



RUN FOR FUN

Skills Drills at Winston Hills



Jeff Walsh from Winston Hills Little Athletics Centre outlines a new skills program that has been introduced at the Centre with some very promising results.

History:

Earlier this year at the Little Athletics NSW Annual Conference there was an emphasis or theme on the need to develop basic skills in younger athletes. Alvin Umadhay gave a presentation detailing the need to improve these skills as well a background on what parents want from Little Athletics as a whole, with the view of getting value for money.

Recent research of statistics by the Association and anecdotal evidence currently shows a large portion of mature athletes lack a basic development of gross motor skills. These athletes greatly depend on natural ability or developed or matured skill (brought about by onset of puberty and development) to perform the tasks required to complete the event. Due to this, the fastest athlete in the age group is often the largest (more developed) athlete, regardless of the technique used.

In a recent survey by LANSW many comments by parents were documented along the lines of wanting more coaching. Currently, approximately every Centre has a 50% turnover of athletes between seasons. This is in part due to the lack of readily convenient coaching available. Remarks made by parents were that they expect as part of their fees to have coaching included, such as is done with soccer and football.

Solution:

Athletes need to develop a solid base of gross motor skills at a young age. During Tiny Tots young athletes start to develop basic gross motor skills, as well as a basic understanding of teamwork and team involvement. Once athletes graduate to Age Groups, this development is converted to specific event techniques, at the expense of gross motor skills.

With all this in mind Winston Hills LAC have developed the Skills Drills Program. The aim of the Skills Drills Program is to develop the basic skills of young athletes to establish a sound base for the future development of the maturing athlete. The program has been introduced for the Under 6 and Under 7 Age groups this year.

The Program:

At Winston Hills at the start of the season, the program is conducted by the coaching co-ordinator. However at your Centre it can be a qualified coach or just someone who can connect with kids and at times be a big kid themselves.

The Skills Drills are organised into Field and Running-type sets of games. The program is designed that depending on which drill set the athletes take part in on that day, the following events in that week's program will be the same type. For "example Under 6 Girls will do Field Drills, followed by discus and long jump. The alternate week they will have Running Drills followed by 100m & 70m events. This will enhance and help enforce what they are learning in the Skills Drills session each week. As with the Centre Program the drill set will alternate week by week. There are

Nov/Dec 2010

A Word from the President	3
Editorial	4
IGA Docket Competition	5
The ROC	6
Championships News	7
2011 NSW State Team Update	8
Jets Takes Off Again	9
Coaches Corner	10
Development Diary	12
IGA Food for Life	14
Safe Conduct of Events	14
Find a Word	15

Special Points of Interest...

- Competition protocol for athletes & parents
- Secrets to performing under pressure
- 2010 School Visits
- Coaching camps and clinics coming up
- How to conduct safe running events

many alternative ways to incorporate skills drills into a Centre Program; there is no hard and fast way, as each Centre is unique. A session is conducted over 25 to 30 minutes.

Essentially athletes will appear to be playing games; there will be an element of competition during each game. The drills will range from running over small cones or hurdles, jumping from hoola hoop to hoola hoop, or hopping. Athletes can compete in relays or point-scoring activities to establish competition experience. The basis of the games is drawn from coaching manuals and other sources, such as those demonstrated by Darren Wensor at the Conference.

Running the program:

The best advice given to me is to be a "Wiggle". When conducting these drills, make them fun and exciting for the athletes - remember the ages of those involved.

Warm ups are conducted prior to getting into the drills, which emphasizes the importance of warming up and stretching and sets good practices for the future. However the warm up is very general and basic; its aim is to increase core temperature and raise the heart rate.

Each drill is designed with a coaching goal and outcome in mind, however to the athletes it appears as game-like as possible. When conducting the drill the presenter needs to be flexible. Not all the athletes will develop at the same rate, plus the activity may need to be changed due to other reasons. For example it's no point attempting discus using practice discuses in high winds.

Simple drills with simple catch phrases seem to work best at communicating with the athletes. Many of these are taught by Alvin Umadhay and Darren Wensor at their workshops and the Basic Event Instruction Course (BEIC), as well as other coaching courses. Imagination and trial and error are quite often the best options. Don't be afraid to try something new or outside the square. Not all ideas work best the first time, so be prepared to adapt as you go.

