



RUN FOR FUN



3 NSW INDUCTEES INTO THE LITTLE ATHLETICS AUSTRALIA ROLL OF EXCELLENCE

Eight outstanding Australians, including three from NSW, were inducted into the Little Athletics Australia Roll of Excellence at a gala dinner on Saturday night, 22nd October, in Canberra.

The Little Athletics Roll of Excellence recognises the exploits of former participants in our sport who have gone on to achieve excellence in their chosen sport or profession, within four categories: Track & Field, Sportsmen, Achievers and Volunteers. This year's inductees have achieved success at the highest levels of athletics, rugby union and netball, as well as in the fields of journalism and sports officiating.

Inducted this year were Wallaby Matt Giteau; captain of the Australian Netball Team, the Diamonds, Natalie von Bertouch; AFL grand final field umpire and 2011 All Australian umpire, Brett Rosebury; 2UE Drive Show host, Paul Murray; Athletics Olympians Bronwyn Thompson and Darren Clark; and Little Athletics Volunteers Maxine Boyd and Jim Arkins.

In particular, Little Athletics NSW would like to congratulate those from NSW, Darren Clark, Paul Murray and Jim Arkins.

DARREN CLARK

Darren Clark started his athletic career at the Hornsby District LAC. In 1977, as an U12, Darren was a member of the Little Athletics NSW State Team that participated at the Australian Little Athletics Teams Championships in Melbourne.

In 1983 at just 17 years of age, Darren competed in the first athletics World Championships in Helsinki, making it to the semi-finals of the 400m with 46.36sec. He was also the British AAA 400m champion and held the world record at the time for his age with 45.05sec. That year he was also the Australian junior champion in the 100m, 200m, and 400m and held the Australian U18 and U20 100m record of 10.47sec. The following year at the 1984 Los Angeles Olympic Games, Darren led the field with 80m to go in the Olympic final of the 400m. He ran an Australian record in the semi-final with 44.77sec but bettered this in the final by 0.02sec. By the end of the season, he was ranked fourth in the world in the 400m.

At the Edinburgh Commonwealth Games in 1986 he won silver in the 400m with 45.98sec. In 1987 Darren was the NSW state champion in the 100m, 200m, and 400m, the first time this had been achieved by an athlete in 70 years. The following year Darren took part in his second Olympics, Seoul. Competing in the 400m semi-final, he broke another Australian record, running 44.38, a record that still stands. In the final, he finished fourth with 44.55sec. In 1989, Darren was the Australian 200m and 400m champion before preparing for his next Commonwealth Games, to be held in Auckland, 1990. Here, he finished with gold in the 400m in 44.60sec. He also competed in the 200m, finishing 12th.

Darren took some time away from the track in 1991 and played a season of rugby league with the Balmain Tigers, scoring 11 tries, and also competed in the World Sevens Tournament. Rejuvenated, he returned to the track in 1992 and was selected for the Barcelona Olympic team



Nov/Dec 2011

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- Upcoming Camps and Clinics
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- Hills District LAC Celebrating 40 years

however was forced to withdraw due to injuries to his Achilles tendon. However with training and persistence, Darren returned to the track in 1993 and won bronze in the 400m at the World Indoor Championships in Toronto, and won his fifth national 400m title in 45.64sec.

Darren is Australia's greatest ever 400m runner, running under 45 seconds 11 times and achieving fourth place in two consecutive Olympics, 1984 and 1988. The time run by Darren in Seoul would have placed him in second place in the 1996, 2000 and 2008 Olympics 400m finals and third place in 2004. He still holds four Australian and two Oceanic records. The national U20 400m (44.75 set in LA, 1984); the national open 400m (44.38 set in Seoul 1988), and as part of the 4x400m relay team (2:59.70 set in LA, 1984), which are both also Oceanic records. He also holds the U18 national 200m with Paul Greene (20.90 set in Sydney, 1982).

