



RUN FOR FUN

A Big Day For Athletics

Saturday, 19 March will be an historic day for athletics in Australia with the Little Athletics State Championships and Sydney Track Classic sharing the track at Sydney Olympic Park Athletic Centre.

The Little Athletics State Championships will be conducted throughout the day, before the track is handed over to Australia's top adult athletes in the evening as they compete in Australia's premier athletics meet.

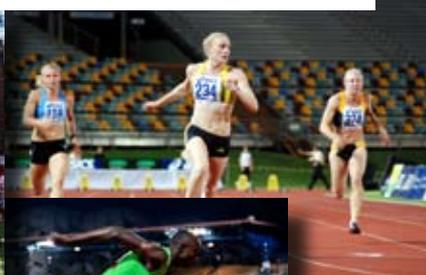
All children registered with Little Athletics NSW are entitled to free entry to the Sydney Track Classic by printing a copy of this e-ticket, whilst all people at the State Championships by 3:30pm are entitled to stay within the venue free of charge.

The Sydney Track Classic will feature some of the world's best athletes. The world record holder in the 800m, David Rudisha from Kenya, will take to the track in an attempt to run the fastest ever time recorded on Australian soil, whilst Olympic 1500m champion Asbel Kiprop is the strong favourite in his event.

Top Australian athletes, including former Little Athletics participants Dani Samuels and Sally Pearson will also take to the field and track. Samuels became the youngest ever world champion in the discus two years ago at the age of 21, whilst Pearson won a silver medal in the 100m hurdles at the Beijing Olympics and gold at last year's Commonwealth Games.

The event is also a stepping stone for younger athletes to mark their mark against top class competition. Recent Little Athletics participants Nicholas Hough (200m) and Amy Pejkoivic (high jump) are amongst the favourites to win their events, despite being aged 17 and 18 respectively.

The Sydney Track Classic is a wonderful opportunity for the youngest participants in our sport to see our nation's best in action. Click [here](#) to download your child's free e-ticket and visit www.sydneytrackclassic.com for more information on the event.



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- How do I make the State Team
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A WORD FROM THE PRESIDENT...

DERECK FINEBERG



As we enter the back half of the season we certainly seem to get busier, particularly from the point of view of the various championships. At time of writing, all Zone and Region Championships have been completed.

These of course were followed by the State Multi's in Wagga Wagga, and we are now preparing for the State and National Championships at Sydney Olympic Park!

Congratulations to all athletes and officials who took part in the various Zone and Region carnivals and good luck to all striving to compete at State and the ALAC's. Some Zones and Regions had additional challenges this year with weather extremes including flood and heat. Congrats also to the management teams of those who took the responsible decision to delay and/or postpone competition to more suitable dates/ times.

We have only just recently reviewed equipment Centre Grants and individual applications for financial assistance with travel and accommodation costs. Both of course are subject to certain criteria, however, it gives the Board a good feeling to be able to provide help in this area for Centres and families.

As many of you would know a couple of huge projects have been in progress throughout the course of this season. One being the proposal for a new constitution and the other for a revised Zone/Region structure. Excellent progress has been made on both initiatives

and the full details will be provided progressively over the next few months. We are confident that the benefits of both will be demonstrable, however, opportunities to provide comments on either has been already or will be provided very soon.

We are rapidly approaching the time of year when we start to think – or should be – about the formation of new committees at all levels of our organisation. I urge you all to look around amongst your peers to see in addition to yourself who could make a constructive contribution to your Centre, Zone or Association and that they/you consider nominations to the various roles. I can assure you it is a very rewarding experience and new ideas are always welcome.

Cheers and good luck for the remainder of the season.

Dereck Fineberg (OAM)
PRESIDENT

editorial

Sportsmanship is a concept that implies adherence to the rules and regulations of a sport, and the following of proper sports etiquette. Teaching children the importance of good sportsmanship is very important. It helps develop their characters, introduces them to the virtues of team and individual spirit and teaches them to be humble in victory and optimistic in defeat. It also shows them the benefits of playing sports.

One of the real joys of Little Athletics is watching the children cheer and compel their fellow competitors to run faster, jump longer or higher, to throw further or just do their best. This is all followed by a friendly handshake after the completion of the event.

Sportsmanship quotes can produce a motivational feeling in people, particularly our Little Athletes. It should show them the importance of respecting their opponents, the significance of fair play and the value of hard work and determination. The following is a list of good sportsmanship quotes for kids (source: www.buzzle.com) that are worthy of thought, but we must not forget the fun factor either:

- I've missed more than 9,000 shots in my career, lost almost 300 games, missed the game-winning shot 26 times. I've failed over and over again in my life. That is why I succeed. - Michael Jordan (Basketball)
- Champions keep playing until they get it right. - Billie Jean King (Tennis)
- I think sportsmanship is knowing that it is a game, that we are only as good as our opponents, and whether you win or lose, to always give 100 percent. - Sue Wicks (Basketball)
- Once you learn to quit, it becomes a habit. - Vince Lombardi (Football)
- The will must be stronger than the skill. - Muhammed Ali (Boxing)
- It is your response to winning and losing that makes you a winner or a loser. - Harry Sheehy (Basketball)
- You miss 100 percent of the shots you never take. - Wayne Gretzky (Hockey)
- I never thought about losing, but now that it's happened, the only thing is to do it right. - Muhammed Ali (Boxing)
- The impossible is often untried. - Unknown
- Do not throw in the towel; use it for wiping the sweat off your face. - Unknown
- The man who can drive himself farther once the effort gets painful is the man who will win. - Sir Roger Bannister (Athletics)
- A winner never whines. - Paul Brown (Football)
- Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time. - Lou Brock (Baseball)
- If you can believe it, the mind can achieve it. - Ronnie Lott (Football)
- Fall seven times, stand up eight. - Japanese proverb
- The skill to win is important, but the will to win is vital. - Joe Paterno (Football)
- One man practicing sportsmanship is far better than a hundred teaching it. - Knute Rockne (Football)
- To play is in the mind. To win is in the heart. - Jennifer McCombs (Sports Commentator)





's Little Athletics Docket Competition Running Tally

Competition is close, anyone can still win!
Here's who's on the Leader Board so far:

Division 1
(1-120 Members*)

1st: Gilgandra
2nd: Stockton
3rd: Hay

Division 2
(121-299 Members*)

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

Division 3
(300+ Members*)

1st: Doonside
2nd: Ryde

* Correct as of 21st February 2011. Centres may still move into different divisions based on their final registrations which will be confirmed at the end of the season.

Good luck to all athletes with upcoming events this month!

*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

Competition is close and this could be the last chance for your LA Centre to be the winner of your division.

We're entering the final months of this year's competition so make sure you send in your docket!

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 and congratulations to all the new Centres that have entered for the first time.

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, 2148.



The ROC

(The Rules of Competition)

Did you know.....

TICKED OFF

At LANSW Championship Carnivals an athlete must report to the Marshalling area prior to joining their event. The only exceptions are:-

1. An athlete competing in clashing events who is taken to their event by an official.
2. When the carnival management makes an announcement to the contrary, i.e. when an announcement is made instructing athletes to report directly to the first field event.
3. If heats in any track event are condensed to a lesser amount of heats or to a straight out final, no athlete may join the event once the decision has been announced.

BAD IS OUT

An athlete who displays unacceptable or unsporting behavior will be spoken to by the appropriate referee. Whilst speaking to the athlete the referee will hold up a yellow flag indicating that the athlete is being warned. Any repetition of that behavior, either at that carnival or at subsequent carnivals, will result in the athlete being disqualified.

If the offence is of a serious nature then immediate disqualification may occur.

RESERVES TO FINALS

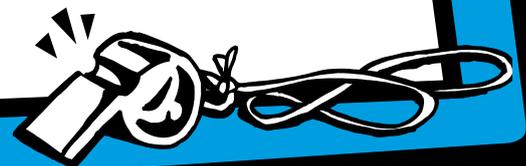
At Association carnivals 2 reserves are to be nominated for all track finals for which heats have been contested.

When a lane draw is posted for the finals a 1st and 2nd reserve will be nominated below the draw. If a reserve is required, due to a finalist withdrawing from the event, then that reserve will compete in the lane allocated to the withdrawing finalist, except in the circumstance of a withdrawing finalist notifying recording prior to the lane draw being posted on the board.

All listed finalists and reserves are to attend the marshalling for all final track events.

A reserve can take their place in the event due to the absence of any listed athlete. An athlete is deemed absent by formally withdrawing from the event or by not reporting prior to the close of marshalling.

Marshalling is deemed closed when the marshal has completed the paperwork and the competitors are released from the marshalling area.



Championship News

Zone & Region Championships

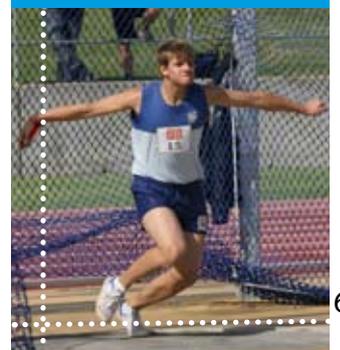
The Zone Championships are now all complete, as are the Regions which were held in various parts of the state, at Glendale, Parramatta, Blacktown, Barden Ridge and Forbes. We hope everyone enjoyed the competition, made some new friends, and did some PB's.

State Track & Field Championships

The next Championships will be the State Track & Field Championships at Sydney Olympic Park and for the first time we are having 18 athletes in every event instead of 16. Also for all the straight track events including hurdles, and the long and triple jumps, we will be using our new wind gauges for our 'senior' athletes. On Sunday we will have Invitational events (100m, Shot Put and Long Jump) for Athletes With A Disability (AWD).

State Multi-Event Championships

Earlier this month, over 500 athletes and their families travelled to Jubilee Park, Wagga Wagga to compete in our 2-day State Multi-Event Championships. It was a great weekend that saw another Little Athletics first. All the track events used our new portable photofinish system, which meant that our pointscore had to be different as well. In March 2012, our Multi Event will be held at Turner Park, Cessnock.



2011 ASICS AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

HOW DO I MAKE THE STATE TEAM?

A brief guide to how athletes will be selected to compete for NSW at the 2011 Asics Australian Little Athletics Championships



Under 15 Athletes

All Under 15 athletes competing at the LANSW State Multi Event Championships come under consideration for selection in the 2011 NSW State Team to compete in the Asics Australian Little Athletics Championships in Sydney on April 30.