Some new equipment has been purchased for conducting these drills. Nothing out of the ordinary, but it will help make it simple to organise the athletes. Plain coloured witches hats, plain coloured hoola hoops and agility ladders. When forming teams for relays at the end of each session, the teams are named according to the colours they will line up on. For example when conducting a session of running events, five teams can be formed in lines. Each line will have all the same coloured equipment. This helps the athletes to line up correctly as well as gives you instant team names.

The coloured equipment can also be used to give instructions to the athletes. For example, when introducing agility techniques use a blue cone (witches hat) for left foot hop, a yellow cone for right foot hop and a red hoola hoop for two foot jump. These can be set up in a line over a reasonable distance for the age group in random order. This will teach the athlete to think in advance of what is needed as well as keeping instructions simple.

A key to the drills is to get the parents involved in the sessions. The parents are happy to point score a relay or supervise the skills as the instruction is given by the host. This will help towards getting parents involved in other areas of competition as they are made to feel welcome with very little responsibility or need for technical knowledge.

Conclusion:

The Skills Drills Program will be reviewed at the conclusion of the season, however the feedback received so far is positive both from athletes and parents. Some parental feedback has been from older parents asking why this program wasn't offered years ago. The athletes are enjoying their new found skills and the opportunity to be coached (without coaching). Already some reform and modification of the program has been made as it is a learning curve for us all.

The best advice I can offer is to give it all a go and to be a WIGGLE!

Jeff Walsh

Winston Hills Little Athletics Centre



A WORD FROM THE PRESIDENT...

DERECK FINEBERG



Well a couple of exciting events occurred in September and October this year – the Usain Bolt inspired athletics meet at Sydney Olympic Park and the Commonwealth Games.

It was great to see a big crowd in attendance at the Competitive Edge Usain Bolt spectacular which included specific athletic events, a footballers challenge sprint and a Little Athletics relay. It is to be hoped that many of the spectators will have had their appetites whetted and will be back for more athletic promotions. A number of our own Little A volunteers helped out on the night and for that they should be congratulated.

The Commonwealth Games saw a number of former Little A's successful in their chosen events. Many of us have seen them develop from quite a young age. It is wonderful to see them reach the pinnacle of their sport and they are great ambassadors for Little Athletics. Hopefully their efforts will inspire many of the Little Athletes competing weekly in the various Centres across our state as well as at the upcoming carnivals such as Trans Tasman Trials, State Relays and various Zone Championships.

I want to thank the people who have put their hands up to join the various Advisory Committees in our Championships, Membership Development and Technology areas which were up for renewal again recently. We really value the contribution these committees make and I look forward to the output of their deliberations.

I and other members of our Board of Management visited a number of country areas during September & October to present a number of items of interest to the various Centre attendees. It is a great opportunity to meet and discuss a variety of matters with members of country Centres at these regional forums. Also, as in previous seasons we will again be visiting a number of metropolitan and regional Zone Championships. It gives us all a

better perspective to be able to mix with those at the coal-face.

At the end of October, our CEO Kerry and I attended the LAA Board meeting and Conference in Hobart. The Roll of Excellence inductions were held during that weekend and we are pleased to advise that three of our NSW nominees were successful (Jane Saville, Janine Shepherd and Peter Wickes). Congratulations to all of the new inductees.

I hope all Centres are functioning well and the athletes and their families, both new and re-registrations are settling into the season and are experiencing the fun, enjoyment and camaraderie that are such a big part of our sport.

During the year a couple of surveys have been distributed to the membership and Centres. Thank you to those who have provided feedback. We hope the data will be of benefit to us in determining improvements so as to be able to provide an even better product.

Cheers and good luck for the season.

Dereck Fineberg (OAM)
PRESIDENT

editorial



Competition at your Centre is generally conducted in a casual and laid-back manner. This is great for athletics and parents to enjoy these occasions when they participate together as both competitors and officials/helpers.

Competition beyond Centre level can take on a little bit of a more serious nature and there is normally a protocol in which athletes and parents are asked to conduct themselves. There are many athletes and parents who have not yet experienced competition outside their Centre so here are a couple of handy tips.

