WELCOME FROM THE CHAIRMAN

Welcome to all past & new Little Athletes.
The season ahead again promises to be an extremely successful one. With our season commencing shortly after the Beijing Olympic Games, we can expect a significant increase in interest in our sport during the season ahead.

Additionally, this coming season will see the curtain close on our use of the Perry Lakes Athletic facility for the last time. With the State Government’s kind support, the new State Athletic facility will be completed early in 2009 and be ready for our use during the 2009/10 season. For those who have been involved in our sport for a number of years, this has been a long time coming - however, we are certain that it will be worth the wait when we finally see it completed.

The Board of management extend a very warm welcome back to all our returning athletes from last season, plus a very warm welcome to our sport for all our newly registered athletes for the forthcoming year.

Please remember, our sport is not just about who might win medals and trophies, more importantly our focus is on providing you with a fun, nurturing environment where your successes are measured in improvements in your performances, however big or small these maybe - Aim for your Personal Best

Additionally, our sport relies heavily on volunteers to sustain and support our increasing athlete numbers - a special thanks to all of them, regardless of how small or large their contributions are.

For new parents, our sport is unique in that it enables you to be close to your children when they are participating in their events by way of a number of different volunteering roles - this might just be to rake the sand or retrieve throwing implements amongst many other tasks - it all adds up to an environment that underpins our Little Athletics motto of “Family, Fun & Fitness”.

THE LITTLE ATHLETE

This yearly magazine is given to each Little Athlete and will tell parents and Athletes all about what is happening during the Season. Please keep it handy so you can refer to it if you are uncertain or just want to know what is happening.

DATES FOR THE DIARY

Relayathon  
Saturday 8 November

IGA Personal Best Challenge  
Sunday 16 November

Country Championships—Collie  
Saturday & Sunday 29 & 30 November

State Relay Championships  
Sunday 14 December

State Multi-Event Championships  
Sunday 18 February

Quarter & Semi Finals (Zones)  
Saturday & Sunday 7 & 8 March

Semi/Finals (States)  
Saturday & Sunday 21 & 22 March

Australian Teams Championships  
Sunday 26 April — Adelaide

International Competition  
Kuala Lumpur

W.A.L.A.  15 Harrogate St. Leederville  
Tel: 9388 2339     Fax: 9388 2340  
Email: hannah@walittleathletics.com.au
SPECIAL COACHING CLINICS
The following are specific clinics that are to be held for Coaches and Parents only. No athletes are allowed at these clinics.

SPRINTS CLINIC
COACH: Lynne Forman
VENUE: Perry Lakes Stadium
DATE: Sunday 26th October
TIME: to be advised

THROWS CLINIC
COACH: Alanna Wignall
VENUE: Perry Lakes Stadium
DATE: 9th November
TIME: to be advised

INTRODUCTION TO COACHING COURSES
This course is designed to assist new parents to gain a better understanding of the different events. Any parent is Welcome to come along and learn more about their child’s sport.

DATE: Sunday 19th October 2008
VENUE: Perry Lakes Stadium
TIME: 8.30am to 4.30pm
COST: Free

COACHES NEEDED – LEVEL ONE
It takes lots of volunteers working together to help make our sport run smoothly. To assist with this the Association is looking to assist parents who wish to assist at their local Club or Centre. There are two special Level One Courses being held especially for Little Athletics.

One on the 4/5th October at Cockburn Little Athletics Centre, Santich Park, Munster and one on 11/12th October at Perry Lakes Stadium.

The Association will pay $130 half the cost of the course as long as the recipient takes their knowledge back to the Club to assist.

Please see your Club/Centre Manager for a registration form. Registrations for these courses must be received at the WALA office - there are limited spaces available, hence get your registration in early to avoid disappointment.

OFFICIALS NEEDED – LEVEL D—C AND B
There are exams which are available to assist in you understanding how the sport works and these are the Level D—C and B and how to officiate. If you are interested please ask your Club or Centre or find the questions and answer sheets on the web site www.littleathletics.com.au/wa/training & education

Also the next Level B accreditation exam will take place on Wednesday 22nd October 2008 at WALA 15, Harrogate St, Leederville commencing at 7pm.

