



RUN FOR FUN

BIGGEST STATE CHAMPIONSHIPS EVER!



The 2012 LANSW State Track and Field Championships will have more athletes competing than any previous championship, due to changes in the qualification process.

The previous process of qualifiers to the State Championships was based on a rotational system for 3 regions to progress the first 4 competitors and 2 regions to progress the first 3, making 18 competitors in each event. Whilst this rotation still applied this year, up to a further 6 positions per event were added based on the next best performances across the 5 Regional Championships, making up to 24 athletes per event.

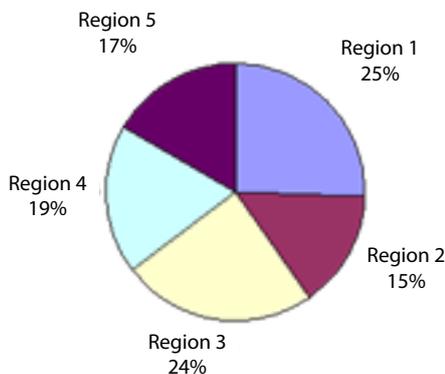
Regions 2, 3 and 5 each had 4 automatic qualifiers and regions 1 and 4, had 3 automatic qualifiers. The remaining finalists in each region were then collated and the best 6 determined. Where there were equal performances for the 6th position, all athletes on that equal performance were however excluded.

What this means is that an additional 533 athletes have now qualified for the State Championships, making a total entry of over 2,600 athletes!

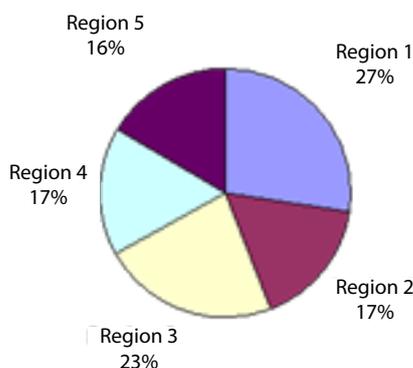
Some interesting facts include: there are approximately 1350 girls and 1300 boys that have qualified; 17 athletes will be competing in 6 events; 34 in 5 events; 185 in 4 events; 470 in 3 events; 750 in 2 events; and 1200 will be competing in only 1 event.

When looking at the spread of athletes across the regions, it is also interesting to note that the number of qualifiers fairly closely mirrors the size of the region, as can be seen in the below graphs.

Registrations per Region



Athletes Qualified to State Championships



Mar/Apr 2012

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Special Points of Interest...

- Numbers & Patches at LANSW Carnivals
- State Records Broken at Regional Champs
- How to Maintain a Healthy Diet for Track & Field
- Bathurst LAC Australia Day Award
- Blacktown City Sports Awards
- Nepean LAC Jumping Forward

Next season, we aim to even further improve the qualification process, when we reduce the size of each region by increasing the number of regions from 5 to 8. The number of automatic qualifiers will remain at 16 (8 country and 8 metro), with a further 8 athletes progressing on performances across the regions. Let's hope this means an even greater number of athletes will qualify and be given the opportunity to compete at the pinnacle event of the LANSW season.

A WORD FROM THE PRESIDENT...

DERECK FINEBERG



Well, as we are now into March I guess the majority of our centres have already finished weekly competition or are just about to. I know many have had to battle the severe wet weather that we have experienced this 'summer'. Last year we had the high temperatures and this year the big wet. Many grounds have not been available and this is very frustrating for all concerned.

Of course the January through March period is usually a very busy time with a number of LANSW championships being held.

Congratulations to our Trans Tasman team which travelled to New Zealand in January and had an incredible win on the actual Challenge Day considering the team was down on numbers. Well done!

All regions were completed in February on one of the few decent weekends weatherwise so congratulations to all who took part. All members of the LANSW Board of Management were able to get to the various regions and reported that each of the regions were very successful and well conducted. There was a degree of sadness too as it is the last season for the existing structure with a new 8 region model operating from next season.

Also, this year in addition to the automatic qualifiers we are introducing up to an extra six qualifiers per event to make 24, based on next best performances. This has led to over 500 additional athletes getting the chance to compete at State who would not previously have done so. Good luck to you all and enjoy the excitement of the event.

Good luck to the U/13 athletes competing at State who will be hoping for selection in our state team for the ALAC's in Hobart in April.