PAUL MURRAY

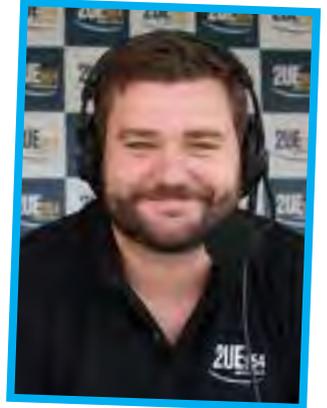
Paul Murray is the regular drive presenter on radio 2UE. He also hosts Paul Murray Live on Sky News Australia (a panel show examining the day's news from a different perspective). He is a rising media force and is considered entertaining as well as informative.

During his childhood years, Paul was a member of the Ryde LAC and has been heard on radio talking fondly of his Saturday mornings down at 'Dunbar Park' for Little Athletics.

In 2002, Paul Murray won the Brian White Award for radio reporter of the year for his journalistic work on Sydney's Bushfires, the federal election and the collapse of Ansett. In 2004, he started hosting a wide-reaching weekly talk show on Nova 96.9. At the end of that year, he was nominated for current affairs commentator of the year at the annual radio industry awards. He was nominated alongside Alan Jones and Ray Hadley. His show, titled 'The Paul Murray Show', was then extended to air from 10pm to midnight Sunday to Thursday. Late in 2005, Paul left Nova 96.9 to commence his television career. In November 2005, he began reporting and hosting segments for the Seven Network's morning current affairs and variety program Sunrise; later he was a regular guest on Weekend Sunrise.

In 2008, Paul joined Triple M's Sydney breakfast shift and also co-hosted the short-lived chat show The Night Cap on 7HD. He also joined Sky News Australia where he began hosting 180 with Paul Murray (now known as Paul Murray Live). At the start of 2009 Paul began hosting the All New Paul Murray Show on Triple M. He then teamed up with Rachel Corbett in 2010 to host the Drive show 'Paul & Rach'.

In 2011, Paul Murray took the wheel of the 2UE Drive Show - Paul Murray Live. Paul delivers a fast-paced break-down of current affairs each day and is said to bring a fresh approach and keen analysis to the news of the day.



JIM ARKINS

Jim Arkins has been involved in Little Athletics in NSW for 40 years. Jim decided during the 1971/72 season that Little Athletics was something that he would like to get his oldest son involved in and therefore began looking into the formation of a Centre in his local area, Baulkham Hills. The Hills District Centre was formed for the commencement of the 1972/73 season at a temporary venue, while the committee worked with the local council on the establishment of a dedicated athletics field, which remains the home of the Hills District LAC to this day.

In the first year of operation of the Hills District Centre, Jim joined the committee in the position of Treasurer; a position he held for the next 2 years. Jim then moved into the role of registrar for 2 years, then publicity and finally championships. Jim was heavily involved with the Centre from its establishment in 1972 through until 1984 when his youngest son became 'too old' for Little Athletics. The significant role that Jim played in establishing the Centre, along with his 12 years of service, saw Jim receive the first ever Life Membership of Hills District LAC.

For the 1975/76 season, Jim also took on the role of Zone Co-ordinator and remained in this position for a couple of years. During his term as Zone Co-ordinator, Jim was instrumental in setting up a second Little Athletics Centre in the area, Winston Hills. By the 1978/79 season, Jim had joined the LANSW Board of Management in the role of Treasurer. He remained in this position for 18 years (until 1996), when a restructure of the Board saw the position of Treasurer deleted and the duties undertaken at an employee level, with the appointment of a part-time bookkeeper.

Jim attended virtually all Association Meetings and Conferences from 1978 through until 2007 and was awarded Life Membership of the LANSW in 1985. Jim was the recipient of an Australian Sports Medal in December 2000 for his contribution to Little Athletics – a nomination submitted by Little Athletics Australia.

As stated earlier, Jim Arkins has volunteered his time to the LANSW for 40 years – and is still involved today. He is and always will be one of Little Athletics biggest supporters!

The octet inducted this year join a special group that have been awarded Little Athletics Australia Roll of Excellence membership; which includes other NSW members Melinda Gainsford-Taylor, Jana Pittman-Rawlinson, Jane Saville, Amy Winters, Mike Whitney, John Maclean, Janine Shepherd, Barry Garment and Peter Wickes.

