and smiling, the athletes completed a brief group warm up to prepare them for the sessions ahead. The group was then divided into their coaching groups and participated in two one-hour event coaching sessions, conducted by the six JETS coaches in attendance - David Bruce, Joe Ebejer, Rob Geisler, Gary Micallef, Samantha Peck and Darren Wensor (a line-up containing the current and three former ATFCA Little Athletics Coach of the Year Award recipients!)

It was commonly agreed that the clinic was a great success, the high quality of the coaching being commented on by many of the participants. Some of the comments about the clinic from the athletes include:

"I loved the coaching. I learnt more than ever." (Under 12 Girl)

"It was awesome and fantastic." (Under 12 Girl)

"Thanks, you've improved my athletics a lot." (Under 14 Girl)

"Dedicated coaches and an excellent venue." (Under 12 Boy)

The details of the next and final JETS Coaching Clinic of the 2010-2011 program are:

Date: Sunday July 31, 2011

Time: 12.30pm – 4.30pm

Venue: The Ridge Athletics Track, Recreation Drive, off New Illawarra Road, Barden Ridge

Pre-registration for this coaching clinic is vital as numbers are limited. Apart from JETS members, Little Athletics NSW is issuing a special invitation to all Little Athletes in the Under 12 to Under 17 age groups who:

- Were members of the 2011 LANSW State Team that competed at the ASICS Australian Little Athletics Championships in April;
- Competed at the 2011 Little Athletics NSW (LANSW) State Track & Field Championships during March 18 to 20;
- Achieved a Top 8 placing at the 2011 LANSW State Multi Event at Wagga Wagga during March 5 & 6;
- Achieve a Top 6 placing at the 2011 LANSW State Cross Country Championships OR a Top 3 placing at the 2011 State Road Walks Championships being held at Scheyville National Park on July 3.

If you fit into one or more of the above categories, refer to the registration link circulated via email to all athletes in the eligible age groups, see the Little Athletics website or contact the Little Athletics NSW office.





COACHES CORNER

I was recently asked by a parent of a young athlete "What should my child be eating?" This is a question that is constantly asked. Remember, your body is like a car... what ever fuel you put in, will determine your output performance. Here is a basic guideline to start with which will hopefully get you on the right track. *Alvin Umadhay*

ACTIVITY, EXERCISE AND FOOD

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/Activity_exercise_and_food?open

Active participation in sport or other forms of physical activity are an important part of development for young people, and also contributes to good health. To assist with exercise performance, young people need to pay special attention to their eating patterns, and that may require special advice. Generally, however, if a young person eats well, vitamins or other supplements will not be necessary.

Healthy eating habits for young people undertaking physical activity

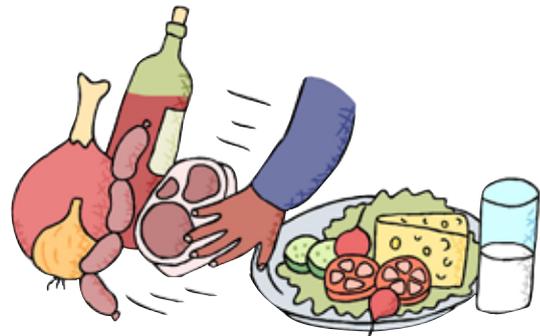
All young people should eat mostly complex carbohydrates, sufficient fruit and vegetables, a moderate amount of dairy products and meat and meat alternatives, and minimise fatty foods. For serious young athletes more specific sports nutrition information is provided as follows:

Eating well is always important, but even more so when someone wants to perform well in sport events. Ambitious young people will do their best in sports events if they do the right training, have a healthy diet and are talented.

A HEALTHY DIET

A healthy diet involves:

- Eating plenty of carbohydrate foods
- Eating enough protein
- Eating lots of fibre
- Drinking lots of water
- Eating fewer fatty foods.