Our State Multi has just been held in Cessnock with approximately 880 entries. I hope all who participated had an enjoyable weekend and thank you to Cessnock Little A's for hosting the event. Multi's always has a special feel of camaraderie and I know all families who attend have a great time.

As our season draws to a close, once again centres will be gearing up for AGM's and presentation days and I would like to thank everybody for your contribution throughout the season. As I have said previously with the exception of our valued office staff everyone else is a volunteer and your dedication is to be admired. We are fortunate to have you.

On that note I wish to add my congratulations to Grahame Searles a former LANSW President who was honoured at a NSW Annual Sports Awards night recently, with a Distinguished Long Service Award for his contribution to Little Athletics! Well done Grahame, it is certainly well deserved.

Cheers

Dereck Fineberg (OAM)
PRESIDENT

editorial

The season is now coming to its final stages and I'd like us all to spend a moment and reflect on the experience. Have you and your family enjoyed it? If this was your first season, was it what you expected? Did you develop your skills and achieve PB's? Did you make new friends from different schools? Did you participate in any gala days or representative carnivals? Did you appreciate the parents helping out each week? I guess most importantly, do you think you gained some benefits from being involved? If you answered yes to most of these questions then there's a good chance that you'll be back next season.

Centre committees face many challenges not least of which is managing a sporting club where every administrator is a volunteer! Additional challenges include; creating an atmosphere where athletes of all ages gain positive benefits, finding a balance between fun and competition or competing for limited space and resources with many other sports. Many might say that the biggest challenge of all is that of meeting the need for parental assistance in order to run competition.

So we may ask ourselves, why do some centres retain or increase numbers whilst others struggle? Fundamentally

the key seems to be in the way in which centres manage their competition and training. Committees that recognise the needs of their families seem to flourish. The consistent feedback received by administrators is that centres which are well organised, friendly, include training points during competition and take steps to limit wait time between and during events are the centres with the happiest members.

So for existing committees and parents, are there aspects of your centre that could be viewed and improved. For parents not on a committee, could you be part of the solution by either volunteering to be on the committee or provide other valuable assistance which would allow for the smooth operation of your centre.

The ideal of 'what you put into life, you get out of it' seems appropriate here. Little Athletics provides families with many opportunities for benefit but this will only happen if individuals are willing to make it happen!

Michael Gray
Business Development Director





The ROC

(The Rules of Competition)

Did you know.....

NUMBERS AND PATCHES AT LANSW CARNIVALS

Athletes have to compete in correct centre uniform at LANSW carnivals, including having all compulsory numbers and patches on the uniform. The patches and numbers include:-

- Registration Number Front of uniform top with red border visible
- Centre number Back of uniform NOTE "Coca Cola" is NOT to be visible this year
- Age patch Left hand side of front of uniform
- IGA patch Top right hand side of uniform top

If an athlete is not in correct uniform they may be sent away from the marshalling area and not allowed to compete until their uniform complies with the rules.

FIELD EVENTS (Except High Jump) TOP 8

In all events, except for high jump, where there are more than 8 competitors, each shall be allowed 3 trials and the 8 competitors with the best valid performances shall be allowed 3 additional trials. In the case of a tie for 8th place any competitors so tying shall be allowed 3 additional trials.

In all events, except for high jump where there are 8 competitors or fewer, each competitor shall be allowed 6 trials regardless of the number of fouls recorded. (E.g. a competitor can have three fouls in the first 3 rounds but still would be entitled 6 trials.

STATE MULTI-EVENT

In all field events (except Under 17 High Jump) competitors will be allowed three trials only. There will be no finals in track events.

Track false starts:

- U/7 to U/12 competitors will be disqualified for their third false start
- U/13 to U/17 athletes, one false start per race shall be allowed without the disqualification of the athlete responsible for the false start. Any athlete responsible for further false starts in the race shall be disqualified.

What is the ROC?

The ROC is the LANSW Inc Rules of Competition. It contains the requirements for competition for LANSW Carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC

Where can I find the ROC?

All Centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LANSW website.



Championship News

Region Championships

Congratulations to the following athletes who broke a Little Athletics NSW State Record during their Regional Championships: -

NB. Reg 1 track event records are manual and Reg 3 track events are electronic.