Congratulations to all of the inductees! We are very proud of the opportunities that Little Athletics provides and of the successes that many of our past participants have had in such varied fields of endeavour.



A WORD FROM THE PRESIDENT...

DERECK FINEBERG



Many of our Centres will now have completed approximately two months of the new season and I hope that you are all functioning as efficiently as possible. Of course each season start is always a challenging time for all of us as new people come to grips with all the tasks and activities that must be carried out to make things work.

We must all remember that to the newcomer – athlete and parents - it may seem a little overwhelming so anything you can do to help them settle in to your environment the happier they and your Centre will be.

At the time of publication the Regional Conferences will have been completed. I hope those who attended benefited from the information presented. I know that all of us on the Board of Management enjoyed meeting people from the various country Centres.

Last weekend we conducted the Trans Tasman Trials for the Under 11 and 12 age groups for the team to tour New Zealand in January. On the final weekend that month our two-day State Relay carnival will be held at Sydney Olympic Park. I'd like to wish all athletes competing at that event good luck and I hope you and your families enjoy taking part.

I have just attended the Little Athletics Australia Board meeting and Conference in Canberra with our CEO, at which many important and interesting matters were discussed. However, one of the highlights was the annual Roll of Excellence event at which LANSW's Jim Arkins was inducted into the LAA honour roll. Jim has been and continues to be a long term servant to the sport of Little Athletics in NSW and I congratulate him on this prestigious honour.

Best wishes to everyone involved in our sport for a successful and fun season.

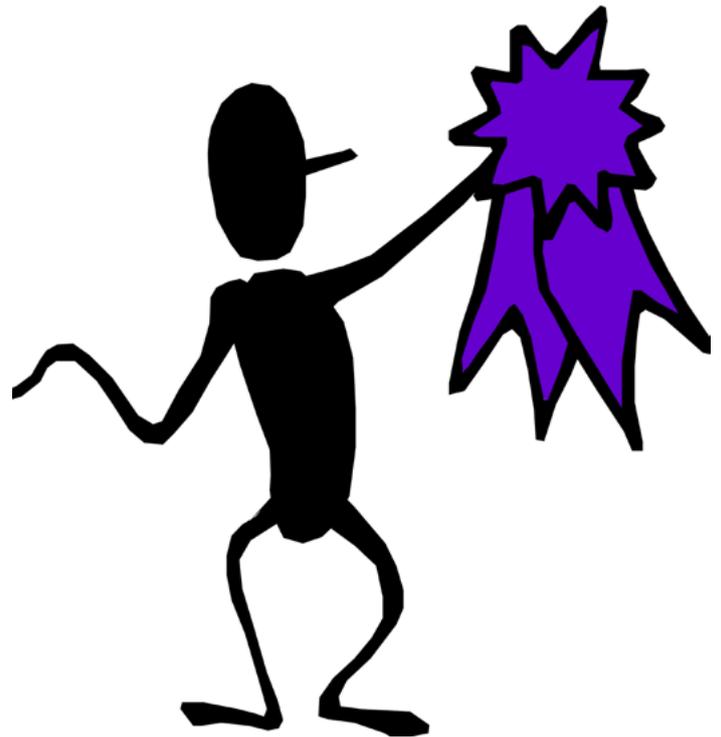
Cheers

Dereck Fineberg (OAM)
PRESIDENT

editorial

We spend a lot of time discussing the benefits of physical activity, the merits of competition and the importance of sportsmanship in children's sport. I'd like to take a 'step sideways' and reflect on the life lessons that involvement in the sport of athletics offers to all children.

In today's fast paced world of instant everything, children get very few opportunities to experience delayed gratification. Instant messaging, digital cameras, the internet, iPods and many other technical devices allow us to perform many day to day activities on the spot. The simple skills of persistence over time, working towards goals and needing to wait are not as prevalent in the life of today's child. Participation in an individual sport such as athletics gives children an opportunity to develop these skills. It provides even the young child an opportunity to monitor their own performance, set goals, work at skills in training and recognise the benefit when a PB is recorded. They learn the connection between effort and reward and that sometimes it takes time for results to be realised. Truly valuable life skills and all in a fun and healthy environment!