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

Under 15 team members will be advised of their selection via telephone in the days following the LANSW State Multi Event Championships as soon as possible after their selection is confirmed.

The athletes' selection will be formally announced on the LANSW website as soon as all Under 15 athletes have been informed of their selection and their place in the team is confirmed.

Under 13 Athletes

All Under 13 athletes competing at the LANSW State Track & Field Championships come under consideration for selection in the 2011 NSW State Team to compete in the Asics Australian Little Athletics Championships in Sydney on April 30.

All Under 13 State Medalists will be given a NSW Athlete Availability & Contact Form during their medal presentation ceremony. On this form, the athletes' parents/guardians will need to fill in:

- The athlete's name;
- The athlete's Centre;
- Whether or not the athlete is available for State Team selection;
- The preferred phone number for the selectors to call on the Monday evening to inform the athlete of their selection;
- An alternative phone number;
- The parents'/Guardians' names.

Requirements after selection – Under 15 & Under 13 team members

Following the selection of the athletes as set out in the selection policies, all members of the team will be required to comply with additional requirements as outlined in 2011 State Team Agreement – Conditions of Selection.

Where can I find more detailed 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'. In this section you will find the latest State Team information including the full selection policies, conditions of selection and State Team member commitments.

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.



COACHES CORNER



COMPETITION PREPARATION

<http://www.brianmac.co.uk/compred.htm>

Well...it's now that time of the year when many championship events are being conducted. Congratulations to all athletes that competed at Zone, Region or the State Multi-Event Championship. Whilst at Region, I witnessed many determined athletes giving their all and "being their best". It was fantastic to see great sportsmanship, with many athletes shaking hands with their competitors, thanking officials and walking away with big smiles.

Below is an article which will help all athletes and parents, no matter what sport, to prepare for their next competition/championship. Parents and coaches will need to discuss and assist athletes with this. Please remember to take into account the age of your child/athlete when considering the appropriateness of some of the suggestions below (ie an eight year old may be able to conduct a relaxation and mental rehearsal program or need a pre-competition massage).

Remember, these are just suggestions and further research and/or discussion with your coach/es, may be needed to suit your individual situation.

Competition Preparation

<http://www.brianmac.co.uk/compred.htm>

All athletes are nervous prior to competition, this is natural, but often may result in a lack of confidence by the athlete. The aim is to refocus the athlete, so that they are positive and confident in their ability ("You only achieve what you believe"). The following competition stages focus on track and field athletes, but in general, they can be applied to any event or sport.

Days Leading to and Including Day before Competition

- Keep the training (if any) "very light and easy" - work on "technique"
- Agree with your coach the objectives of the competition-ensure they are realistic
- Develop an equipment checklist: Check and pack all the equipment and clothing you will need
- Organise food and drink required for the competition
- Check directions to the venue and allow for any delay
- Have a high carbohydrate dinner
- Watch a video of good performers in your sport/event

Morning of Competition

- Allow plenty of time between waking and leaving for the competition venue
- Carry out some light stretching before breakfast
- Conduct mental rehearsal of your warm up and competition
- Have a good healthy breakfast. Do not eat or drink anything that will upset your stomach
- Pack all the required equipment, food and drink (don't

forget items from the fridge)

- Leave with plenty of time to reach the venue

Pre Competition

- Check event times and decide on when to commence your event preparation
- Have a pre competition sports massage
- At the appropriate time conduct relaxation and mental rehearsal program
- Carry out your practiced pre competition warm up program
- Gather together any equipment you require for the competition
- Report at appropriate time to the collection point for your event
- Keep warm, relaxed and focus on your objectives for the competition

Post Competition Evaluation

- Congratulate your competitors
- Thank Officials
- Conduct your rehearsed cool down program
- Get together with your coach to evaluate the performance. An evaluation form is useful to help the athlete and coach conduct this review.
- Recover, rehydrate and replenish energy stores

If you have more heats or events to compete in then refer back to the pre competition stage.

“What if”

On the day of competition and at the competition venue situations can arise that may cause the athlete to panic and lose their confidence. Some situations can be created by the athlete (misplaced kit) others are outside their control (weather conditions). Prepare the athlete by going through a series of “what if” situations so should they arise they have a solution. The following are possible situations that may arise on the day of competition for a track and field athlete:

- You are stuck in traffic on the way to the venue
- The event time is brought forward
- The event is delayed
- You have entered the 200m & Long Jump and they are at the same time
- There are additional rounds in the competition (heats, semi and final)
- Not allowed to use your own starting blocks
- Starting blocks not allowed in the heats
- It starts raining
- It gets very sunny and hot
- Kit is forgotten, damaged or lost
- Lace has broken on your racing shoes
- You are not allowed to warm up on the track
- Lack of facilities to warm up



Talk it through with your athletes and find out what it is that worries them about competitions. Consider what can be done to reduce the chances of the situation arising or possible solutions should they arise.

How many of your athletes have an equipment checklist and as the athlete's coach what spare “bits and pieces” do you carry?

