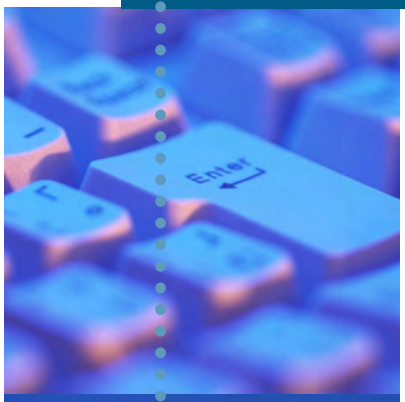
Little Athletics NSW NEWSLETTER - November 2011

ADMINISTRATION & FINANCE



LANSW Facebook – Like Us!

The LANSW Social Media presence is being expanded and we have developed a new Facebook page, incorporating Flickr and YouTube. Content will be expanded in the coming weeks and we hope to see this become another means by which information can be shared and LANSW promoted to the wider population.

To view the facebook page, click here or search for Little Athletics NSW. Make sure when you visit, that you 'Like Us'.

If you have any ideas for inclusion, please send them to Amy Harris (Online & Graphics Co-ordinator).

Macca's Equipment Grants – Applications Close November 30

A reminder that McDonald's is inviting all Little Athletics Centres in NSW to apply for a Macca's Equipment Grant of $1,000! To enter, applicants must send an email to littleathleticsgrant@au.mcd.com including their Centre name, contact person name, and contact phone number, and explaining in 200 words or less why their Centre deserves a $1,000 McDonald's Equipment Grant and how they would spend the grant if they won. Up to eight (8) Centres will be chosen as winners to receive a grant. Entries close November 30, 2011. Terms and conditions are available from the LANSW website.

Constitution Review – Expressions of Interest

The call for expressions of interest for persons to join an expanded Constitution Committee has not provided a great deal of interest to date. If you are interested in helping with the review of the proposed new Constitution, it is not too late to be considered, so please contact LANSW as soon as possible.

Click here to download a copy of the memo calling for expressions of interest.

Revised Centre Constitution Template

A first draft of the revised Centre Constitution template has been completed and is currently under review by Directors. It is hoped to have the revised template available in the near future.

ADMINISTRATION & FINANCE

Please consider volunteering to be part of our Growth Focus Group.

Growth Focus Group – Expressions of Interest

We are still looking for some people who may be interested in being part of a Focus Group to look at growth and retention. The objective of the group is to identify strategies to increase the number of registered athletes and make Little Athletics more attractive to families.

Click here to download a copy of the memo calling for expressions of interest.

Parent/Guardian Medical Waiver Form

An injury/illness waiver where parents/guardians opt to ignore Association medical advice on their child's fitness to continue participating at Association carnivals, has been drafted and sent to the Associations Legal Advisor for comment. The final draft will be brought to the December Board Meeting for approval and then disseminated to Centres and Zone Co-ordinators.

Regional Conferences

With all Regional Conferences concluding, responses to queries will be addressed and reports of all meetings placed in the Centre Login section of the website.

The attendances at the various Regional Conferences were as follows: -
Wagga Wagga – 27 people (12 Centres, 2 Zone Co-ordinators)
Tamworth – 11 people (6 Centres)
Mittagong – 11 people (6 Centres, 1 Zone Co-ordinator)
Coffs Harbour – 17 people (7 Centres, 2 Zone Co-ordinators)

Thank you to all of the attendees for their input into these forums.

2011 Centre Grant Scheme – Applications Now Open

Applications are now open for the 2012 Centre Grant Scheme. To download an application form, click here. Applications close December 31, 2011.

Country Athletes Support Program – Applications Now Open

Applications are now being taken for the LANSW Country Athletes Support Program. The Country Athletes Support Program is designed to assist talented young athletes from country areas of NSW to access Little Athletics competitions held in Sydney Metropolitan area. Athletes eligible to apply for the Country Athletes Support Program must be: 10 years of age or older as at September 30; of a state level standard in at least 1 event; a permanent resident of NSW and live more than 200km radial distance from the old Sydney GPO.