- By all means, cheer on the athletes as they compete but please ensure it is done behind the boundary of the competition area. No one except the athletes and officials are permitted to enter the competition area. This is to ensure competition is conducted in a safe manner without anyone inadvertently wandering into flying implements or running athletes.
- If there appears to be a problem with any form of competition, please approach your Centre Team Manager only and they will make representation on your behalf. Approaching an Official directly only distracts them from what they are tasked to do with the conduct of the events underway. There are Referees who will see to any matters once they are raised officially by the Team Manager. Also, please remember the safety point above.
- Taking photos/videos of the athletes whilst they compete is encouraged, but once again, this should be done beyond the boundary of competition. Remember point one again. There are sometimes official

photographers appointed by Carnival Management or possibly a media representative who are permitted within the competition area and these people will be clearly identifiable. If you see someone near the athletes taking photos who appears not to be a sanctioned photographer, please advise your Team Manager.

- At times, parents will be called upon to help in the conduct of events in which case they will be in the area of competition. In such circumstances, they may need to take an important mobile phone call. If this does occur, please do it discretely and quickly. Please ensure you are not near any athletes whilst taking a mobile call so it does not appear a coaching instruction is being relayed to an athlete. Athletes are not permitted to have any form of electronic device whilst in the competition area.
- If you feel an athlete needs some additional clothing or liquids whilst in the competition area, please ask an Official who appears to be free to walk the item or items over to the athlete on your behalf. You will find they will be more than willing to help you in this regard. Any form of medication cannot be given to an athlete during competition unless it is through the Carnival's First Aid or Medical Officer.

Some of the tips raised may appear on the surface to be a bit tough but they have been put in place with good reason and much thought. What is wanted by athletes, parents and officials is the safe and fair conduct of the carnival. By keeping these tips in mind ensures this is exactly what takes place.



's Little Athletics Docket Competition

Running Tally

It's early days but here's who's on the
Leader Board so far*...

Division 1
(1-120 Members*)

1st: Stockton
2nd: Gilgandra

Division 2
(121-299 Members*)

1st: Warradale
2nd: West Wyalong
3rd: Eschol Park
4th: Prospect

Division 3
(300+ Members*)

No entries so far.

* Correct as at 25th October 2010. Centres may still move into different divisions based on their final registrations which will be confirmed at the end of the season.

Wishing all athletes fun and success this season!

To those LACs who won prizes in the 2009/2010 Docket Competition, please remember to let us know how the funds have benefited your athletes!
Please e-mail Rebecca.Andrew@metcash.com.

IGA's Little Athletics Docket Competition Update

Well done to all LA Centres who have sent in entries into this year's IGA Little Athletics Docket Competition! We have received some great entries in the first months of the competition!

Remember first prize in each division is \$3,500, with runner up prizes of \$1,000 and \$500 for second and third places respectively.

Please remember to send your tally with your docket! We need to know the value of each bundle of docket you send in. It's also a good idea to let us know your progressive grand total or docket batch number so we can ensure all bundles of docket are received.

Good luck to all LA Centres for this year's competition!

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



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

HOW TO ENTER: Keep your IGA docket and hand them in at your weekly Little Athletics Meet. The Little Athletics Centres with the greatest value docket collection in each division win! Ask your local IGA store for more details.

How the locals like it



Send your IGA Dockets to:
Rebecca Andrew at IGA,
37 Bessemer St, Blacktown,



The ROC

(The Rules of Competition)

Did you know.....

PICKUP AFTER YOURSELF

If a baton is dropped in a relay event, the athlete that dropped the baton, has to pick up the baton.

The athlete picking up the baton may leave their lane to retrieve the baton provided they don't interfere with any athletes in the other lane(s).

YOUNGEST FIRST

The under 8 athlete has to be the first runner in the Junior Middle Distance event at State Relays. (The under 8 athlete runs 700m all the other runners run 800m.)

BETWEEN THE LINES

In track relay events (excluding shuttle relays) the baton has to be changed within the change over zone.

The changeover is completed when the baton is wholly within the hand of the receiving runner.

Note:

It is the position of the baton not the runner which is important.