Avocado Caesar Salad

Serves: 4

Preparation time: 10 mins

Cooking time: 20 mins

Ingredients:

4 thick slices of bread, cut into cubes

Cooking oil spray

Salt and pepper, to taste

6 slices pancetta, chopped

1 cos lettuce, chopped coarsely

3 hard boiled eggs, quartered

1 cup flaked parmesan cheese

1 large avocado, chopped

Dressing:

2 tablespoons olive oil

2 tablespoons lemon juice

1 tablespoon Dijon mustard

1 clove garlic, crushed

2 teaspoons Worcestershire sauce

Method:

Spray bread cubes with cooking oil. Season with salt and pepper. Cook in a moderate oven (180C) for about 10 minutes or until crisp and golden. Cook pancetta in a lightly oiled frying pan until browned and crisp. Whisk dressing ingredients in a small bowl. Toss pancetta, lettuce, eggs, parmesan, half the avocado and half the dressing together. Arrange on a serving platter. Sprinkle with remaining avocado and drizzle with remaining dressing.

Food  4 Life



DEVELOPMENT DIARY



2011 Begins Where 2010 Ended...

For the Development Team, 2010 ended with a “bang”, with the ever popular and successful “Annual Christmas Camp” held at Blue Gum Lodge, Springwood. This camp attracted eighty-six participants, with some travelling from as far as Narromine, Trangie, Cowra and the Central Coast to participate in a jam-packed weekend of coaching and fun.

After an action-packed first night of activities, and a sleepless night for the coaches, the athletes participated in five specialised coaching sessions, a “hip hop dance” workshop conducted by Urban Dance Zone, a Saturday night disco (the hip hop workshop was put to good use by some, but didn’t help others - especially the coaches) and also plenty of time to relax and enjoy what the facilities had to offer.

The highlight of the weekend, as voted by the coaches, was waking each room (early Sunday morning) using everyone’s favourite alarm...the large metal dinner bell!!!! Just picture eighty-six kids fast asleep after a long day of coaching, a dance lesson, a swim in the pool and a disco (remembering some of them had kept up the coaches the night before), there was only one thing on the coaches’ minds...REVENGE. At exactly 7.05am, the clanging of the dinner bell rang very LOUD and proud for all to hear (it was loud enough to wake up neighbouring suburbs). In fact, each room was personally visited, with the bell clanging loudly. This was to ensure everyone was awake for another day of activities. Talk about 5 star service!

2011 began in a “Super” way, with 2011 Super Clinic. This is a joint venture between LANSW and SOPAC and is in its eighth consecutive year. This year saw our highest number of attendees with eighty athletes. Again, many athletes travelled long distances (Gunnedah, Narromine, Forbes and Sawtell-Toormina) to participate in this popular clinic.

The clinic also saw one of our best coaches line-ups, headlined by special guest coach Dani Samuels. The two-day coaching clinic saw athletes participate and learn new tips and drills from five specialised coaching sessions, a recovery swim at the Sydney Aquatic Centre and also have the opportunity to receive tips and advice from Word Champion (and ex-Little Athlete) Dani Samuels.

From all reports, everyone (both coaches and athletes) thoroughly enjoyed the camp and clinic weekend. Thank you to all involved. I’d like to take this opportunity to thank Blue Gum Lodge and SOPAC for their ongoing support, Dani Samuels and all the coaches involved for their dedication to assist in further developing our athletes, and to the athletes and their parents for their attendance.



On Sunday January 30, Little Athletics NSW was proud to host several famous guests for the Hunter Track Classic All Stars Coaching Clinic at the Hunter Sports Centre. The clinic was held in conjunction with, and the morning following, the Hunter Track Classic. The clinic attracted ninety registrations, including the ACT and Tasmanian team members who had competed in the Hunter Track Classic Little Athletics Challenge the previous evening. The clinic provided unique opportunities for the young athletes to hear and learn from Olympic Great Steve Ovett, World Champions Dani Samuels and Tamsyn Lewis, current Australian Champions Jody Henry and Ben Offereins, and eleven other Little Athletics coaches.

Olympic 1500m Gold Medallist Steve Ovett took the senior middle distance session. This was a rare opportunity for some developing middle distance runners to learn from one of the greats.

Dani, Tamsyn, Ben and Jody assisted with other groups, providing coaching tips and mixing with the athletes. Tamsyn, Ben and Jody then conducted a work shop entitled “When will I be famous?” for the senior athletes. During this workshop Ben, Jody and Tamsyn described the steps in their development to become both Australian and/or World Champions and provided some great words of wisdom and advice to the aspiring young athletes.