Athletics offers the opportunity for the individual to take responsibility for their own results. In team sports a person can 'hide behind' the play of others and blame poor performance on teammates. Conversely, they could play at their best but the team can still lose if the collective effort of all is not sufficient. In an individual sport there may well be a support team involved through coaches, parents and friends, but the athlete is ultimately responsible for what they achieve. Kids learn the link between their personal actions and the resultant consequences, both good and bad! Again, a valuable life skill for all.

The simple rule to be learnt is that effort is nearly always rewarded. There is an old saying "The harder I work the luckier I am". Success is never easy but athletics offers the opportunity for the individual to be rewarded. This can be achieved by making a final, doing a PB or winning a race. All are achievements and athletics has the balance to reward all athletes for persevering and trying their best.

Michael Gray
Business Development Director



's Little Athletics Docket Competition

RUNNING TALLY

Another chance to win in your division.
Start collecting docketts and send them in...

Division 1
(1-120 Members*)

WHO

Division 2
(121-299 Members*)

WILL

Division 3
(300+ Members*)

WIN?

* Correct as of 24th October 2011. Centres may still move into different divisions based on their final registrations which will be confirmed at the end of the season.

Wishing all athletes fun and success this season!

To those LACs who won prizes in the 2010/2011 Docket Competition, please remember to let us know how the funds have benefited your athletes!
Please e-mail shawn.cortes@igadist.com.au

IGA's Little Athletics Docket Competition Update

Unfortunately we currently do not have enough docketts to advise who are the leaders in each division at this point in time.

If you would like to earn money for you Little Athletics Centre, join the competition and get collecting those docketts!

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

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

Please remember to send your **tally** with your docketts! We need to know the value of each bundle of docketts 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 docketts are received.

Good luck to all LA Centres for this year's competition! And congratulations to all the new Clubs that have entered.

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



HOW TO ENTER: Keep your IGA docketts 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 you local IGA store for more details.

How the locals like it



Send your IGA Docketts to:
Shawn Cortes at IGA,
37 Bessemer St, Blacktown, NSW, 2148.



The ROC

(The Rules of Competition)

Did you know.....

FIELD EVENT TIES

When two or more athletes achieve the same best performance in a field event the tie can be broken by a count back of results.

In all field events apart from the high jump:-

- The second best performance of the competitors tying shall decide the tie. If a tie remains, the third best and so on.
- If athletes in field events are tied for any place after all count backs have been applied, then equal placing will be declared.

High Jump ties

- a. The competitor with the lowest number of jumps at the height at which the tie occurs (ie the last height cleared)
- b. If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- c. If the tie remains the competitors shall be awarded the same place in the competition.

OBSTRUCTION

If for any reason a competitor is hampered in a trial in a field event, the Referee shall have the power to award that competitor a substitute trial.

THE WAY OUT

In throws event from a circle the competitor must exit the circle from the rear half. The first point of contact with the ground outside the circle must be behind the white line drawn through the centre and extended outside the circle.

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

Trans Tasman Trials

The Trans Tasman Trials were conducted at Myimbarr Community Park, Flinders on Sunday, November 6. Athletes from 45 Little Athletics Centres attended the Trials. All athletes seemed to enjoy themselves even though the day was extremely hot.

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

The Trans Tasman Trials results and Team to compete in Auckland in January will be posted on the website soon.

Competition & Rule Changes

The following changes to rules/specifications have been introduced for the 2011/2012 season:

Under 14 girls Javelin from 600gm to 400gms

Under 15 girls Javelin from 600gm to 500gms

Under 17 girls Javelin from 600gm to 500gms

Under 17 girls Shot from 4kg to 3kg

Under 14 boys Shot Put from 4kg to 3kg

Under 15 boys Javelin from 600gm to 700gm

State Relay Championships

The State Relays to be held on the weekend of 26 & 27 November at Sydney Olympic Park Athletics Centre should be a great weekend of athletics. The total number of teams entered is 1256. The Junior Day (U8-U11) has 686 teams entered and the Senior Day (U12-U17) has 570 teams entered.