U8B	Reg 3	Nathan Calvelo	Ingleburn RSL	70m	10.96	E
U8B	Reg 3	Nathan Calvelo	Ingleburn RSL	200m	31.96	E
U9G	Reg 3	Tomysha Clark	Port Hacking	High Jump	1.34m	
U9G	Reg 3	Tomysha Clark	Port Hacking	200m	30.03	E
U9G	Reg 3	Rachel Tougher	Sutherland	70m	10.49	E
U10G	Reg 1	Abbey Rockcliff	Ku-Ring-Gai	800m	2:27.3	
U10G	Reg 1	Abbey Rockcliff	Ku-Ring-Gai	1500m	4:56.9	
U12G	Reg 3	Chyna Tavai-Williams	Bankstown Sports	60m Hurdles	9.59	E
U13B	Reg 3	Alec Nguyen	Bankstown Sports	200m	23.91	E
U14G	Reg 1	Emma Ralphs	Hills District	Javelin	33.96m	
U14G	Reg 3	Dyone Bettega	St George	Javelin	29.85m	
U14G	Reg 3	Molly Blakey	South Eastern	200m	24.95	E
U14B	Reg 1	Aaron Kang	Nth Rocks/Carlingford	Shot Put	14.03m	
U14B	Reg 3	Mitchell Burton	Sutherland	Shot Put	15.42m	
U14B	Reg 3	Jayden Ripinskis	Campbelltown	200m	23.30	E
U14B	Reg 3	Josh Dever	Randwick Botany	800m	2:02.90	E
U14B	Reg 3	Josh Dever	Randwick Botany	1500m	4:19.66	E
U15G	Reg 1	Alysha Burnett	Nth Districts	Javelin	41.89m	
U15G	Reg 3	Alana Dean	Illawong	Javelin	28.62m	
U15G	Reg 3	Courtney Young	South Eastern	90m Hurdles	13.07	E
U15B	Reg 1	Zac Sfiligoi	Cherrybrook	Javelin	51.77m	
U15B	Reg 3	Delian Kotevski	Bankstown Sports	Javelin	42.09m	
U17G	Reg 1	Kate Spencer	Ryde	1500m	4:42.9	
U17G	Reg 1	Kate Spencer	Ryde	3000m	10:19.3	
U17G	Reg 1	Melissa Farrington	Nth Suburbs	200m Hurdles	27.1	
U17G	Reg 1	Samantha Farrant	Gosford	Shot Put	12.95m	
U17g	Reg 3	Tiaina Tufuga	Randwick Botany	Shot Put	12.38m	
U17G	Reg 1	Casey Judge	Tuggerah Lakes	Javelin	36.73m	
U17G	Reg 3	Matilda Werner	Port Hacking	Javelin	36.22m	
U17G	Reg 3	Josie Nichol	Balmain	Triple Jump	12.07m	
U17B	Reg 1	Tyson Davis	Manly Warringah	Javelin	60.66m	
Jnr G	Reg 1		Manly Warringah	4 x 100m	55.3 =	
Snr G	Reg 3		Randwick Botany	4 x 100m	49.49	E



State Multi-Event Championships

Last weekend, 715 athletes (plus their families) traveled to Cessnock to compete in our 2012 State Multi-Event. This was especially good as on the Friday, the heavens opened up and dropped a massive amount of rain directly onto Turner Park. The rain continued on the Saturday, with many people having to go out and buy gum boots. Sunday saw the sun come shining through, with plenty of sun cream needed! Congratulations to all athletes on their performances.

A special thank you must go to the committee of Cessnock Little Athletics, who did a magnificent job in preparing the track (which was in very good condition).

If you want to enjoy a great social weekend away, with good athletic competition, why not try to gather as many athletes and families as you can to attend the 2013 State Multi-Event which will be held at Waratah Park, Orange on the weekend of 2 & 3 March 2013?

State Track & Field Championships

We are looking forward to State at the end of the month and the huge increase in athletes competing (now that we have up to 24 athletes in each event). It's hard to believe that only a few years ago the total number of athletes who made it to State was only 1,700.

Good luck to the 2,600 athletes who have progressed to the 2012 State Championships. We know that for many of you it is your first time. It is a fantastic achievement!

2012 NSW STATE TEAM FREQUENTLY ASKED QUESTIONS



What is the ALAC?

The Australian Little Athletics Championships (ALAC) is a one-day event held every year, hosted by each State or Territory on a rotational basis. All States and Territories, apart from the Northern Territory, are represented at the championships.

The ALAC encompasses the Australian Teams Championships for Under 13 athletes and the Australian Multi Event Championships for Under 15 athletes.

Although recognition is given to individual place-getters, the emphasis is on team performance and the main focus is on the team trophies.

What are the details of the 2012 ALAC?