The year may have just started, however, the Development Team’s busy calendar of events is well under way. At this stage the Team:

- Has travelled to various Region Carnivals being held over the weekend of 19th & 20th February.
- Was in Wagga for the State Multi Championships
- Will be SOPAC for State Championships
- Will be involved with the NSW State Team which consists of two camps and the Nationals (to be held at SOPAC on April 30, 2011)

On the Road Again

2010/11 CAMPS & CLINIC CALENDER



Clinics/Camps	DATE
April School Holiday Coaching Clinics <i>U9-U15 registered and non registered athletes</i>	April School Holidays Various Metropolitan & Regional Centres
JETS Clinic	Sunday May 22, 2011, Venue TBA
JETS Clinic	Sunday June 19, 2011, Venue TBA
North West Athletics Super Clinic-Tamworth	July 5-6 School Holidays, Farrer Agricultural Memorial High School, Tamworth
July School Holiday Coaching Clinics <i>U9-U17 registered and non registered athlete</i>	July School Holidays, Various Metropolitan & Regional Centres
Speed for Sport Clinic-Orange	Friday July 15, 2011, ORANGE Venue TBA
JETS Clinic	Sunday July 30, 2011, Venue TBA
October School Holiday Coaching Clinics <i>U9-U15 registered and non registered athletes</i>	October School Holidays, Various Metropolitan & Regional Centres
Multi Event Super Clinic	October/November, Venue TBA
Annual Christmas Camp	December 2011 "Blue Gum Lodge Springwood

Please note:

- More clinics may have already been organised since publication. Contact the Association office or check the Little Athletics website for updates
- JETS clinics are for JETS members only
- Dates and venues are subject to change with appropriate notice
- When available, you can register online for most of the above clinics or download, complete and post an appropriate registration form to the Association Office

For more information please contact Little Athletics NSW. Phone: (02)9633 4511 or 1800 451 295

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

Count Me In

Invitational Events for Athletes with a Disability at the 2011 State Track & Field Championships

Frequently Asked Questions

Since 2007 the Little Athletics Association of NSW has conducted invitational events for athletes with a disability (AWD) at the State Track & Field Championships. In 2011 the AWD events will be conducted on Sunday, March 20. Below are answers to some frequently asked questions relating to these events.

What events are conducted for athletes with a disability?

The events conducted for athletes with a disability are 100m; Long Jump; Shot Put.

In what age groups will the athletes be grouped?

The AWD events will be conducted in the following age groups: -

- U9 & U10 Boys & Girls
- U11 & U12 Boys & Girls
- U13 & U14 Boys & Girls
- U15 - U17 Boys & Girls

How will the AWD events work?

All of the AWD events will be conducted as multi-disability events. The competitors will compete against a multi-disability standard time or distance for their disability classification. Placings will be determined by the competitor's time/distance calculated against a percentage of the multi disability standard for their classification.



Count Me In

- Track events will be conducted as timed events.
- Field events will be restricted to three trials per athlete.
- Medals will be awarded for 1st, 2nd and 3rd places. Certificates will be awarded for 1st to 8th places.
- There will be no limit on the number of entries.
- Athletes may nominate to compete in all events on offer.



What are invitational events?

"Invitational events" refers to the fact that the athletes competing in the multi-disability events at the State Track & Field Championships will not have been required to compete at the Zone or Region Championships in order to qualify. Rather, a simple direct entry procedure applies.

Can athletes competing in the AWD events also compete in the able-bodied events?

Athletes who nominate to compete in the multi-disability events at the State Championships may choose to also compete in able-bodied events at the Zone, Region and State Championships. Athletes may, however, only qualify to compete in a maximum of four individual events at the State Championships.

Athletes are not permitted to compete in both the able-bodied and multi-disability version of the same event.



Rules & Event/Equipment Specifications

The AWD events are conducted according to the LANSW Rules of Competition (2010 Edition). To find these rules go to the NSW section of the Little Athletics website. Click on 'Competitions', then 'Rules of Competition'.

List of Events

All events for athletes with a disability will be held on Sunday March 20, 2011.

The full list of events can be found in the NSW section of the Little Athletics website. Click on 'Competitions', then 'Championships' and scroll down to 'State Track & Field Championships'.

Classification

All athletes with a disability who compete at the 2011 Little Athletics NSW State Track & Field Championships must have received at least national provisional classification prior to the event. All athletes who nominate for the State Invitational AWD events MUST provide proof of their current classification with their entry form.

Classification is a way of grouping athletes of similar function or ability for the purpose of competition. Classification exists to try and create a "fair" competition amongst athletes with different disabilities.

The following disabilities can be classified for athletics and therefore be eligible to compete in the multi-disability events:-

T/F 01	-	Deaf or hearing impaired
T/F 11-13	-	Visually impaired
T/F 20	-	Intellectually disabled
T/F 32-38	-	Cerebral Palsy
T/F 40-46	-	Amputee & Les Autres (includes Little People)
T 52-54	-	Wheelchair (track)
F 52-58	-	Wheelchair (field)
T/F 60	-	Transplantee

See the Little Athletics NSW Classification Guidelines for Athletes with a Disability on the Little Athletics website for more information about classification requirements.

NOTE: Entries for the Invitational AWD events at the State Championships closed on Wednesday February 23, 2011. No late entries can be accepted.





RYAN GREGSON VISITS JETS

Participants at the JETS Coaching Clinic held on Sunday February 6 at Campbelltown Athletics Stadium were thrilled when Australian Open 1500m record holder Ryan Gregson paid them a visit.

Ryan spent half an hour at the beginning of the clinic telling the squad about his time in Little Athletics and his development since his Little Athletics days. The group was interested to hear that in his younger years, Ryan's favourite event was discus, and it wasn't until he was in the Under 15 age group that he won his first gold medal at the Little Athletics NSW State Track & Field Championships. Ryan also spoke about his training, his experiences competing at the elite level and also offered some advice about what he sees as important ingredients for success.