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 by downloading a manual entry form at www.littleathletics.com.au. More information regarding the State Multi-Event will be posted on the website as it comes to hand.



2012 NSW STATE TEAM INFORMATION



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.

It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure that they understand the relevant policy and how it operates.

If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW (LANSW) on 02 9633 4511 or 1800 451 295 or admin@lansw.com.au.

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 2011 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.

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.

More Information

For more information, see the NSW section of the Little Athletics website, contact the LANSW office on 02 9633 4511 or 1800 451 295 or email admin@lansw.com.au.



JETS BLASTS OFF AGAIN

WOW! What a great start to the 2011-2012 JETS program! Record membership numbers and the biggest JETS coaching clinic conducted in JETS history!

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.

The session began with guest speaker Joel Milburn (Australian Flame Team Member, Beijing Olympics representative in the 400m and former Little Athlete) leading an informative and entertaining session that was enjoyed by the athletes.

Following Joel's talk, despite some very warm weather, the athletes responded to the eleven JETS coaches in attendance by making the most of their opportunities and putting in their best efforts.

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 from the athletes and parents 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)

The JETS members are now looking forward to the next JETS Coaching Clinic.

For more information about the joining the JETS Program, contact the Coaching & Development Officers at the Little Athletics NSW office or see the Little Athletics NSW website.





COACHES CORNER



With the new season well under way, have you set your goals to what you want to achieve? The real question should be...

“Have you set SMART Goals”???

Specific

The first term stresses the need for a specific goal over and against a more general one.

A specific goal will usually answer the five “W” questions:

- What:** What do I want to accomplish?
- Why:** Specific reasons, purpose or benefits of accomplishing the goal.
- Who:** Who is involved?
- Where:** Identify a location.
- Which:** Identify requirements and constraints.

Measurable

The second term stresses the need for concrete criteria for measuring progress toward the attainment of the goal.

A measurable goal will usually answer questions such as:

- How much?
- How many?
- How will I know when it is accomplished?

Attainable

The third term stresses the importance of goals that are realistic and attainable.

An attainable goal will usually answer the question:

- How: How can the goal be accomplished?

Relevant

The fourth term stresses the importance of making goals relevant. A relevant goal must represent an objective that the goal-setter is willing and able to work towards.

A relevant goal will usually answer the question:

- Does this seem worthwhile?

Time-Bound

The fifth term stresses the importance of grounding goals within a time frame; giving them a target date...a commitment to a deadline.

A time-bound goal will usually answer the question:

- When?
- What can I do 6 months from now?
- What can I do 6 weeks from now?
- What can I do today?

DEVELOPMENT DIARY



2011 School Visits *The Past, The Present, The Future*

The bags are finally unpacked and the red dust washed off the cars. The Development Team feels a sense of satisfaction as the 2011 School Visit Program is finally complete. This year's program began in early June with a visit to the newly reformed Trangie Little Athletics Centre and onto Moree. Since then, LANSW ventured state-wide to Griffith, Lismore, Wagga, Dubbo, Milton Ulladulla, Hunter/Port Hunter and various Sydney Metro areas. This year a total of 165 schools were visited seeing approximately 39,000 students.

The aim of the program is to assist in the promotion of the local Centre to increase the profile of LANSW to wider community, and help increase the number of registrations of the participating Centre. Each year elite athletes are invited to assist with the program. This year, LANSW had four elite representative athletes involved in the program. They represented a variety of Centres and shared with the students their fond experiences and memories of being a Little Athlete and an elite athlete. The involved athletes were:



- "The Past"- Melinda Gainsford Taylor (ex-Trangie Little Athlete, World Champion, Olympic & Commonwealth Games Representative)
- "The Present" - Nick Bromley (ex-Ku-Ring-Gai Little Athlete, 4 time national record holder, Commonwealth Games representative, currently aiming for London 2012, LANSW/ ANSW Development Officer) and Scott Westcott (ex- Parkes Little Athlete, Commonwealth & World Champion Representative, LANSW/ANSW Regional Coordinator)
- "The Future"- Jake Stein (ex-Warradale Little Athlete, current IAAF World Youth Octathlon Champion)

Some of the memorabilia shared with the kids were Melinda's Sydney 2000 torch, competition uniform and variety of medals including her Little Athletics medals; Nick simulated championship award ceremonies by presenting his medals to some lucky students; Jake presented and described how he brings nine pairs of shoes to competition and informed the students the difference between them, and Scott interestingly describes the intricacies of being a marathon runner and what keeps him going over 42 kms and two hours of running. These sessions were not only motivating but became very educational.