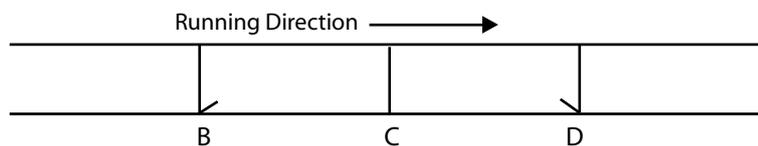
The baton cannot be passed before it reaches line B.

The incoming runner has to have passed the baton before the baton reaches line D.

The changeover zone is an area 20m long with (usually) a hooked line at each end.

B to D - 20m B to C - 10m C to D - 10m

(Note lines B and D usually have a hook facing into takeover Zone)



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.



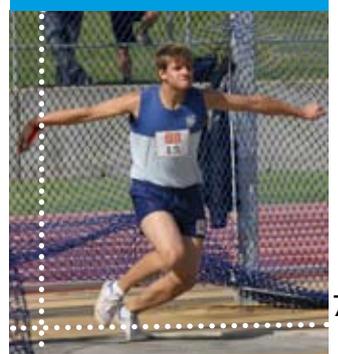
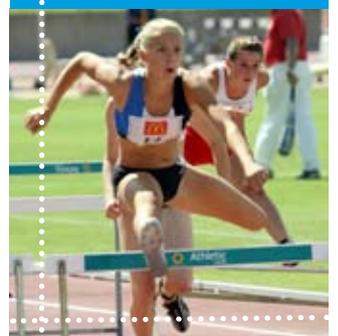
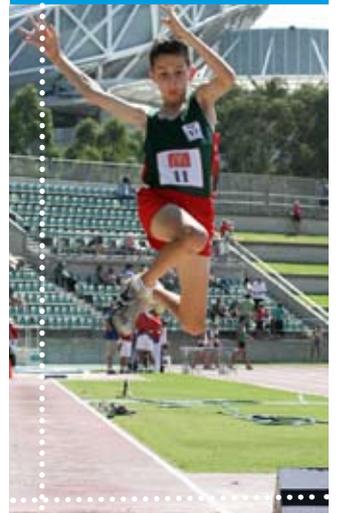
Championship News

Trans Tasman Trials

On Sunday 7th November, the Trans Tasman Trials were conducted at Blacktown Olympic Park. 364 Little Athletes from the Under 11 and Under 12 age groups had entered the Trials with hopes of being selected in the Trans Tasman team. The team consists of 30 athletes per age group, and they will compete against the New Zealand team at The Challenge on Sunday 16th January 2011.

After nearly a week of rain, Sunday was a great sunny day and many pb's were achieved by the athletes, who are anxiously waiting for the team to be announced on Monday 15th November.

Thank you to all the State officials who looked great in their new State shirts. (Imagine 90 girls in a long jump!!)



State Relay Championships

The State Relay Championships to be held at Sydney Olympic Park Athletics Centre should be a great weekend of athletics. The team numbers entered are very similar to last seasons, so it is with anticipation that this year we also have a very successful weekend. Under 8 – 11 will compete on Saturday 27th November and Under 12 upwards on Sunday 28th November.

2011 NSW STATE TEAM UPDATE



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

The 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.

The Under 13 NSW team members are selected from their performances at the LAANSW State Track & Field Championships. The Under 15 NSW team members are selected from their performances at the LAANSW State Multi Event Championships.

2011 State Team Program

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

- Team Camp 1 Friday April 1, 4.30pm - Sunday April 3, 3pm
- Team Camp 2 Sunday April 17, 1pm - Tuesday April 19, 5pm
- Team together in Sydney Thursday April 28 - Sunday May 1

Potential team members should note that 100% attendance is expected at all team activities. Athletes who cannot commit to the ENTIRE team program may deem themselves ineligible to become a member of the team. Little Athletics NSW views the team preparation camps as a crucial part of the overall team experience.

Selection Policies & Other Team Information

The State Team Selection Policies, Selection Criteria, Team Code of Conduct, and other relevant information is published on the Little Athletics website well in advance of the selection trials and is widely promoted throughout the Little Athletics community. It is the responsibility of potential team members, their parents/guardians and coaches to read and understand these documents and seek further clarification from Little Athletics NSW as required.

Information is posted on the website as it becomes available so it is worthwhile to periodically return to the State Team section of the website to check for updates.