The event will be held on Saturday April 21 at the Domain Athletic Centre, Hobart.

What is the make-up of the team?

A team of twenty-two (22) Under 13 athletes (usually, but not necessarily 11 boys and 11 girls) are chosen to represent NSW in the Under 13 Teams Event.

Two girls and two boys are selected to represent NSW in the Under 15 Multi Event.

How is the team selected?

The Under 13 athletes are selected on their performances at the LANSW State Track & Field Championships. Athletes do not have to nominate for selection; they automatically come under consideration for selection through their participation in the State Championships.

All athletes are selected by their State Association. Individual entries are not permitted. The State Associations nominate the events that an athlete will contest with a view to obtaining the best results for the team. Each Association can enter a maximum of two competitors in each individual event and one relay team in each relay. No athlete may compete in more than four events, which includes a relay.

The Under 15 athletes are selected on their performances at the LANSW State Multi Event Championships. Under 15 athletes also do not have to nominate themselves for selection.

What events are contested?

Under 13 – 100m; 200m; 400; 800m; 1500m; 1500m walk; 80m hurdles; Shot Put; Discus; Javelin; High Jump; Long Jump; Triple Jump; 4 x 100m relay.

Under 15 – A pentathlon consisting of 90m hurdles (girls); 100m hurdles (boys); 100m; Long Jump; Discus; 800m. The four Under 15 athletes also combine to contest a 4 x 100m relay.

When is the team announced?

The 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.

The 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.

What are the team member commitments?

- State Team Camp 1 – Friday March 30, 2012, to Sunday April 1, 2012
- State Team Camp 2 – Friday April 13, 2012 to Sunday April 15, 2012
- Team in Hobart – Thursday April 19, 2012 to Sunday April 22, 2012

Are there any costs involved?

A levy of \$600 has been set to contribute towards the costs of both the team preparations and the championships. This represents only a small percentage of the actual costs that will be incurred. Travel assistance to team activities is provided for those athletes from Regions 4 & 5.

Who looks after the team?

The LANSW State Team Management will consist of four individuals (two males and two females). These individuals are drawn from the LANSW full-time coaching & development staff and other highly qualified and experienced coaches.

The State Team Management is responsible for the coaching, preparation, supervision, care and general management of the athletes during all team activities.

What are the travel arrangements?

The LANSW State Team travels together as a team at all times. Therefore, when traveling to Hobart, the team will fly as a team, to and from the destination. While parents are encouraged to attend the ALAC, they do not travel as part of the team.

Whilst in Hobart the team will stay together in motel-style accommodation.

Where can I find more detailed information?

The State Team itinerary, team selection policies, conditions of selection, the NSW team Code of Conduct, FAQs, past ALAC results, rules of competition, championships records, and the program of events can be found on the Little Athletics NSW website. 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.

2011 Little Athletics Coach of the Year Award to be presented at State Champs

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.

Traditionally, a special award presentation takes 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 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 are 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

Little Athletics NSW and the Australian Track & Field Coaches Association have cooperated to present this award to an outstanding Little Athletics Coach since 1998.

Year	Winner	Year	Winner	Year	Winner
1998	Norbert Maciejewski	2003	Joe Ebejer	2008	Tony Russell
1999	Angela O'Brien	2004	Warren Martin	2009	Ed Batten
2000	Marilyn Pearson	2005	Ray Russell	2010	David Bruce
2001	Don Hodgekiss	2006	Gary Micallef		
2002	Samantha Peck	2007	Don Hodgekiss		



2010 Coach of the Year, David Bruce

If you are attending the LANSW State Track & Field Championships this year, 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 2011 Little Athletics Coach of the Year Award on Wednesday, 22 February 2012, at 5pm.

COACHES CORNER



Hi everyone,
I was recently at the Lithgow Flash Carnival and spoke to a few Little Athletics parents regarding their child's eating, or in some cases non-eating habits. Some of the topics we were discussing were: snacking, how many meals to eat in a day, what foods need to be eaten, just to name a few. Below is an excerpt of an article which may help. I suggest you click on the link and read the whole article... it is interesting reading! Alvin.
<http://track.isport.com/track-guides/how-to-maintain-a-healthy-diet-for-track-field>



HOW TO MAINTAIN A HEALTHY DIET FOR TRACK & FIELD

You may have heard of the saying, "food is fuel." What you put into your body ultimately determines how much energy your body will put out.