Thank you to Melinda, Jake, Nick and Scott for their support. Thank you to all Centres involved and their representatives. Can't wait till next year!

September/October School Holiday Clinics

Last School Holidays was a busy time for Little Athletics. A series of School Holiday Coaching Clinics were hosted by: Canterbury LAC, Kurri Kurri LAC, Cranebrook LAC and Blacktown LAC (a clinic was scheduled to be hosted by Raymond Terrace but had to be cancelled due to local flooding). A total of 188 athletes attended the clinics

These clinics were open to registered and unregistered athletes of all abilities, and from all reports were fun very successful. Comments from one host Centre were:

- "the clinics give our athletes an opportunity to learn correct event techniques from qualified and experienced coaches"
- "offering the clinic during the school holidays gives the kids a healthy, structured whole day activity in a safe environment"
- "the September clinic comes right at the start of the season when everyone is getting back into athletics which is very timely"



The October school holidays also saw the first Little Athletics Skills Clinic held at Dubbo. Athletes from: Dubbo, Young, Cobar, Nyngan, Orange, Narromine, Mudgee, Gunnedah and even one athlete from Albion Park attended the clinic. A total of 45 athletes were in attendance, participating in 7 specialised coaching sessions for this 2 day clinic. It was also very encouraging to see so many parents watching, learning and asking many questions.

Thank you to all the Centres, Centre representatives and coaches for their ongoing support, tireless effort and hard work to ensure our members (the athletes), benefit from their experience.

UPCOMING EVENTS

2011 Annual Christmas Camp

Little Athletics NSW (LANSW) most popular and longest running camp, the annual "Christmas Camp" is on again. This year's camp will be held on December 16-18, 2011 "Blue Gum Lodge", at Springwood.

Register early, before close of business, Monday, November 14, 2011 and take advantage of the "early bird" price of \$150. The cost of the camp after this date is \$170.00. Final closing date for applications is 5pm on Monday, December 5, 2011. Simply register online or download, complete and return the application form, with full payment, to Little Athletics NSW by the closing date.

Numbers are limited so early applications are advised. A minimum of 40 athletes is required for the camp to proceed.

2012 Super Coaching Clinic - "Keep an eye out"

Keep an eye out for the 2012 Super Coaching Clinic. This 2-day clinic in its 9th consecutive year is a joint initiative between Little Athletics NSW and Sydney Olympic Park Athletics Centre. It has proven over the years to be one of LANSW most popular clinic. It is designed to provide participants in the U12-U17 age groups for the 2011/12 season, of all levels, an opportunity to enhance and develop their track and field skills at a world class venue.

This season, the clinic will be held Monday 16th and Tuesday 17th January, 2012, at the Sydney Olympic Park Athletics Centre. Registration brochures will be available soon.

To register online or to download a brochure, for any of the above clinics, please visit our website littleathletics.com.au.

SAFE CONDUCT OF EVENTS

Javelin

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

Event site:

- Ensure that all javelin activities are set up a safe distance away from other activities.
- Considering the age and ability level of the group, the javelin landing area must be of adequate length to contain the implements thrown.
- All javelin throwing should be conducted within a clearly defined throwing area. It is recommended that the throwing sector area and runway be marked with highly visible markers to prevent access by non-participants.
- The runway and launch area must be dry and free from any loose materials.
- Throwers waiting for their turn should be kept away from the runway and back behind the delivery line. Spectators and throwers waiting their turn should not be permitted to stand along the sector lines.