Team Selection & Announcement

The Under 15 team members are selected in the days following the LAANSW State Multi Event and informed of their selection as soon as it has been confirmed. Once all athletes have been advised of their selection, their names are posted on the website.

The Under 13 team is finalised on the Monday evening following the State Track & Field Championships and all team members are contacted by phone by a team selector by 9pm. The team is posted on the website as soon as possible.

Further Information

Any queries about the LAANSW State Team and/or the ALAC can be directed to the LAANSW office or see the NSW section of the Little Athletics website. Click on "Competitions" then "Championships" then scroll down to "Australian Little Athletics Championships – State Team". News items relating to State Team developments are periodically posted on the website homepage.



JETS takes off again

Coaching Clinic Launches Development Program for the New Season

Fifty-nine Junior Encouragement & Talent Squad (JETS) members took part in the first JETS Coaching session of the new season on Sunday October 24 at Sydney Olympic Park Athletic Centre.

The session began with guest speaker James Nipperess (NSW Open 1500m champion and NSWIS scholarship holder) leading an informative and entertaining session that was enjoyed by athletes and parents alike.

During his talk, James provided a background on himself, discussed the type of training that he was doing as a junior athlete and outlined a few key points that have helped him transition into a senior athlete. The audience learnt that James began formal running training at age 14 years after local St George coach and former triple Olympian Albie Thomas heard that James had won at the Australian All Schools off soccer and swimming training. James developed under Albie's coaching throughout high school, very gradually increasing his training volume. James joined current coach Ken Green's squad of elite athletes after finishing high school and progressed to the senior ranks. He is currently on sports scholarship at The University of Sydney studying Physiotherapy.

Following James's talk, the seven JETS coaches and the athletes braved the cold and wet weather and ventured outside onto the track. The athletes responded to the high standard of coaches present by making the most of their opportunities and putting in their best efforts in the difficult conditions. The squad members were able to select from coaching sessions offered on Sprints, Middle Distance, Hurdles, Walks, High Jump, Long Jump, Triple Jump, Shot Put, Discus and Javelin which took place during two one-hour coaching sessions. The JETS coaches were most impressed with the attitude and the application displayed by the JETS squad members.

It was commonly agreed that the clinic was a huge success and some wonderful feedback has been received from athletes and parents alike.

The squad members and coaches are now looking forward to the rest of the 2010-2011 JETS program of activities.

Some answers to frequently asked questions about the JETS program follow :

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, in an enjoyable social environment.

What does the program offer?

The program consists of numerous activities, including coaching days and education workshops, aimed at motivating, encouraging and supporting squad members. The sessions are 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, online registration and qualifying standards, click on the JETS logo on the NSW homepage of the Little Athletics website. Phone enquiries should be directed to Little Athletics NSW on 02 9633 4511 or 1800 451 295.





COACHES CORNER



The Secrets to Performing Under Pressure

Competition anxiety needn't get you down

'Meet with triumph and disaster and treat these two impostors just the same.' Rudyard Kipling

Sport is littered with the broken dreams of those who wavered when they most needed to be in control of themselves and focused on the task at hand.

When a competitor 'freezes' in the big moment or commits an inexplicable error, anxiety, in one of its many guises, is very often the root cause. The precise impact of anxiety on sporting performance depends on how you interpret your world. Unfortunately, far too many athletes accept high levels of anxiety as an inevitable part of the total sporting experience and fail to reach their potential.

What precisely is anxiety?

Anxiety is a natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response. This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack. Sporting competition promotes similar psychological and bodily responses because there is often a threat posed towards the ego; your sense of self-esteem. Essentially, when the demands of training or competition exceed one's perceived ability, anxiety is the inevitable outcome.

There is nothing damaging about the stress associated with a sporting contest, and in fact stress can be a very positive influence that leads us to tackle the challenges that make life far more rewarding. However, when we perceive stress to be negative, it causes anxiety and therefore, much depends upon how we view the demands placed upon us.

The main causes of anxiety

At the same time as providing challenge and stimulation, sport also provides considerable uncertainty. The stress that sport provides therefore is inevitably linked with its inherent uncertainty. Sport is a cultural focal point because it is a theatre of unpredictability.

Also, spectators can have a huge impact on how athletes feel. In fact, studies of the home advantage phenomenon

show that teams playing at their home venue win on average, around 56-64% of the time(2,3), depending on the sport.