Eat plenty of carbohydrate foods

Carbohydrates are the human body's fuel. Just as a car runs on petrol, the body runs on carbohydrates, particularly complex carbohydrates. A young person will need energy to undertake physical activity, and the table below suggests some of the types of food that can provide the necessary energy boost. How much a young person should eat requires specific dietary advice from a dietician, but the minimum of five serves per day of breads and cereals is not likely to be adequate for an active young person.

The message for young people should be that eating well can enhance performance. Eating more complex carbohydrate-rich foods means having more energy. More energy means running faster, for longer, and recovering more easily.

Complex carbohydrates

Wholemeal/multigrain bread, rice, pasta
Some cereals - oats, wheat - based biscuits
Potatoes, peas, sweet corn, parsnip, carrots
Legumes - lentils, baked beans, chickpeas
Fruit
Milk and yoghurt.

Simple carbohydrates

Sugar, glucose, fructose, honey, syrup, jams, marmalades, toppings, flavourings, confectionary, cakes, sweet biscuits, soft drinks, flavoured mineral waters, cordials, beer, sweet wines, liquors.

Eat enough protein

Protein is the nutrient from which the body's muscles, skin, bone and blood cells are made. Hormones, enzymes and antibodies are also made from protein. Protein is therefore important to rebuild damaged muscles and organs, and also, to a small extent, to use as energy during exercise. The following provides some examples of good protein sources.

Complete proteins

Meat, chicken, fish
Milk, cheese, yoghurt
Eggs

Incomplete proteins

Wholegrain cereals, rice, pasta
Legumes - baked beans, chickpeas, kidney beans
Nuts and seeds

Most young people in Australia eat more than enough protein. Even if a young person needs more protein than the average person, it is likely that they will not need to increase their protein intake significantly. Young people who need to take special care to eat enough protein are vegetarians and those on strict weight-loss diets.

Eat lots of fibre

Fibre helps regulate the rate of digestion and absorption. This may slow down the release of sugar from food, and therefore gives the body a steady sugar release for energy over the day. Fibre also helps keep the bowels regular, fills us up and protects the body from heart disease.

Soluble fibre

Wholegrain cereals, rice, pasta
Legumes - baked beans, chickpeas, kidney beans
Nuts and seeds

Insoluble fibre

Wheat bran
Corn bran
Skins of fruit and vegetables

Drink lots of water

Adequate fluid intake is extremely important when training, in order to:

- Prevent muscle cramps
- Replace fluids lost via sweating
- Assist with body temperature regulation
- Prevent constipation as you increase fibre intake.

Other points to remember:

- Don't rely on thirst to make you drink - by that time you are already dehydrated.
- For every kilogram of weight lost during training a litre of fluid is needed.
- Drink about half a glass of water every 10-20 minutes, several hours before exercise, and try to have fluid regularly throughout exercise.

What to drink

Water
Sports drinks

Comments

Water is the best fluid to drink to replace sweat losses during training.
Carbohydrate/electrolyte drinks can be useful in long endurance events, such as marathons or triathlons.
Choose a drink that is not too high in sugar, as this will slow the absorption of fluid from the gut, which can result in bloating.
Soft drinks are very high in sugar, and this will slow the absorption of fluid from the gut, which can result in bloating.

Eat fewer fatty foods

Young people's diets are often very high in fat, due to their high intake of fried take-away foods. Eating fewer fatty foods will:

- Help control body weight
- Allow more carbohydrate foods to be eaten, which will increase energy levels
- Improve sport performance
- Reduce the risk of heart disease later on in life.

The most useful way to reduce the fat intake of young people is to provide alternative, lower-fat take-away and snack foods.

Low-fat tips

- Always remove visible fat from meat, chicken and fish.
- Grill, steam or stir-fry foods.
- Use reduced-fat dairy products.
- Try to eat unprocessed foods, as they are less likely to contain hidden fats.
- Read food labels for fat content.
- Limit fatty foods, such as pies, pasties, sausage rolls, hot or cold chips, cakes, chocolate, biscuits, butter/margarine, cream, oils and dressings.
- Eat lots of low fat 'fillers', such as brown breads and cereals, fruit and vegetables, to give you energy.