Following their time with Ryan, the squad was divided into their coaching groups and participated in two one-hour event coaching sessions, conducted by the four JETS coaches in attendance.

It was commonly agreed that the clinic was a great success. Some of the comments about the clinic from the JETS members include:

"Always a good clinic to attend. I always walk away with new advice." (Under 14 Girl)

"Really well organised." (Under 14 Girl)

"It was awesome." (Under 13 Girl)

"Fun and interesting." (Under 13 Boy)



NOTE: The JETS Coaching Clinics are for JETS members only. JETS is a development program for athletes in the Under 13 – 17 age groups. Applications for the 2010-2011 program are still being taken.

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.

FUN ATHLETICS SKILL TRAINING AT LITTLE A'S

Are you looking for ways to incorporate skill development activities alongside the competitive events at your Little Athletics Centre? It seems that LOTS of people are! Below are some simple tips and ideas that will help you conduct activities that will aid the improvement and enjoyment of the athletes participating at your Centre.

TIP #1:

Aim to make skill development activities "FAST":

- F = FUN (Think games, smiles, excitement, laughter).
- A = ACTIVE (Keep them interested and busy! Limit lines and standing around).
- S = SAFE (Use common sense here. Anticipate and avoid potentially unsafe situations).
- T = TEACH or TRAIN a skill (This is not as hard as it sounds; any activity, game, etc, that gets kids experiencing movement will be fulfilling this aim).



TIP #2:

Use fun competition to keep the athletes engaged.

Skill development activities CAN contain fun "competition". The right type of "competition" can keep the athletes interested and assist with behaviour management. This need not necessarily mean using the traditional "first-past-the-post" type of competition. Below are some examples of alternative types of competition:

- The number of accurate performances an individual or team manages e.g. Landing a ball in a hoop.
- The number of correct performances an individual or team manages e.g. Completing a circuit without knocking over an obstacle.

TIP #3:

Use skill development (FAST) activities as:

- A variant of a traditional event (e.g. Every second or third week that an event is scheduled conduct skill activities that relate to that event rather than the traditional competitive event.)
- An "event" regularly scheduled into the program.
- An "overflow" station set up for age groups that have a delay prior to proceeding to their next event.
- Warm up activities prior to an event.

Some (FAST) Skill Development Ideas:

The following examples of activities are very flexible in their delivery and do not require any prior knowledge of athletics coaching.

Running:

- Set up a running circuit that the athletes need to negotiate – You could use a running ladder, hoops, micro/mini hurdles, domes, etc. Award 1 point for every correct negotiation of the obstacles.

Hurdles:

- Run over low objects at irregular/regular/competition distances. Encourage the athletes to keep up an even speed while negotiating the objects. No slowing down or small steps! Award 1 point for each successful run.

Jumping

- Bunny hop/sideways bunny hop over soft domes – Don't touch any! Award one point for each successful effort.
- Standing long jumps from hoop to hoop. Land with control = 1 point.
- Continuous standing long jumps through a series of hoops. Two feet together in every hoop = 1 point.
- Hopping hoop to hoop. Great triple jump practice! Did you land in each hoop? Award yourself a point!
- Hop-step from hoop to hoop (Different coloured hoop = different foot). More GREAT triple jump practice! Correct coordination of movement = one point.
- Jump from one foot to two feet over a low obstacle to land in a hoop. Correctly done = one point.

Throwing

- Two-handed push from chest to target or one-handed put to a target. Great for shot putting development. Award one point for each accurate push. Progressively move the hoop back for more points.

Relays

- Traditional shuttle relays (Kids love these!)
- Obstacle relays using a variety of pieces of equipment.

Keep an eye on future issues of the "Run for Fun" for more great ideas!



SAFE CONDUCT OF EVENTS

High Jump

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

Event site:

- Ensure that run up area is level, firm and not slippery. Check that the surface is free of ruts, foreign and loose objects and indentations.
- Modify, delay or postpone high jump activities if using a grass surface that is wet or affected by dew.

Equipment:

- Ensure that the landing mats are in good condition and are not ripped or torn.
- The minimum landing mat area recommended by Little Athletics NSW is 2.4m by 4.0m by 0.5m.
- At all events from Centre level to the State Championships, the high jump bags/landing area must be bound together by a one-piece fabric fitted cover that binds the mats together into a single unified landing surface. This prevents the mats from shifting and the possibility of an athlete falling through a gap in the mats.
- Check that the landing mats have sufficient absorption to cushion landings.
- The mats and uprights should be set up on a level surface.
- The uprights should be securely weighted or anchored down to prevent them from falling.
- Restraining straps **MUST** be used on the cross bar. Looping restraining straps over the bar and uprights avoids the problem of having the bar fall onto the landing bags under a falling body.

Instructions:

- Prior to the event beginning, warn athletes of the dangers of high jump if it is not done correctly.
- Advise the athletes to jump so that they land in the centre of the landing area.
- Make the participants aware of a preferred take-off point that will ensure that they will land safely on the mats and also avoid them making any contact with the uprights. Encourage participants to abort attempts that do not take them into this area.
- No participant should jump until they have been given the signal to do so.
- Once participants have completed their jump, they should step or climb off the mats in a controlled manner. (No jumping or wild rolling off the mats). The jump should be fully completed before the athlete moves off the mats.
- If you are concerned with the manner in which an athlete is jumping (i.e. in an unsafe manner), you have the right to, and should, instruct the athlete to cease jumping and seek coaching in the event.