Participants in individual sports have been shown generally to suffer more anxiety before, during and after competition than participants in team sports. This is because the sense of isolation and exposure is much greater in sports such as triathlon, tennis and snooker than in the relative anonymity of field sports.

An additional factor that causes anxiety is the expectation of success. Some athletes rise to the challenge imposed by public expectation while others can choke.

The symptoms of anxiety

Anxiety can be recognised on three levels:

- On the cognitive level – ie by particular thought processes;
- On the somatic level (bodily) – ie by physical responses;
- On the behavioural level – ie by certain patterns of behaviour.

Techniques to help you control competition anxiety

To reach an optimum psychological state, you need to understand your own natural responses to stress and be sensitive to your bodily signals. Learning to handle the demands of competition involves learning to read your thought patterns and physical responses, and to develop the skills necessary to find your ideal arousal level. Stress management requires excellent self-awareness because, if you know yourself well, you will better understand the roots of your anxiety.

I will begin by outlining a self-awareness technique that allows you to 'capture in a bottle' the feelings you associate with success – 'the winning feeling'. I will then present the popular 'centering' exercise which relieves tension through focusing attention to the centre of your body. Following this, the 'five breath technique' will be described; an ideal prelude to competition for over-anxious athletes. The penultimate exercise is

'thought-stopping' which deals with the cognitive symptoms of anxiety such as negative thoughts and images. Finally, 'letting go' will be presented – the deepest relaxation exercise of the five and ideal for the night before competition.

1. Establishing your 'winning feeling'

Think carefully about the last time you were performing at the top of your game then list every detail you might associate with your 'winning feeling'. Pick out the eight most important aspects of this positive feeling and write them neatly into the boxes. You can use your winning feeling to help create an optimum competition mindset through consciously reproducing the desired elements.

2. Centering

The second technique is known as 'centering' because it involves focusing attention on the centre of your body, the area just behind your navel. This is a technique that is particularly effective during sports that have breaks in the action, such as in between sets in tennis, or prior to a penalty in soccer. Centering has a calming and controlling effect, providing a simple but effective way to counteract the negative effects of anxiety:

- Stand with your feet flat on the ground, shoulder width apart, arms hanging loosely either side of your body;
- Close your eyes and breathe evenly. Notice that when you breathe in, the tension in your upper body increases, but as you breathe out, there is a calmer, sinking feeling;
- Inhale deeply from your abdomen and, as you do, be aware of the tension in your face, and your neck, and your shoulders, and your chest. As you exhale, let the tension fall away and focus on the feeling of heaviness in your stomach;
- Continue to breathe evenly, focusing all your attention internally on the area immediately behind your navel;
- Maintain your attention on that spot and breathe normally, feeling very controlled and heavy and calm;
- On each out-breath use a word that encapsulates the physical feelings and mental focus that you want eg 'loose', 'calm', 'focused', 'sharp', 'strong' etc.

3. The five breath technique

This anxiety control exercise can be performed while you are standing up, lying down or sitting upright. It is ideally used just before competition, or whenever you feel particularly tense. You should inhale slowly, deeply and evenly through your nose, and exhale gently through your mouth as though flickering, but not extinguishing, the flame of a candle:

- Take a deep breath. Allow your face and neck to relax as you breathe out;

- Take a second deep breath. Allow your shoulders and arms to relax as you breathe out;
- Take a third deep breath. Allow your chest, stomach and back to relax as you breathe out;
- Take a fourth deep breath. Allow your legs and feet to relax as you breathe out;
- Take a fifth deep breath. Allow your whole body to relax as you breathe out;
- Continue to breathe deeply for as long as you need to, and each time you breathe out say the word 'relax' in your mind's ear.

4. Thought-stopping

When you experience a negative or unwanted thought (cognitive anxiety) such as 'I just don't want to be here today' or 'She beat me by five metres last time out', picture a large red stop sign in your mind's eye. Hold this image for a few seconds then allow it to fade away along with the thought. If you wish, you can follow this with a positive self-statement such as 'I am going to hit it hard right from the off!' Thought-stopping can be used to block an unwanted thought before it escalates or disrupts performance. The technique can help to create a sharp refocus of attention keeping you engrossed in the task at hand.