Why We Must Teach Skills At Little Athletics

Darren Wensor – LANSW Coaching & Development Officer



Have you ever, at some time in your life, attempted to high jump? Hands up if you enjoyed high jump? If so, great! But be honest.....hands up if you DIDN'T enjoy high jumping!

Several years ago, I asked a very similar question to a group of Year 6 students during a high jump coaching session that fellow staff member Alvin Umadhay and I were conducting at a school in Coonabarabran.

It turned out that about half of the students “liked” high jump and were positive towards it. Predictably, this was the group who had some basic competence in the event. The other half who “didn’t like” high jump had negative feelings about their competence in the event and were quite hesitant about the upcoming session.

Consequently, Alvin and I decided split the class into “like” and “not like” groups and the session began. The “not likes” went off and practiced some high jump skills and drills away from the mats with Alvin for twenty minutes, while the “likes” scissored a progressively higher flexi bar onto the mats. The groups then swapped for the remainder of the session.

By the end of the session, a mere forty-five minutes or so, the transformation of the “not likes” was extraordinary. We had turned an entire group of children who didn’t know how to high jump and wanted to avoid the event, to jumping just as high and as well as the group who was positive towards high jump. And they were loving it! They wanted to keep jumping!

It was an amazing example of what just a little skill teaching can do.

The importance of teaching kids skills at Little Athletics

I often find that kids “don’t like” an event if they don’t feel good at it; and this is often because they haven’t been taught how to do it and/or had time to practice the skill. If we don’t teach skills or give the kids a chance for practice at Little Athletics, we run the risk the kids wanting to avoid the activity. Why?

The “I don’t want to look silly” syndrome

The term “perceived physical competence” refers to how adequate a young athlete evaluates themselves to be at a skill or physical activity.

Considerable evidence shows that children who report stronger beliefs about their physical competencies are more likely to enjoy an activity and sustain interest in continuing involvement. It makes sense doesn’t it?

No one likes to “look silly” in any area of their life. This attitude really kicks in at about ten years of age when children become more competitive and seek to keep up or do better than same-age peers. When the challenge of an activity outweighs the skill of the child, anxiety may result and the child may want to drop out of the activity. Wouldn’t you?

Many children worry that they will fail and that they will not be able to live up to the demands of the activity. Imagine the feeling of not being to perform a skill well while you are watched by your peers! It’s not the most motivating and comfortable of all things is it? It can lead to feeling anxious and overwhelmed and wanting to avoid the activity.

The “Ouch that hurt!” syndrome

Have you ever, with your “heart in your mouth”, watched beginner athletes high jumping or hurdling? It can be an excruciating experience for the observer, let alone the kids! Have you ever seen kids upset by a high jump or hurdling experience, sometimes never to do it again?

Adults have the obligation to do our best to keep kids safe while they are at Little Athletics. We have a responsibility to introduce activities appropriate to the skill level of the participant and to **never require an athlete to perform a skill beyond his or her capabilities.**

For the confidence, health and safety of the athlete I believe that they should not be forced into a competitive situation in some events (e.g. high jump and hurdles) prior to demonstrating a minimum competency in a practice situation.

How?

Below are some suggestions of how to introduce events in a step-by-step way to novice athletes. Both high jump and hurdles are two events that pose potential safety problems for the athlete if not instructed properly. The idea is to teach and give athletes an opportunity to practice and demonstrate their competency at one stage before moving onto the next.

Example: High Jump

- Can the athlete run directly at the high jump bag and step up/pop up/spring onto the bag (no bar) from one foot to the other? If “yes”...
- Can the athlete run at the bag from a 30 degree angle and step up/pop up/spring onto the bag (no bar) from one foot onto the other? If “yes”...
- Can the athlete run at the bag from a 30 degree angle and scissor a low flexible training bar? If “yes”...
- Can the athlete run at the bag from a 30 degree angle and scissor a low flexible training bar placed at their age group’s starting height? If “yes”...
- The athlete can compete in the high jump with a fibre glass bar!