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 the competition area.

Beginners:

- Beginners should receive instruction in and an opportunity to practice the high jump over an elastic flexible bar* prior to being placed in a competitive situation with the standard equipment.
- Where possible, before progressing to a competitive situation with the standard equipment, an athlete should be able to demonstrate to a coach that they are competent in safely performing a high jump under the modified conditions.

* Be aware that an elastic flexible bar can pull down unsecured uprights. When looping the elastic bar over the uprights, ensure that the uprights are sufficiently weighted or anchored down to prevent them from falling. It is permissible to anchor the uprights under the landing mats when using the elastic bar.

Other:

- Athletes should not be permitted to play on high jump equipment when the bags are not in use. The high jump landing mats should be an out-of-bounds area when not being used for competition or supervised practice.



2010 LITTLE ATHLETICS COACH OF THE YEAR AWARD TO BE PRESENTED

Since 1998, Little Athletics NSW has administered the ATFCA (NSW) Little Athletics Coach of the Year Award on behalf of the Australian Track & Field Coaches Association NSW Branch.

The award aims to promote coaches and coaching by recognising a coach who:

- Is making a positive difference in the sport by doing that "little bit extra".
- Steadily improves the performance of the athletes that he or she coaches.
- Continually looks for opportunities to improve his or her own knowledge and skills.
- Is a positive role model to his/her athletes and the wider Little Athletics community.
- Presents a really positive image for coaching and participation in the sport.



2009 Coach of the Year, Ed Batten

Traditionally, a special award presentation will take place each year at the LANSW State Track & Field Championships, at Sydney Olympic Park Athletic Centre.

To be eligible for the ATFCA Little Athletics Coach of the Year Award, during the twelve (12) month period of the award, a coach must:

- Have been actively coaching Little Athletics members;
- Have held a current recognized coaching accreditation;
- Have been a financial member of the ATFCA – NSW Branch, for the year of the proposed award.

Nominations

Coach nominations are accepted from athletes, parents of athletes, Little Athletics Centres or other appropriate individuals.

Judging Criteria

The areas listed below are those that will be considered by the Coach of the Year judging panel.

Contribution to Little Athletics

The coach has contributed to the development of the sport and the young athletes within the sport. The coach is clearly making a difference by doing that "little bit extra".

Coaching effectiveness

The coach has demonstrated a proven capacity to steadily improve the performance of the athletes he or she coaches. The nominee's coaching reflects sound "coaching young athlete" principles.

Personal Development

The coach demonstrates a commitment to his or her personal development through attending workshops, gaining further accreditation, working with other coaches, etc.

Leadership

This refers to the coach's conduct. The coach takes a leadership role in the promotion and development of sportsmanship. The coach is known as a positive role model to his/her athletes and the wider Little Athletics community. The nominee's coaching reflects the spirit of the ATFCA Coaches Code of Ethics.

Special qualities

This refers to the special qualities that set this coach apart from others. The qualities that make this coach a role model for others in terms of presenting a really positive image for coaching and participation in the sport.

Coach of the Year Honour Roll

An outstanding group of individuals have been presented with the Coach of the Year award over the years. A list of past winners is below.

Year	Winner	Year	Winner
1998	Norbert Maciejewski (dec.)	2004	Warren Martin
1999	Angela O'Brien	2005	Ray Russell
2000	Marilyn Pearson	2006	Gary Micallef
2001	Don Hodgekiss	2007	Don Hodgekiss
2002	Samantha Peck	2008	Tony Russell
2003	Joe Ebejer	2009	Ed Batten

If you are attending the LANSW State Track & Field Championships, look out for the presentation of the Little Athletics Coach of the Year Award during the official opening ceremony.

Please note: Nominations closed for the 2010 Little Athletics Coach of the Year Award on Wednesday February 23, 2011, at 5pm.

ANAPHYLAXIS / SEVERE ALLERGIC REACTION GUIDELINES



In 2009, Little Athletics NSW, in consultation with Anaphylaxis Australia, released "Anaphylaxis/Severe Allergic Reaction Guidelines".

The guidelines were developed to:

- Raise awareness about severe allergies and anaphylaxis in the Little Athletics community.
- Outline the roles and responsibilities of those within the Little Athletics community when it comes to the support of Little Athletes at risk of severe and sudden allergic reactions.

Two years on, it is worthwhile to revisit the guidelines to promote continued awareness of this issue throughout the Little Athletics community.

What is Anaphylaxis?

Anaphylaxis is a severe and sudden allergic reaction that is potentially life threatening. It can occur when a susceptible person is exposed to an allergen (such as a food or insect sting). The severe allergic reaction is known as anaphylactic shock because the body develops severe shock after the allergen enters the body. Anaphylaxis must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

What causes Anaphylaxis?

Certain foods and some stings are the most common causes of anaphylaxis.

Nine foods cause 90% of food allergic reactions in Australia and can be common causes of anaphylaxis.