5. Letting go

You will need to lie down somewhere comfortable where you are unlikely to be disturbed. If you wish, you can also use this exercise to aid a restful night's sleep. Allow your eyes to close and let your attention wander slowly over each part of your body – starting from the tips of your toes and working up to the top of your head. As you focus on each part of the body, tense the associated muscles for a count of five and then 'let go'. If this does not relieve the tension in a particular body part, repeat the process as many times as you need to. Once you have covered each body part, tense the entire body, hold for five and then 'let go'. You will feel tranquil and deeply relaxed.

Summary

The major problem in competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance. The techniques I have presented herein are but a small selection from the pantheon of stress management interventions. You should adapt these techniques to suit your needs or those of your athletes. Remember that pressure is your ally and will invariably bring out the best in you, just as coal under pressure can produce a diamond!

DEVELOPMENT DIARY



2010 SCHOOL VISITS

The 2010 LAANSW School Visit Program officially took place between Monday, July 26 and Tuesday September 14, 2010. The School Visit program has once again taken the team throughout NSW to “spread the word” of the Little Athletics movement. Schools as small as 10 students to schools with 800+ students have been visited and from their reactions there will be some Centres hopefully with “BOOMING” numbers.

A total of forty-four Centres received visits from LAANSW, visiting 34,191 (45,778 in '09) students. LAANSW again offered LAPS coaching sessions instead of presentations, to Centres that continuously visit the same schools or found it difficult to attract schools to the program.

This year saw Glen Howell (LAANSW coach) involved with the program as a presenter. He represented 7 Centres, receiving “fantastic” feedback from the Centres and schools. Glen’s travels took him to a variety of metro schools and included regional visits to the Mid North Coast and New England Zones. Glen expressed his enjoyment of being involved with the program and we hope that he will be involved again in next year’s program.

Melinda Gainsford-Taylor was involved in the program again in 2010. She told the students of her humble beginnings of being a Little Athlete to representing her country and being a world champion. Her main message to the students was “to give it a go, because anything can happen if you put in the hard work and you really want it”. Melinda visited schools on behalf of the following Centres:

- Nepean
- Winston Hills
- Sutherland
- Greystanes

Thank you to the following for their ongoing hard work and support of the LAANSW School Visit Program:

- Scott Westcott and Glen Howell for their involvement within the program
- Melinda Gainsford-Taylor for her ongoing support
- Participating Centres and representatives for their organisation and ensuring that their visit is as successful as possible
- LAANSW staff & Board of Management for their assistance and ongoing support of this successful initiative.



2010 MULTI EVENT COACHING CLINIC

This clinic was once again a success. Wagga Wagga, the venue for this year's clinic, dished up two glorious sun-drenched days for coaching. The clinic had 55 participants representing many Centres within the Eastern/Western Riverina Zones. Athletes also travelled from Sydney and the ACT to be a part of the clinic. Overall, the athletes gave 100% in each of the 7 coaching sessions, even the middle distance session where many athletes expressed that they "did not like" the distance events.

By the end of the two days, many athletes gained a greater appreciation and understanding of the events, even middle distance. The athletes and parents received some excellent training tips, hints and drills to practice before the State Multi Championships next year.

I'd like to take this opportunity to thank the coaches involved; Glen Howell, Ken Gardiner and Faye Todd. I'd like to also thank Wagga Wagga LAC and Koorimal Wagga LAC for their support and especially Mark Sawyer for his assistance in organising the clinic. Finally I'd like to thank the clinic participants and their parents for making the two days enjoyable.



WHAT'S COMING UP?

There are many coaching and development opportunities for both athletes and parents over the next few months:

ATHLETE DEVELOPMENT

Annual Christmas Coaching Camp

Little Athletics NSW's most popular and longest running camp, the "Annual Christmas Camp," will be held on the 17th - 19th December 2010 at "Blue Gum Lodge," Springwood.

If you love athletics, making new friends, recreational activities, discos, games and developing your athletics talents, this camp is for you. The camp is open to athletes in the U9 - U15 age groups and provides them with the opportunity to experience quality coaching as well as having lots of fun in a safe and exciting environment. All meals, accommodation and recreation activities are included in our price.