Example: Hurdles

- Can the athlete run, leap over a low object and continue on an uninterrupted run? If yes...
- Can the athlete run and leap uninterruptedly over low objects placed on the ground at correct hurdle distance? If yes...
- Can the athlete run, hurdle a soft hurdle set at a lowered height, and continue on an uninterrupted run? If yes...
- Can the athlete run, hurdle a soft hurdle set at the correct height, and continue on an uninterrupted run? If yes...
- Can the athlete run and hurdle uninterruptedly over a series soft hurdles set at a lowered height placed at correct distance? If yes...
- Can the athlete run and hurdle uninterruptedly over a series of soft hurdles set at correct height and placed at correct distance? If yes...
- The athlete can compete in a hurdles race with standard hurdles!

Last word

The Coonabarabran high jump experience demonstrates the amazing value in taking time to teach kids skills. It’s important, it’s not difficult and the benefits are well worth the effort.

SAFE CONDUCT OF EVENTS

Shot Put

Check out the simple suggestions below on ways that you can keep the kids safe if you are helping out with the Shot Put at Little Athletics.

Event site:

- Ensure that all shot put activities are set up a safe distance away from other activities.
- Considering the age and ability level of the group, the shot put landing area must be of adequate length to contain the implements thrown.
- It is recommended that the throwing sector area and circle be marked with highly visible markers to prevent access by non-participants.
- The throwing circle should be non-slippery and swept clean of loose materials.
- Participants waiting for their turn must be at least two metres behind the throwing circle.

Equipment:

- Ensure that the correct weight shots are used.
- Shots that are not being used should be kept under supervision and in a spot where they are not accessible for athletes to play with.

Instructions to athletes:

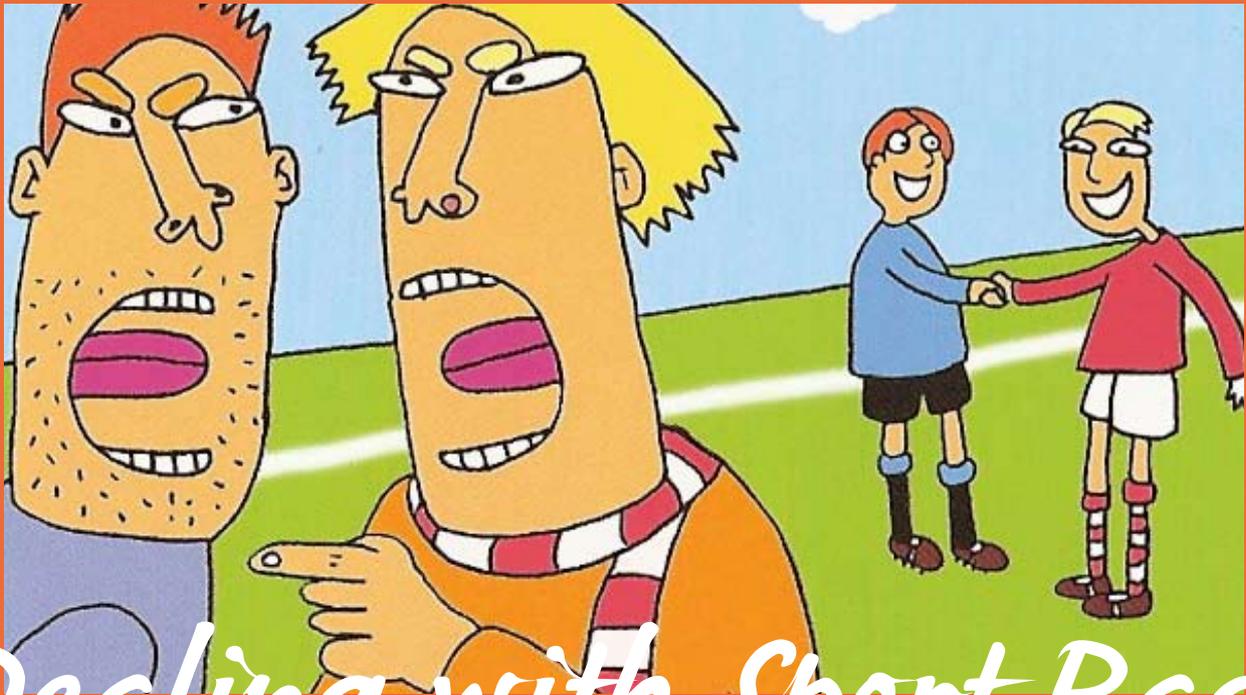
- Explain the potential dangers of being struck by a shot.
- No athlete is to “play” with a shot e.g. juggle, etc
- Shots may not be used unless athletes are specifically instructed to do so. i.e. No one picks up a shot unless told to do so.
- No participant is to commence their throw until they are instructed to do so.