For further information and an application form click here.

Meet Manager Training Updates

Meet Manager Training Courses have now been held at Wagga Wagga, Wauchope, Dubbo, Parramatta x3, Raymond Terrace and Kiama.

Thank you to Grahame Searles for the fantastic job that he has done in conducting these training courses. His time and effort is appreciated by the LANSW and the attendees at the courses.

CHAMPIONSHIPS & OFFICIALS

New Weights for Shot/Javelin

Following the recent LAA meeting it is now confirmed that the new weight for the:

- Under 14 boys shot is now 3kg and not 4kg; and
- Under 15 boys javelin is now 700g and not 600g.

These new weights apply this season.

Trans Tasman

The Trans Tasman Trials were conducted at Myimbarr Community Park, Flinders, on Sunday, November 6. 95 athletes from 45 Little Athletics Centres attended the Trials.

Many thanks to the Lake Illawarra Little Athletics Centre for their preparation of the ground and assistance on the day.

The Trans Tasman Team to compete in Auckland in January will be posted on the website on Monday, November 14.

State Relays

The State Relays is being held on the weekend of 26 & 27 November at Sydney Olympic Park Athletic Centre. The total number of teams entered is 1256, with the Junior Day (U8-U11) having 686 teams and the Senior Day (U12-U17) having 570 teams.

Please note that the Senior Day will now be starting at 9.15am, which is 15 minutes earlier than the Junior Day, which starts at 9.30am.

Further information regarding the procedure for athletes in clashing events on Sunday, will soon be available.

State Multi-Event

Entries for the State Multi-Event for athletes in the U7 to U17 age groups (to be held at Turner Park, Aberdare [Cessnock] on Saturday & Sunday, March, 3 & 4, 2012) close at the Association office on **Wednesday, 8 February, 2012**. Athletes can now enter via online or can download a manual entry form at **littleathletics.com.au**. More information regarding the State Multi-Event will be posted on the website as it comes to hand.

The list of events on each day for each age group has been finalised and will be placed on the website.

State Championships – 800m

At the State Championships, 2 heats of 12 will be conducted for the 800m, with 8 progressing to the final. If there are 16 or fewer athletes, the event will be run as a straight final.

Online Officials Exams

Costings and specifications have been received from 3 suppliers for the development of this system. A decision regarding the successful tender will be made soon, with development to begin in the near future.

Please note that the U14 Boys Shot and the U15 boys javelin have changed in weight!

DEVELOPMENT

2011 LANSW State Team

All Centres are encouraged to promote the opportunity of LANSW State Team involvement to all athletes in the Under 13 and Under 15 age groups. Selection in the Little Athletics NSW State Team is considered a great honour and a major highlight of Little Athletics involvement.

Some details regarding team selection are below:

The 2012 LANSW State Team will compete at the ASICS Australian Little Athletics Championships on Saturday April 21 at The Domain Athletic Centre, Hobart.

The 2012 LANSW State Team Selection Policies (Under 13 and Under 15 athletes) will soon be available on the Little Athletics website.

By way of assistance, the following provides a summary of the intended meaning and operation of the policies.

Eligibility
All team members must be registered with Little Athletics NSW as an Under 13 or Under 15 athlete in accordance with the Constitution and rules/regulations of LANSW.

All Under 13 team members must have competed at the 2012 LANSW State Track & Field Championships at Sydney Olympic Park and all Under 15 team members must have competed at the 2012 LANSW State Multi Event Championships in Cessnock. There is no nomination process. Athletes competing at these events are automatically considered for selection.

An athlete's selection is conditional on their availability to attend all team activities listed on the itinerary and agree to the Conditions of Selection.

Team Size
Each Association is entitled to send an Under 13 team of up to 22 athletes to compete in the Australian Teams Championships (ATC).

Up to two boys and two girls may be entered in the Under 15 Australian Multi Event Championships (AMEC).