Every athlete swears by certain foods to give them the boost they need. The world's fastest human, Usain Bolt, claims chicken nuggets, Jamaican yams and porridge are his go-to pre-race snacks—but this doesn't mean you should head to the drive-through before each competition. In reality, there is no specific diet or magic food that will automatically make you faster, stronger or quicker. The best thing to do is eat a variety of healthy, well-balanced meals.

Eating Smart

Here are some of the things you should know to help point you in the right direction:

1. Do not skip meals.
2. Eat four to six meals per day or three meals with snacks in between.
3. Eat snacks. This is ok as long as they are healthy foods.
4. Always eat breakfast.
5. Eat a variety of foods: include various carbohydrates (oatmeal, whole grains, pasta, etc.), proteins (chicken, fish, lean beef), legumes, fruits, vegetables (broccoli, cauliflower, carrots, etc) in your diet.
6. Eat lots of fruit and vegetables. The richer the colour the better, as this is a sign that the food has a high content of vitamins.
7. Avoid an excessive amount of highly processed foods (high in sugars, oils, fat and flour).
8. Eat a sufficient amount of protein for your activity level and specific needs.
9. Eat or drink something within 30 minutes after your workout. This will drastically reduce the time needed to recover.
10. Drink at least eight glasses of water a day. Better yet, bring a bottle of water with you everywhere, especially to training.

Eating right will provide a number of benefits, such as consistently better training sessions (which in turn leads to consistently better races), quicker recovery from training and races, and increasing your body's ability to prevent injury. You will both feel better, and perform better.

Eat Foods Rich in Vitamins

Eating foods rich in protein and carbohydrates is key, but it's not the only important thing to consider when choosing what to eat. Heavy training, prolonged exercise and high-intensity workouts deplete vitamins and minerals in your body as well. It helps to think of filling your plate with all the colours to the rainbow:

- White: Cauliflower, bananas, onions, potatoes
- Green: Broccoli, lettuce, green apples, grapes
- Blue/Purple: Blueberries, plums, grapes, raisins
- Orange/Yellow: Carrots, apricots, peaches, oranges, cantaloupe, mangoes
- Red: Tomatoes, watermelon, cherries, berries, apples, peppers

Include fruits and vegetables in every meal to help replenish these levels and refuel your body after hard efforts.

Snacking Protocol

Snacking is one of the most valuable nutritional strategies for track & field athletes. Snacking does not mean grabbing cookies or candy—it means eating throughout the day (every 2-3 hours) to ensure portion control at mealtime, maintain balanced blood-sugar levels, sustain energy and reduce cravings. Here are some examples of good snacking choices, broken down by timing:

- Before your workout: Eat or drink something high in carbs 60 to 90 minutes before practice. You can also eat something with some protein to curb hunger. Some good examples are fruit with cottage cheese, fig cookies, energy bars, bagel with peanut butter or jam, dried fruits, nuts or a sports drink.
- During your workout: Keep an energy bar or sports drink handy in case you feel sluggish. It may help give you that extra boost.

- After your workout: Eating or drinking something soon after a workout will help tremendously in the recovery. The optimal snack is generally thought to have a ratio of 4:1 carbohydrates to proteins and should be eaten within 30 minutes of training. Chocolate milk, half a turkey sandwich or a fruit and yogurt smoothie would all work well in this situation.
- Before dinner: Sometimes you may not be able to eat dinner right away. If you want to snack before the main meal, make sure it is loaded with fibre and protein. Vegetable soup, salad, hummus with vegetables or yogurt with berries and almonds are all great things to eat shortly before a meal; they're very healthy, and won't fill you up.
- Before bedtime: Some nights you may need a bedtime snack, so make sure to choose a food with protein and complex carbohydrates (like high-fibre cereal). Try not to eat sugary foods, since they can interfere with your sleep. A frozen yogurt bar, cereal with milk, instant oatmeal or low-fat cheese and crackers would all work to this end.

Whenever you snack, aim to eat fruits, vegetables, whole grains and healthy fats.

How to Eat on a Competition Day

On the day of a competition, don't try anything new or drastically change your eating habits. Find what foods and drinks work best for you by testing them out during tough

workout days or more low-key meets, then stick to what works the day of real competition.

- Sometimes athletes get pre-event jitters and have a hard time keeping food down or eating at all the day of a competition. Make sure you prepare for the nerves by eating well the day before your event.
- Drink water throughout the day. Don't wait until training to get hydrated—try filling a water bottle at least halfway and make it a goal to drink the whole thing gradually before the workout.