Equipment:

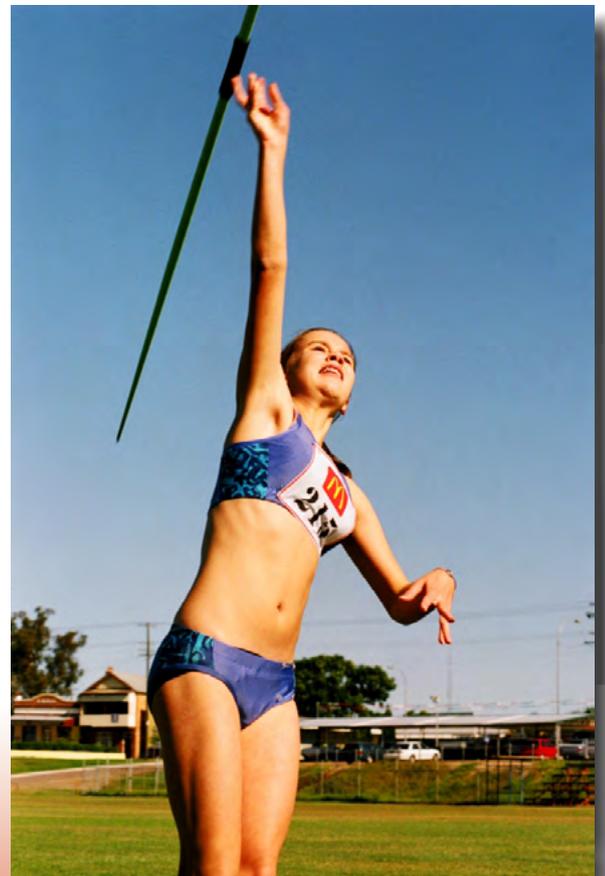
- Ensure that the correct weight javelins are used.
- Javelins should be in good repair. For example, withdraw from use those with damaged grips.
- Javelins should not be used without supervision.
- Javelins that are not being used should be kept under supervision and in a spot where they are not accessible for athletes to play with.
- NEVER leave javelins stuck in the ground at an angle. They should always be stood vertically.

Instructions to athletes:

- Explain the potential dangers of the javelin event.
- Javelins should always be carried in a vertical position with the point down.
- The tail of the javelin can be just as dangerous as the point, so instruct the athletes to always be aware of who is in your immediate vicinity when you are holding a javelin.
- Javelins may not be used unless athletes are specifically instructed to do so. i.e. No one picks up a javelin unless told to do so.
- No participant is to commence their throw until they are instructed to do so.
- When spikes are not being worn, athletes should be advised to show particular caution in the delivery stride before throwing and also as decelerating.

Officials:

- Officials should carry, not throw a javelin back.
- Officials should stand on the outside of the sector lines and always be alert.



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

Albion Park LAC 25 Year Reunion



Albion Park Bowling Club
Saturday 19th November 2011
6.00pm

All life members, past and present committee members
and eligible past and present athletes welcome.

For more details please phone 02 4256 3639
or email aplac10@yahoo.com or visit www.aplac.org.au.

Hills District LAC Celebrating its 40th Season



Castle Hill RSL
Saturday 11th February 2012
7.00pm

If you would love to attend, please contact Trish Bright on 9634 3213
or email bright5@bigpond.com.

As part of this event, a special edition booklet will be prepared. If you would like to contribute by writing a description of your time at the Centre or any great achievements, including photos, please forward to Trish.

PO Box 383, Baulkham Hills, NSW 1755 or email bright5@bigpond.com.

Find a Word



ISLANDS

- Australia
- Barbados
- Borneo
- Bermuda
- Capri
- Christmas
- Corfu
- Crete
- Cuba
- Easter
- Galapagos
- Haiti
- Hawaii
- Ireland
- Jamaica
- Madagascar
- Malta
- Sri Lanka
- Tahiti
- Tasmania
- Tobago

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

CONGRATULATIONS

to U9 Little Athlete **IMOGEN McLOUGHLIN** from **GOSFORD LAC** who won last edition's Find-a-Word!!

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Name: _____

Centre: _____ Age Group: _____

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