January Holiday Fun - "DON'T MISS OUT"

2011 Super Coaching Clinic

Once again, Little Athletics NSW, in partnership with Sydney Olympic Park Athletic Centre, is happy to announce that the "2009 Super Clinic" will be held on Monday 17th - Tuesday 18th January, 2011. This two day clinic will be held at the Sydney Olympic Park Athletic Centre on the main Competition Arena and is open to registered Little Athletes in the U12 to U17 age groups for the 2010/2011 season.

The clinic features:

- 2 full fantastic days of event specific coaching and activities
- Specialised athletic coaching sessions & 2 athlete development workshops.
- Nationally accredited and well respected coaches to help develop athletic potential.
- Swim recovery at the Sydney Olympic Park Aquatic Centre.
- An "early bird" price of \$75

To ensure you do not miss out, simply register online or download both the brochure and the session selection/medical form and return them to the Little Athletics Association of NSW office, along with full payment.

Applications and full payment received before Monday, January 3, 2011, will attract an "early bird discount" price of \$75 (includes GST). The cost of the clinic after this date will be \$85.

PARENT EDUCATION

Introduction to Coaching Courses

- Campbelltown Sunday, November 21, 2010

Keep an eye out on our website for the latest updates!!!

Sweet Potato & Salmon Patties

Makes: 10
Prep: 20 mins
Cook: 15 mins



Ingredients:

- 1 kg orange sweet potatoes, peeled, coarsely chopped
- 2 cloves garlic, crushed
- 2 teaspoons finely grated lemon rind
- 1 cup seasoned stuffing mix
- 1 egg, lightly beaten
- 1/4 cup chopped fresh chives
- 1/4 cup chopped fresh dill
- 210g can pink salmon, drained, flaked
- Extra 1/2 cup seasoned stuffing mix
- 2 tablespoon olive oil
- Lemon quarters, salad and light mayonnaise to serve

Method:

1. Add sweet potatoes to a large pan of boiling water, boil until tender. Drain well. Return to pan and mash. Transfer to a large bowl.
2. Add garlic, lemon rind, stuffing mix, egg, chives, dill and salmon to mashed sweet potatoes, stir until combined.
3. Divide mixture into 10 portions, about 1/3 cup of mixture in each portion. Shape portions into patties then lightly coat in extra stuffing mix.
4. Heat 1 tablespoon of the oil in a large fry pan. Add half the patties, cook, on both sides, until golden brown and heated through. Remove and keep warm. Repeat with remaining oil and patties.
5. Serve patties drizzled with lemon juice, a salad and light mayonnaise.

SAFE CONDUCT OF EVENTS

Running Events

Check out the simple suggestions below on ways that you can keep the kids (and yourself) safe if you are helping out at Little Athletics.

Event site:

- Ensure that running surfaces are level, firm and not slippery. Check that the surface is free of ruts, foreign and loose objects and indentations.
- Ensure that a sufficient deceleration area exists before a fence, wall, or any other obstacle is reached.

Equipment:

- Check starting blocks are in good working order and not damaged in any way. Pay particular attention to any loose screws.

Starting:

- Make sure that the starting gun is only loaded when you are about to use it.
- Keep the starting caps in a cool dry place and in a rigid container – not in your pockets.
- Make sure that you wear protective ear muffs or plugs.
- Make sure that you are a safe distance from athletes, spectators and other officials when firing the gun.
- Ensure that the track and finish area is clear before starting a race.

Organisation:

- Limit the number of athletes in a pack start or other non-laned event in order to avoid crowding on the start line. Too many athletes on the start line can lead to interference, collisions and trip hazards. Ensure that the athletes are well-spaced on the start line.

Spikes:

- Athletes should not be allowed to put on their spikes until they are told to do so by an official.
- Athletes must remove their spikes prior to leaving their lane at the end of a race.

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



Find a Word



Tis the season to be jolly

- bell
- christmas
- elf
- family
- giving
- ho ho
- holiday
- jingle
- love
- merry
- noel
- nutcracker
- peace
- present
- reindeer
- santa
- star
- stocking
- toys
- tree
- wrapping

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

Congratulations

to U12 Little Athlete EMILY JONES from CHERRYBROOK 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 3rd of January 2010.



Name: _____
 Centre: _____ Age Group: _____
 Address: _____
 _____ Postcode: _____

Contact us...



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