Consuming both water and a sports drink will help to quickly replace your electrolytes. And when the weather is warmer, drink more fluids to minimize dehydration.

Always Treat Yourself Well

Think of a sports car. You would put the best oil, gas and fluids in it to make sure the engine stays strong and the car drives fast. Now pretend your body is the sports car and the oil, gas and fluids are actually food, water and vitamins. You want to put the best things in your body to get the best results.

UPCOMING EVENTS

2012 Greater Western Sydney Coaching Clinic

Held at the Blacktown International Sportspark, the GWS Coaching Clinic will consist of two age specific coaching clinics; with a junior clinic for the Under 8 – Under 11 athletes and a senior clinic for Under 12 – Under 17 athletes.

Under 8 – 11 Junior Clinic: Tuesday, 10 April 2012

- Each athlete will complete a set program which includes sprints, shot put, long jump and discus.
- Athletes will be placed into groups with athletes of similar age. These will be small coaching groups to ensure personal attention.
- The cost of the clinic is \$25.00.
- Athletes are to bring their own food and drink.

Closing date: Monday, 2 April 2012 at 5.00pm.

If you would like to attend the junior clinic, simply register [online](#) or download, complete and return the [application form](#), with full payment, to Little Athletics NSW by the closing date.

Under 12 – 17 Senior Clinic: Tuesday, 17 April 2012

- Athletes will select two specialist training sessions from the full range of events.
- All athletes will also take part in a workshop.
- The cost of the clinic is \$30.00.
- Athletes are to bring their own food and drink.

Closing date: Wednesday, 11 April 2012 at 5.00pm.

If you would like to attend the senior clinic, simply register [online](#) or download, complete and return the [application form](#), with full payment, to Little Athletics NSW by the closing date.

DEVELOPMENT DIARY



JANUARY CLINICS CLOCK UP BIG NUMBERS

Nearly three hundred young athletes participated in three Little Athletics NSW coaching clinics during January 2012 – a huge start to the year for the coaching clinic program.

Greater Western Sydney Athletics Coaching Clinic

On the 6 January the very first Little Athletics coaching clinic for 2012 was held at Blacktown International Sports Park. It was also the very first clinic hosted by the new Greater Western Sydney Development Officer, Nick Bromley. This clinic proved very successful, quickly reaching the maximum number of ninety athletes and generating a waiting list.

The coaching was excellent with parents invited to stand alongside the coaches to view how they facilitated the sessions. One of the clinic coaches Ben Abbott stated: "It's not only important for the athletes to listen and learn about the training sessions provided but also for the supporters and parents to maybe pick up one or two tips along the way as well."

The successful response to the clinic has ensured the venue will host more coaching clinics during the April school holidays.

Super Coaching Clinic = Super Awesome!

These were the words that one athlete used to describe the 2012 Super Coaching Clinic that took place at Sydney Olympic Park on Monday, 16 January and Tuesday, 17 January.

Nearly eighty athletes in the Under 12 – 17 age groups from thirty-eight Little Athletics centres enjoyed a program that included coaching sessions, a swim at the Sydney Olympic Park Aquatic Centre and visits by several former Little Athletes who have gone on to achieve great success in their chosen sports. Former Australian and NSW Origin rugby league player Eric Grothe Jnr chatted and even trained with the athletes, while World Championships 4 x 100m relay representative Hayley Butler, and World Youth Octathlon Champion and record holder Jake Stein spent time fielding questions from the group.

It was commonly agreed that the clinic was a huge success. Some other comments about the clinic from the athletes include:

"The clinic was fantastic."

"I loved the clinic so much and will definitely do another! Great

coaching and heaps of fun!"

"The coaching was very good."

"I got a lot out of it and it was awesome."

"I really loved the clinic. Keep it up."

"It was the best clinic."

"Thanks for coaching me!"

"It was awesome, the atmosphere was great, had loads of fun, the coaches were great."

"Thank you for an amazing clinic. I definitely enjoyed it thoroughly."



Terrific Track Classic Coaching Clinic

Little Athletics NSW and the Hunter Track Classic combined by running two age-specific coaching clinics on Sunday 22 January, the morning after the big event. There was plenty of action on the track with a junior clinic for the Under 9 – Under 11 athletes and a senior clinic for Under 12 – Under 17 athletes. Both clinics took place 8.30am – 12.15pm.