SAFETY IN THE SUN
WA Little Athletics encourages athletes, parents and volunteers to remember the SLIP-SLOP-SLAP and SLIDE rule when out in the sun. That means you should Slip on a T Shirt preferably with a collar and sleeves. Slop on some sun screen at regular intervals. Slap on a hat and Slide on some sunglasses to help protect your eyes from the sun.

Make good use of the shade around the oval, and use the shade provided on site. Having sips of water regularly will also help to prevent dehydration. Don’t wait until you are thirsty before you drink! It is the responsibility of each individual, and/or—in the case of children, their parents or guardians to encourage and promote sun safety in a positive way.
UPCOMING EVENTS

ATHLETES WE NEED YOUR HELP - PMH RELAYATHON
Since 1998, WALA have been proud supporters of the PMH Foundation, and to date has raised the amount of $112,735.40. Thank you all for your outstanding efforts. This money has been used for several projects, from purchasing special hydraulic beds, to digital cameras that can send pictorial information all over the world, and even a silent saw for removing plaster casts. The many items we have been able to purchase through the fantastic support of our parents and athletes have been much appreciated by the hospital and have helped make hospital life a little easier for many sick children. The last two seasons however, our total efforts have been focused on supporting a Health Professional to work specifically with children who suffer from obesity. Children who are sick face many difficult times, but to have the added problem of obesity, often as a result of their specific illness, is a real challenge for many parents and the hospital support staff. One such child who has received this support writes the following:

“My name is Vanessa. Princess Margaret Hospital has supported me & my family through counselling & teaching me healthy eating habits. Through the help that they have given me I now feel better about myself & have reached my goal of being under the obesity line for children. I now enjoy exercising & eating healthily.”

IGA PERSONAL BEST CHALLENGE

This new event offers athletes a chance to better their best. You may enter all three events, a run, jump and a throw or any two or only one. The top 16 or 50% of entrants into that event will have the chance to better that performance in the afternoon.

Any Athlete in the U7 to U13 age groups, who did not win a medal at the 2008 State Track & Field Championships in March is eligible to come along and have a go.

VENUE: Perry Lakes Stadium
DATE: Sunday 16th November 2008
ENTRANCE: Free - Just turn up on the day

Each athlete will get a “show” bag and there will be certificates for all athletes who better their Personal Best. Banners for the first in each event and certificates for the second and third.

Centre with the most PB’s achieved on the day will win the IGA Personal Best Challenge Trophy

STATE RELAY CHAMPIONSHIPS

The State Track and Field Relay Championships will be held at Perry Lakes Stadium on Sunday 14 December 2008. Each Centre is eligible to nominate one team (minimum of four, maximum of five members) for the Track events, and one Team of either two, three or four athletes for the Field events in the eligible age groups. Athletes can only compete in EITHER the Track events OR the Field events, not both. The events for the Track Relays will be 4 x 100 metres for U8 to U17 age groups: 4 x 200 metres for U8, U9 and U10 age groups: 4 x 400 metres for U11 to U17 age groups and will comprise of heats and finals for each event. The events for the Field Relays will be Discus, Shot, Javelin and Long Jump for the u10 to U17 age groups. Gold Silver and Bronze medals will be presented to the first three placed Teams in each age group. Points gained by the Track Relay Teams will go towards a Girls Trophy and a Boys Trophy. Points gained by the Field Relay Teams will go towards a joint Girls and Boys Trophy. As nomination for this event may be different at each Centre, see your Club Manager for further details on the selection criteria.