Officials:

- Officials should carry, not roll or throw the shots back.
- Officials should stand on the outside of the sector lines and always be alert.
- Avoid handing shots directly to an athlete when it is their turn or allowing shots to be handed from one athlete to another. Officials should place a shot on the ground for an athlete to pick up. This decreases the possibility of a shot being dropped while being passed. (NOTE: Some athletes with a disability, e.g. Vision Impaired or Cerebral Palsy, may require an official to place a shot in their hand).



Look out for more safety tips for other events in future issues of the Run for Fun E-News!



Dealing with Sport Rage

Sport rage is any violence, foul language, harassment, abuse or bad behaviour by athletes, coaches, officials or spectators of Little Athletics.

Simply put, sport rage is bad for children and bad for Little Athletics as a whole. At its worst, sport rage reduces a child's enjoyment of Little Athletics, risks safety, tarnishes the sport's reputation and can lead to participant drop out.

The Little Athletics NSW Codes of Conduct and Behavioural Guidelines clearly indicate that sport rage in any form is totally unacceptable.

Everyone involved in Little Athletics has a duty to address behaviours which offend community standards, as well as those standards set by the sport itself.

REPORTING OF INCIDENTS:

The reporting of inappropriate behaviour is the responsibility of everyone. Any behaviour that contravenes the Little Athletics NSW Codes of Conduct should be reported to the appropriate official who will address the situation. Reportable behaviour includes:

- Violence, threats or abuse
- Ridiculing or yelling at athletes or officials
- Encroaching on the arena or competition sites when not officiating
- Inappropriate social behaviour such as harassment of another individual, smoking outside a designated area, being intoxicated or using bad language.

When confronted with sport rage individuals should not:

- Retaliate or approach the offenders
- Get upset by emotional reactions
- Ignore it and allow situations to get out of hand

DEALING WITH AN INCIDENT:

The process for dealing with a sport rage incident is the responsibility of the designated official who can take the following steps depending on the seriousness of the sport rage incident:

1. Approaching the Offender:

Only the designated official should approach the offender. Any approach should be done in a calm manner. This will prevent the situation from escalating.

2. Issuing of Warnings:

The first time a person breaches the Code of Conduct, they may be issued with a warning. The person might not be aware that their behaviour is unacceptable and should be notified of the Association's rules regarding behaviour.

3. Removing people from the competition area or venue:

If an individual is bound by "Conditions of Entry" to a venue, they can be evicted from the venue for unacceptable behaviour.

In other words all in attendance must adhere with ground entry protocols or face eviction from the event and a possible permanent ban, where the severity of the behaviour breach so warrants. Where attendance is not bound by conditions of entry an offender can be asked to leave a venue.

The Little Athletics Association of NSW recommends that all Centres have a ground entry behaviour code as this makes the policing of the attendees' behaviour easier and the application of consequences more effective.