Nearly one hundred and twenty athletes in the Under 9 – 17 age groups from forty Little Athletics centres enjoyed a fantastic morning of coaching supervised by thirteen coaches.

A huge highlight was the presence of guest elite athletes Ben Harradine, Dani Samuels, Tamsyn Manou, and Jake Stein who mingled with the clinic participants, and took part in a very interesting and entertaining Q & A session.

Comments from athletes and parents alike indicate that the clinic was a huge success.

Keep an eye on your emails and the Little Athletics NSW website and Facebook page for more announcements about coaching clinics during the year.

Count Me In

Invitational Events for Athletes with a Disability at the 2012 State Track & Field Championships

Frequently Asked Questions

Since 2007 the Little Athletics NSW has conducted invitational events for athletes with a disability (AWD) at the State Track & Field Championships. In 2012 the AWD events will be conducted on Sunday, March 25. 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; Discus.

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.

- 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 (2011 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 25, 2012.

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 2012 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, 22 February 2012. No late entries can be accepted.



JETS PERFORMANCE CAMP ANNOUNCED!

Little Athletics NSW JETS members will have the amazing opportunity to be part of the inaugural JETS Performance Camp at the Sydney Academy of Sport & Recreation at Narrabeen in July.

The 2012 JETS Performance Camp is set to take place from Friday 13 July to Sunday 15 July. This once-a-year event will feature coaching sessions conducted by JETS and state team coaches, practical performance workshops, use of the Academy's athletics track, indoor sports stadium and indoor heated pool, and lots of fun and opportunities for social interaction.

The JETS members will live-in during the camp. Accommodation and meals will be provided by the Sydney Academy of Sport & Recreation.

LANSW Coaching & Development Officer and JETS Coordinator Darren Wensor said: "The camp will provide the lucky JETS members who attend with a unique opportunity to build on their skills and knowledge, form new friendships and have lots of fantastic experiences. We have a range of great things planned and our aim is to make this a memorable experience with lots of positive outcomes for the athletes."

More information and a proposed program have been posted on the Little NSW website. For any other enquiries contact the Little Athletics NSW coaching & development staff on 02 9633 4511 or 1800 451 295 or via email at admin@lansw.com.au.

Bathurst Little Athletics Centre Australia Day Award

The Bathurst Little Athletics Centre hosted the Central Tablelands Zone Carnival on the 11th & 12th of December 2011, at Morse Park in Bathurst. For a new committee who has never been involved with such an event it was a big challenge!

The committee and a small band of helpful parents were able to rise to the occasion. The carnival was successful and was nominated for the Bathurst Regional Council Australia Day award for Event of the Year. There were five nomination for the award: BCF Carp Blitz , Historic Sofala Footbridge, Bathurst Highland Society inc Debutante Ball, Arts out West "Marramarra" and the Central Tablelands Little Athletics Centres Zone Carnival. The zone carnival was voted to be the most successful event and the Bathurst Centre won "Event of the Year". Everyone was surprised and proud that their hard work had resulted in such a prestigious award. The award was accepted on the day by Peter Cole, who has been the clubs delegate on the Bathurst Regional Sports Council for over ten years. The photo below is Peter Cole presenting the award to Melissa Flood our president.



It is a worthwhile cause and we would encourage other Centre's to become involved in your local events in 2012.

Blacktown City Sports Awards

Blacktown City Sports Awards were held at Blacktown RSL on Saturday, 25 February 2012.

Max Walker, Sporting Hero and top writer, was there to present the winners and nominees at the gala presentation night.

Blacktown City Junior Sports Person, was awarded to Brock O'Donnell from Doonside LAC (Little Athletics Centre). Brock has been an athlete with Doonside LAC for four years. He won various medals at LANSW State Championships last year and was a member of our LANSW State Team, for which he was also named captain. Brock did really well at the recent Regional Championships in Blacktown, and now will be participating at LANSW State Championships on 23-25 March.

Two out of three **Encouragement Awards** were also presented to Little Athletes: Heath Shields, a member of Riverstone LAC and Junior Moaga from Doonside LAC.

Heath has been a part of Riverstone LAC for 5 years. He did extremely well at the recent Regional Championships at Narrabeen. Heath placed 1st in 100m, 200m and 2nd in long jump. He will be participating at LANSW State Championships in March.

Junior is a great athlete not only in athletics; his encouragement award was for Rugby Union and Rugby League, as well. Junior was a part of Doonside LAC senior boys relay at the West Metropolitan Zone Championships, where the boys placed 2nd. Junior has been with Doonside LAC for 9 years.

