



Little Athletics
Western Australia



Championship Edition

ATHLETE EXPRESS #2 2012

STATE CHAMPIONSHIP

A Memorable March Weekend at States!

The eagerly awaited State Championships "States" came for another year at the home of athletics, the WA Athletics Stadium. Under 10's to 16/17's from far and wide arrived for the first day of competition on Saturday, March 17.

The weekend had many highlights.

Doug Hancy and his family honoured us with their presence again this year as he presented to athletes nominated for the Doug Hancy Award and Athlete of the Year.

Ronald McDonald made a guest appearance on day 2. He even took to the track, only to be shown a few lessons by enthusiastic young athletes though.

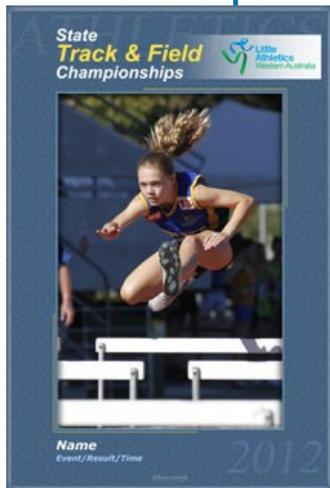
The state wide PMH 'Kids helping Kids' day earlier in the summer was a huge success and it allowed us to make our largest contribution to the foundation during the lunch interval.

This year it was in excess of \$20,000! Thanks to everyone who donated!

The loudest applause of the entire meet came when special needs athletes from various centre's took their opportunity to shine and run in front of a large crowd cheering them on. Sunday's final races featured our under 17's, and for them it marked the end of their Little Athletics careers. We wish them luck in their senior athletics or sporting endeavours.

ORDER YOUR PHOTOS NOW!

Our friends at **AUSSIES IN ACTION** were out and about for the entire championship capturing all those classic shots on the field, track and podium. Make sure you visit their website and order your special images today! www.aussiesinaction.com.au



WINTER PROGRAMS

Little Athletics Action this Winter!

The summer season has just finished but we can't stop running. Starting from April, Cross Country and Middle Distance training sessions may be scheduled differently at participating centres. Contact your Centre Manager or Winter Officer for any information you need.

In conjunction with Kingsway LAC, Inclusion WA and Active After-School Communities. We are pleased to promote a pilot initiative free of charge to children of all backgrounds and abilities. 'Little Athletics 4 All' aims to give children with disabilities or under privileged backgrounds the opportunity to get a feel for Little Athletics over a 6 week program at Kingsway Oval.

The first Come N Try Day is on Wednesday April 25 3.45pm-4.45pm. The program continues at the same time for every Wednesday in May. If you are interested in participating, coaching or know someone who would, please email abid@walittleathletics.com.au



CENTRE NEWS

Zone Championships and Dale Multi Championships Invitational

The Dale Multi Championship Invitational was held at Morgan Park, the home ground for Dale Little Athletics Centre, on February 4 2012. The Saturday meet started a bit later than usual at 2pm and there was a nice relaxed atmosphere for families and athletes to enjoy the days competition.

Over the weekend of March 3-4, Little Athletes from all across the metropolitan area and country competed at their zone championships. These are the qualifiers for the major State Championship to be held on March 17-18 at the WA Athletics Stadium. Centres are divided equally into four zones. This year, Kingsway , UWA, Dale and Gosnells hosted the centres in their respective zones. Many events took place across these locations and its always a great experience to compete with fellow Little Athletes from different centre's. Well done to the host centres and the many helpers on these days.



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And stay connected with the latest news!



PERTH TRACK CLASSIC

A Classic night for Athletics fans

On **Saturday February 11**, the **Perth Track Classic** followed our Little Athletics State Multi-Event Championships at the WA Athletics Stadium.

The grandstand and grass areas were packed with Little Athletics families who stayed on hand to witness the stars in action just a few months before they represent Australia at the London Olympic Games.

Among the stars lining up were IAAF Female Athlete of the Year and World Champion 100m hurdler, **Sally Pearson**, 400m star and former Bayswater LAC boy, **John Steffensen** and former discus World Champion, **Dani Samuels**.

It was a great night with excellent performances all round. Pearson ran the 100m in 11.28sec and the 100m hurdles in 12.86sec. Steffensen brought the house down in the 400m with the final race of the meet. He beat WA favourite, Ben Offereins, in a time of 46.11sec. Sally and the Australian team now head to Istanbul, Turkey for the IAAF World Indoor Championship. London gets closer and closer!

Photos by Will Russell (PerthNow)



ATHLETE NUTRITION

Get your Energy up at Championships

Competitions and Championships are big days, it is important to keep your fluids levels up and have snacks that provide the energy for your events.

Here are some handy tips:

Be Prepared-As part of your preparations, make sure you have a few snacks and drink bottles ready to take with you to the venue.

Drinks- Before and after events, drink plenty of water. Non-caffeinated sports drinks (powerade or gatorade) are also effective after your event to replace lost fluids. Try to stay away from sugary soft drinks as they are no way near as good as water.

Snacks- Quick and easy snacks are perfect in-between events. Good ideas are Bananas, Jam or Honey Sandwiches, Sultanas, Fruit Muffins, Yoghurt or a Flavoured Milk box!

For more tips, visit www.sportsdietitians.com.au/factsheets



CENTRE SNAPSHOTS

Well done to all Centre's for the annual Centre March Past held during State Champs. Narrogin LAC used the upcoming London 2012 Olympics as their inspiration. Great effort by everyone.

Please send YOUR Centre Snapshots and story to hannah@walittleathletics.com.au or share it at facebook.com/walittleathletics



West Australian Little Athletics
ABN 94 581 670 320

15 Harrogate St
Leederville WA 6007

Tel 08 9388 2339
Fax 08 9388 2340
hannah@walittleathletics.com.au

walittleathletics.com.au

 facebook.com/walittleathletics



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