COUNTRY CHAMPIONSHIPS

The Country Championships are hosted and conducted by the Country Centres of Little Athletics. This season, the Collie River Valley Little Athletics Centre will be hosting the Championships on Saturday 29 and Sunday 30 November 2008. Athletes from our many Country Centres will converge on Collie to take part in the Championships, which is the highlight of the Country Centres Little Athletics yearly program. Members of the Collie Centre have been preparing for this event for some time, and expect good athlete participation and support. Country members who wish to compete can obtain more information from their Centre. Best wishes to the Collie Little Athletics Centre for a successful Championships.
STATE MULTI EVENT CHAMPIONSHIPS
The State Multi Event Championships will be held at Perry Lakes Stadium on Sunday 8 February 2009. It is an individual competition for athletes in the U11 to U17 age groups. Each athlete competes in five events being a sprint, hurdles, jump, throw and distance run, and points are allocated based on performance in each event. The points system is available through your Centre. As there is no restriction to the number of athletes a Centre can nominate in each age group, this is a great opportunity to experience some different competition and a good lead up to the State Track and Field Championships. Provided all criteria are met, State Records and Australian Best Performances will be recognized. Gold Silver and Bronze medals are awarded to the athletes who accumulate the most points in each age group. By taking part in this event, athletes also gain points for their Centre towards winning the Centre Trophy. Medal winners in the U15 age group will be considered for selection to represent WA in the Multi Events at the Australian Little Athletics Championships in Adelaide in April 2009. In addition medal winners in the U14 and U15 age groups will be eligible to compete at the International Track and Field Championships between Western Australia, Malaysia and host country Kuala Lumpur in June 2009. Athletes U11 to U17 must contact their Centre Championships Officer for the program of events and how to nominate for the Multi Events Championships.

MCDONALD’S STATE TRACK AND FIELD CHAMPIONSHIPS
The culmination of the summer season is the State Track and Field Championships. This is an individual event for all athletes aged U8 to U17. Everyone is encouraged to nominate as it’s a great opportunity to see how well your skills have developed and improved over the season. It covers all events over a period of two days for the Heats and Quarter Finals and another two days for the Semi Finals and Finals. All Little Athletics Centres in the metropolitan area are divided into four Zones. The Heats and Quarter Finals of the State Track and Field Championships are held at a Centre in your Zone. Check the ‘Little Athlete Year Book’ to see which Zone you are in. The number of registered athletes in the Zone will determine how many athletes progress from the Heats and Quarter Finals on 7 and 8 March 2009 to the Semi Finals and Finals on 21 and 22 March 2009 at Perry Lakes Stadium. For Country Centres, two athletes per event per age/sex group are eligible to compete in the Semi Finals/Finals, and their selection is done by each Country Centre. Gold, Silver and Bronze medals are presented in every event, and those athletes who compete in the Finals are also awarded points for their Centre towards the Stuart Dunne Trophy.

STATE TEAM MANAGER
Nominations are invited from suitably qualified man for the position of Manager of the State Team who will compete at the Australian Little Athletics Championships in April 2009 and 2010. They must be available to travel with the Team, attend all trainings sessions, Team meetings and special events from before selection, and until after the Competition and re-union. Interested persons should contact Hannah at the WALA office for further details and submit a resume to the Board of Management before Friday 24th October 2008.

INTERNATIONAL CHAMPIONSHIPS – SINGAPORE 2008
A team of sixty athletes traveled to Singapore in June/July to compete in the annual International State Team Championships between Malaysia/Singapore and WA. Competition was tough but the team did extremely well bringing home 26 Gold 24 Silver and 35 Bronze medals. U14 Michael Craggs and Amanda Filippou, U15 Bryan Reyes and Shawnee Roberts were Athlete of the Meet recipients. All the Athletes thoroughly enjoyed the trip and many have their eyes set on the 2009 trip to Kuala Lumpur.

INTERNATIONAL CHAMPIONSHIPS
KUALA LUMPUR 2009
Athletes in U14 and U15 age groups who win a medal at the State Track and Field Championships, or the State Multi Event Championships are eligible to compete in the International Track and Field Championships between Singapore, Malaysia and Western Australia. Those athletes now U14 and U15 who were medal winners as U13 and U14 at the Winter State Road Walking or Cross Country Championships last season are also eligible. This prestigious event attracts the most competitive athletes from Malaysia and Singapore and is a unique opportunity to represent your State at this level. The competition will be held in Kuala Lumpur in June/July 2008 and all U14 and U15 are encouraged to set their goals, train well, save hard and aim to be a member of this State Team in 2008! GO FOR IT! YOU CAN DO IT!