4. Suspending Competition:

If deemed necessary, an event or carnival can be suspended and not re-started until an individual obeys requests to cease their inappropriate behaviour or leave the venue.

5. Involving Police:

If it is felt that the behaviour of an individual constitutes a criminal act the police should be notified immediately.

NOTE: While it is lawful to detain a person who has committed a criminal offence until police arrive, it is recommended that this is only done as a last resort. Officials are able to exercise reasonable force in detaining a person who has committed a criminal offence until the police arrive, but this should not be disproportionate to the conduct of the offender.

6. Notifying the Association:

The Little Athletics Association of NSW should be notified of any repeated or serious breaches of the Code of Conduct so that appropriate action can be taken as required.

7. Disciplinary Action:

If an individual's conduct is repeated or of a serious nature, the Association or a Centre Committee may consider taking disciplinary action in accordance with its rules. Any penalties that are imposed should be appropriate to the seriousness of the breach. For repeated or very serious breaches of the Code of Conduct, a banning from future participation in the sport may be imposed by the Little Athletics NSW Board of Management.



International Children's Games

The International Children's Games (ICG) is a recognised member of the International Olympic Committee and the largest multi-sport youth games in the world. Approximately 2500 athletes between 12 and 15 years of age and coaches, participate annually in this prestigious event.

The history of the ICG goes back to the Cold War in 1968, when a physical education teacher living in Slovenia (then part of Yugoslavia) had a vision to encourage peace and goodwill amongst children of different cultural backgrounds.

From the inaugural Games in which nine towns took part, the ICG has grown to an impressive event, more than 100 cities from five continents participating and embracing the original ideals to promote peace and understanding. The Secretary-General of the ICG, Richard Smith, sums up the Games best when he describes it as a true global village, where spirited competition thrives and peace, tolerance, fairness and integrity live.

The City of Lake Macquarie is a newcomer to the ICG family, first participating in 2008 in Los Angeles with a team put together from students at Hunter Sports High School. Then in 2010 a small team which participated at the Manama (Bahrain) Games. This year the team is off to Lanarkshire in Scotland with 4 competitors in athletics, 2 sailors and 2 golfers along with attendant coaches and cheer squad of parents and friends.

The Lake Macquarie City Council determined that the competitors had to either reside in Lake Macquarie or attend school in the area to be eligible for the team. The 2010 team to compete in athletics was chosen based on results in the Zone Championships. The 4 competitors entered 2 individual events and the 4x100 Relay. This year the selection criteria was broadened to include performances in the NSW All Schools event as well as the Zone Championships.

The athletes who will be representing Lake Macquarie are Samuel Hitchcock (Cardiff and District LAC), Daniel Mazzantini (Cardiff and District LAC), Alex McCloughlan (Macquarie Hunter LAC) and Jordan Pagett (Gosford LAC). Sam, Alex and Jordan are middle/long distance runners and will be competing in these events, while Daniel is concentrating on multi competition and will compete in jumps and throws.

The team leaves for Scotland on 31st July and will return on 10th August. We wish the athletes and their coach, Phil Jenkins, a successful competition and hope they have a wonderful experience.

NOW FOR THE EXCITING NEWS FOR EVERYONE!
Lake Macquarie City will be hosting the International Children's Games in January 2014 so... start talking to your local council and see if they would be interested in sponsoring a team to take part. Lake Macquarie hopes that there will be many teams from Australia as well as from the many cities overseas who make this commitment to the youth of their area each year.

Find a Word



In the kitchen

- Can Opener
- Chopping Board
- Fork
- Frypan
- Jug
- Knife
- Ladle
- Mortar
- Peeler
- Pestle
- Plate
- Potato Masher
- Rolling Pin
- Saucepan
- Scales
- Spoon
- Spatula
- Sieve
- Tongs
- Whisk

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

Congratulations

to U13 Little Athlete **SARAH JONES** from **CARDIFF LAC** who won last edition's Find-a-Word!!

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 August 2011.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



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