These are: -

- Peanuts
- Tree nuts (e.g. hazelnuts, cashews, almonds)
- Egg
- Cow's milk
- Wheat
- Soy
- Fish
- Crustacea (e.g. lobster, prawn)
- Sesame

Other common allergens include: -

- Some insect stings (e.g. bee, wasp, jack jumper ants)
- Some medications (e.g. antibiotics, aspirin, anesthesia),
- Latex (e.g. rubber gloves, balloons, swimming caps)

Signs & Symptoms

The symptoms of a mild to moderate allergic reaction can include: -

- Swelling of the lips, face and eyes
- Hives, welts or body redness
- Tingling of the mouth
- Abdominal pain, nausea and/or vomiting

The symptoms of a severe allergic reaction (ANAPHYLAXIS) can include: -

- Difficulty breathing and/or noisy breathing
- Swelling of the tongue
- Swelling/tightness in the throat
- Difficulty talking and/or a hoarse voice
- Wheezing or persistent coughing
- Loss of consciousness and/or collapse
- Young children may appear pale and floppy

ANAPHYLAXIS / SEVERE ALLERGIC REACTION GUIDELINES

Symptoms usually appear within minutes to two hours of exposure to an allergen.

Treatment of Anaphylaxis?

- Stay with the individual and ensure total rest.
- Call 000 or mobile 112 for an ambulance if the victim is known to have an allergy problem or if the reaction involves any breathing difficulty.
- Follow instructions on the Anaphylaxis Action Plan. Children diagnosed as being at risk of anaphylaxis are prescribed adrenaline in an auto-injector commonly known as an "EpiPen". The EpiPen is designed so that any lay person can use them in an emergency. The adrenaline is given as an injection into the muscle of the outer mid-thigh. The instructions are on the Anaphylaxis Action Plan which each child at risk must have.
- While waiting for the ambulance to arrive, observe the individual closely and be prepared to begin resuscitation if necessary.

NOTE: Severe allergic reactions or anaphylaxis can occur when there is no history of known allergies. This situation should be treated as any other emergency. An ambulance should be called and first aid provided until expert help arrives.

Management of Anaphylaxis at Little Athletics Activities

- It is the responsibility of the parent to notify the Little Athletics Centre and/or relevant officials that their child is at risk of an anaphylactic reaction. Parents need to supply the child's up-to-date medical information, including an Anaphylaxis Action Plan signed by their treating doctor. This action plan includes the child's photo, allergic triggers, signs and symptoms of a reaction and first aid response/medication.
- The Little Athletics Centre/relevant officials and parents need to work together to share information, clarify expectations and implement strategies to minimize the risk of a reaction while the child is at a Little Athletics activity.
- A parent/guardian must always be present while the child is at Little Athletics. In a residential camp or representative team situation, where the parent is not present, the duty of care is assumed by the camp staff or team management / supervisors.

This needs to be clearly communicated.

- Parents / care-givers must ensure that all medication can be easily accessed during an emergency. Parents need to supply an in-date (not expired) EpiPen along with the Anaphylaxis Action Plan.
- Key LANSW camp staff or team management who will undertake the duty of care of athletes should obtain training in how to recognize and respond to an anaphylactic reaction, including administering an EpiPen.
- As agreed with the parent/s, all relevant officials, volunteers and staff should be provided with information so that they are aware of which children are at risk of anaphylaxis, their allergies, management strategies and first aid procedures. They should have a copy of the child's Anaphylaxis Action Plan (or know where to quickly find one).
- Relevant officials should be provided with information so they can recognize the signs and symptoms of a severe allergic reaction and act according to the child's individualized Anaphylaxis Action Plan.
- Where possible, educating an athlete's peers about severe allergic reactions is important to gain their support for preventing exposure to allergens and to ensure that the affected athlete is protected from any teasing or provocation that may result in risk taking associated with allergens e.g. nuts.
- Canteen staff and all food providers should develop knowledge in the area of anaphylaxis and its implications on food handling practices. This should include the possibility of hidden allergens in foods and the risk of cross-contamination when preparing, handling and displaying food.
- A general ban on certain foods at Little Athletics activities is not recommended but may be put into place in specific circumstances.

More Information

More information about anaphylaxis can be found at www.allergyfacts.org.au which is the very informative website of Anaphylaxis Australia.

Bankstown Sports LAC

Below is a photo of the final changeover leg of the Junior Boys Relay race for Region 3.

Just before the relay was run, this photo was taken of the Randwick Botany & Bankstown Sports 4th runners. 10 year old Andrew Shannon from Bankstown Sports Little Athletics Centre was running this leg alongside Randwick Botany, who had their 12 year old boy running the final leg.

The Bankstown Sports team won this relay!



Find a Word



Musical Instrument

- Bagpipe
- Banjo
- Bells
- Castanets
- Cello
- Cymbals
- Didgeridoo
- Drum
- Fiddle
- Flute
- Guitar
- Harmonica
- Harp
- Maracas
- Organ
- Recorder
- Saxophone
- Tambourine
- Triangle
- Trumpet
- Tuba
- Ukulele
- Viola
- Violin
- Whistle

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

Congratulations

to U13 Little Athlete MADDI FINCH from GREYSTANES 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 25th of April 2011.



Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



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