The **Volunteer of the Year** award went to Donna Dhu from Doonside LAC.

Donna has been with Doonside LAC for 10 years. Every Friday night Donna walks around with an age group to help measure, time keep and record results.

Donna took on the committee position of Championship Officer, 5 years ago, and is enjoying every minute. Donna is the first person to offer a hand to anyone who needs help.

Nepean Little Athletics Centre Jumping Forward

Nepean Little Athletics Centre unveiled their latest development to the centre on Sunday, 26 February 2012 during their centre championships.

Nepean centre president, Jeff Baxter, revealed the centre's 18 month long project of new and improved long jump runways at their home ground of Blair Oval, St Mary's. Jeff Baxter is pushing to keep up with the changing times of the sport and a small sample of what he aims to do to help athletics in the area.

During the unveiling on Sunday morning, many dignitaries were present including current Federal Member for Lindsey, David Bradbury and Little Athletics NSW President, Dereck Fineberg. There were also former Olympic games representatives, many parents, friends of the centre and current athletes.

Athletics NSW Chief Executive Officer, Greg Meagher said, "It's great to see centres like Nepean Little Athletics continually develop its facilities and working with members of the centre. This type of work not only helps the centre directly but also has a positive impact on the development of Track and Field in the Nepean area."

Nepean Little Athletics continues to work very closely with its senior partner Nepean Athletics Club. Many Olympians have come out of both these clubs including Joel Milburn (Beijing Olympian) and Mark Garner (1988 and 1992 Olympian), whose children currently compete for the Little Athletics Centre.

Nick Bromley
Greater Western Sydney Development Officer

Quote from Nepean Little Athletics Centre, President, Jeff Baxter

"The day exceeded my expectations, an idea, then a plan..... then reality, priceless"



It was my pleasure on behalf of Little Athletics NSW to accept Nepean Little Athletics Centre's invitation to attend the opening of their new long jump area on Sunday, 26 February 2012 at Blair Oval, St Mary's. It was great to see the Mayor and other local representatives and centre dignitaries present in addition to Ronald McDonald himself. Congratulations to Nepean Little Athletics for their acquisition of this fine facility. It demonstrates what centres can achieve when they do the preparation required to obtain funding for ground improvements and facilities that will benefit athletes for years to come.

Dereck Fineberg
President Little Athletics NSW



Nepean Little Athletics Centre Celebrating 50 years!

Nepean Athletics Club has turned 50 and to celebrate they are holding a function at St Mary's Band Club, Great Western Highway, St Mary's.

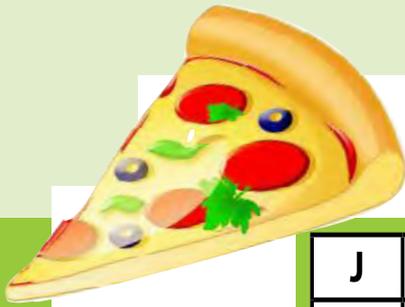
Looking for all past athletes that were apart of Nepean Athletics Club, so if you know of any athletes please forward on any information.

Nepean Athletics Club is also looking for photos or memorabilia you may have. Photos can be emailed to starks@hotlinks.net.au.



Date: Saturday, 21 April 2012
Where: St Mary's Band Club, Great Western Highway, St Mary's
Cost: \$70.00 pp. includes smorgasbord meal, beer, wine and soft drink.
RSVP: Tuesday, 27 March 2012
Contact: Evelyn Stark - 0418 962 366 or starks@hotlinksnet.au.

Find a Word



PIZZA

- anchovy
- basil
- cheese
- crust
- deep pan
- dough
- garlic
- italian
- margherita
- mozzarella
- olives
- onions
- oregano
- parmesan
- pepperoni
- sauce
- slice
- tomatoes
- topping

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

CONGRATULATIONS

to U12 Little Athlete **JARROD WILSON** from **GRENFELL REDBACKS LAC** who won last edition's Find-a-Word!!

To win a \$50 gift voucher from



send completed puzzle, along with your name & address to LANSW Locked Bag 85, PARRAMATTA NSW 2124 by 23 April 2012.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



Locked Bag 85, PARRAMATTA NSW 2124 (90-92 Harris Street, HARRIS PARK 2150)
 Tel: (02) 9633 4511 or 1800 451 295 Fax: (02) 9633 2821
 Email: admin@lansw.com.au Website: littleathletics.com.au