Selection Criteria
The selectors will name twenty-two Under 13 athletes who, in their opinion, have the ability to gain maximum team points for NSW. The discretion of the selectors is absolute.

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 Little Athletics 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.

DEVELOPMENT

All Centres are encouraged to promote the opportunity of LANSW State Team involvement to U13 & U15 athletes.

JETS membership is now at record numbers!

Announcement of the Team
Under 13 team members will be advised of their selection via telephone by 9pm on Monday March 26 following the LANSW State Track & Field Championships. Under 15 team members will be advised of their selection via telephone in the days following the LANSW State Multi Event Championships.

The proposed 2012 LANSW State Team Program is:

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

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

For the most up-to-date LANSW State Team information, go to the NSW section of the Little Athletics website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or admin@lansw.com.au.

Junior Encouragement & Talent Squad (JETS)

JETS membership is now at record numbers.

Thank you to those Centre committees that have been promoting the JETS program to their members. We have been getting feedback that some JETS members have joined the program as a result of an age manager recommending their involvement. JETS is a great way of providing talented young athletes with recognition, a development pathway and additional motivation to continue their involvement in the sport.

Eighty Junior Encouragement & Talent Squad (JETS) members took part in the first JETS coaching session of the new season on Sunday, October 23, at Sydney Olympic Park Athletic Centre.

DEVELOPMENT

Eleven JETS coaches were in attendance to conduct the coaching sessions.

The clinic began with guest speaker Joel Milburn (Australian Flame Team Member, Beijing Olympics representative in the 400m and former Little Athlete).

Following Joel's talk the athletes took part in two 75-minute event training sessions supervised by the JETS coaches.

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

"Great coaches, well organised." (Under 13 Boy)
"Thanks for the clinic. It was great fun." (Under 12 Boy)
"It was really good and very helpful and I improved thanks to the coaches." (Under 12 Boy)
"I loved doing the block starts and learning how to do them better." (Under 12 Girl)
"Overall the coaching was great and I learnt heaps." (Under 13 Girl)
"The coaches are awesome!" (Under 12 Boy)
"The coaches are friendly and nice and help you to be the best that you can be." (Under 12 Girl)
"Great work to all the coaches at the clinic. It was really fun and keep up the good work." (Under 12 Girl)
"Small groups, excellent coaches, excellent pre-clinic information." (Parent)
"Very well organised, ran on time, very pleasant dealings with officials." (Parent)
"Well organised with professional coaches who were obviously here for the betterment of the children." (Parent)
"Great atmosphere and professional coaches." (Parent)
"Quality coaches with group numbers small enough to address individual needs." (Parent)
"What you're doing is great." (Parent)

Due to the success of the Dubbo Skills Clinic, it will be offered again next year.

For more information (including qualifying performances) or to apply for the 2011-2012 JETS Program click on the JETS logo on the left-hand-side of the Little Athletics NSW homepage.

All phone enquiries can be directed to the Little Athletics NSW Coaching & Development staff on 02 9633 4511 or 1800 451 295.

Dubbo Skills Coaching Clinic

On Saturday, October 8 and Sunday, October 9, Little Athletics NSW conducted a Skills Coaching Clinic in Dubbo. The clinic attracted forty-five athletes from in and around Dubbo and also from other towns such as Young, Narromine, Mudgee, Cobar, Nyngan, Dunedoo and Gunnedah.

The Coaching Clinic was open to athletes of all abilities up to the Under 17 age group. The four Little Athletics NSW coaches in attendance conducted coaching in sprinting, hurdles, long jump, triple jump, high jump, middle distance running, shot put, discus and javelin.

DEVELOPMENT

From the feedback received, athletes and parents alike came away from the clinic having developed new skills and gained some great tips. Some of the comments that have been received from the parents of the participants include:

“Thank you for a fabulous weekend.”

“My daughter really enjoyed the coaching clinic.”

“We will definitely be there next year . . . Thanks again for a super weekend.”

Due to the success of this year’s event, plans are already in place to conduct a coaching clinic in Dubbo again at the same time next year.