

Little Athletics Victoria E-News



Welcome to the first edition of E-News for 2013

Welcome to LAVic's first E-News of 2013. We hope you had a fantastic holiday break and are as excited as we are about the remainder of the 2012/2013 athletic season.

Having just come back from JDS camp and with Region Track and Field Championships around the corner, the year is off to a great start and we're looking forward to an action packed year.

We are pleased to announce that we have had a significant increase in registrations for this season and are looking forward to seeing new faces at our events.

Upcoming February Events



[16-Feb-2013](#)

[AV Shield Final](#)

[17-Feb-2013](#)

[Collingwood LAC - Open Day](#)

[17-Feb-2013](#)

[Traralgon LAC - Open Day](#)

[23-Feb-2013](#)

[Region Track & Field \(February 23-24\)](#)

[24-Feb-2013](#)

[Region Track & Field \(February 23-24\)](#)

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2012 State Relay & Multi-Event Championships

Prior to Christmas, the IGA State Relay and State Multi-Event Championships were held at Lakeside Stadium in quick succession.

Congratulations to all athletes who participated in one or both of these events and we hope you enjoyed competing alongside your friends and fellow competitors.

A special thank you to all Regions, Centres, Team Managers and Parents for their assistance during that busy period, especially with allocating and covering the Centre Duty Allocations.

Results for both of these events are available via the [LAVic website](#).

All remaining place cards were forwarded to Regions to be passed on to Centres and Team Managers. If you are yet to receive your Place Cards please contact your Region or [Matt Collister](#) in the LAVic office.



120 enthusiastic athletes ranging from 11-16 years of age took part in this year's JDS Camp at Ormond College. The four day action packed affair took place from 20th – 23rd January, and enabled JDS athletes to gain new skills, and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. To give parents and friends some insight, we asked our Team Captains to provide a summary of highlights from each of the days. Below are the journal entries from Michaela Duncan, Mackenzie Thompson, Andrew McGrath, Jonathan Taylor, Amy Healey, Madeline Woods, Tom Tanojevic and Amy Benifer.

Day 2

The day started with the lovely Andrew and Jo waking all the kids up. We were then all off for the morning stretch with Paul. After this it was time for breakfast. Once breakfast was over, we all set off for Lakeside Stadium for our two preferred event rotations, followed by Subway for lunch. It was then down to the VIS where we were split into two groups.

One group started with the recovery session in the pool, and another group had to endure the hot and cold baths. Going from one bath to the other was torture and all you could hear was screaming from the girls, and the odd guy. We also participated in a nutrition talk which was interesting, along with stretching and massage.

It was then back to Ormond College for showers and dinner. It was a quick dinner because we had a really inspiring talk from Athletics Australia, which consisted of Brooke Stratton and Damian Birkenhead. After all that, it was time for supper and off to bed.

Day 1

Everyone arrived at Lakeside Stadium excited and ready for camp. We got right into training after Shane's inspirational speech that went on for long enough. All the athletes participated in two, one hour sessions for their preferred events. After training, everyone got on the buses (apart from us lucky captains who got to experience the coach's driving skills) to Ormond College (Melbourne Uni), which was to be our home for the next few days. Upon arrival, we all met our team mates and were allocated our rooms. After we were all settled, we headed for a well-deserved dinner with our teams along with some quality bonding time.

We made a big impression on the people of Melbourne as all 120 of us walked to the cinema on Lygon St in our squad uniforms. At the cinema, we watched "Life of PI" in 3D, which was an amazing experience, as well as being able to enjoy a drink and choc-top for dessert.

We then made our way back to the college for supper consisting of hot chocolate and cookies. It was then time for bed for a well-deserved rest after a big first day.



Day 3

We were again woken by Andrew and Jo, followed by our morning stretch, which we really appreciated as we were all a bit stiff and sore. After breakfast we headed back to Lakeside Stadium for our third day of training. We began with our two rotations of our preferred events and then had lunch as normal.

We then split up into age groups, with the older kids (14+) going to the VIS. We split into event groups and rotated through 4 different activities – weights, vertical force test, plyometrics and core strength work. This was a really good experience for all of us as the VIS coaches were very knowledgeable and helpful to us athletes. As we were working out in the gym, the younger kids were enjoying a circuit of different activities consisting of skipping, medicine balls and a few other things along the way. It was then back to Ormond College for a well-deserved dinner.

It was then disco time! Talents were shown by the athletes not just on the track, but on the dance floor! Even the coaches were getting in on the action, including a very impressive dance solo by Clinton – the green team leader. There were also some standout costumes including One Direction and Panda Bear. After a big night of dancing and excitement, we headed to bed for a big sleep before our competition day.



Day 4

For the last time we were woken up early and headed down to Picken lawns for our morning stretch.

This morning was different, as there was tension in the air between the teams (especially the leaders) for today was not only the last day of camp, it was comp day!

We headed to the dining hall for the last time to fill our stomachs with a nutritious breakfast to prepare us for the competition ahead. Walking with our teams, we made our way down to the Melbourne uni track. The team captains then took their team around the track for a pre comp warm up. This was much more difficult than it sounds as there were so many athletes running around the track in all different directions at the same time! Then finally, the competition began!

The events for the day were 100m, 200m, 400m, 800m, long jump, triple jump, high jump, shot put, vortex throw and the 1500m walk.

Each team had a representative in all the events and every athlete worked hard to score points for their colours. To finish off the team competition, all 120 of us athletes were spread out on the track for the four lap relay! Every team had a different tactic to get them through the race, some proving more successful than others. It was a lot of fun with so many of us running around the track at the same time and everyone got in the team spirit and cheered each other on all the way to the finish line!

Photos were then taken of all the teams and a big photo of everyone together.

With our bags already packed in the morning, we went back to our rooms for the last time to bring them down to the quadrangle where we finally met up with our parents and families. Then it was the moment of truth. The results of the team competition!

1st – Pink, 2nd – Lime, 3rd – Green, 4th – Purple, 5th – Sky, 6th – Royal, 7th – Red & 8th – Yellow.

We then said goodbye to the coaches and leaders, team mates and friends we had made from the four days on camp together.

The camp was not only a lot of training and hard work, but a lot of fun and something that we will always remember. I would like to say a big thankyou on behalf of all the JDS and AV athletes to Shane Bertrand who puts in a lot of effort to organise the camp, and to Graeme in first-aid who looks after our injuries. Also to all the Coaches and Leaders who put in time to make the camp run! We really appreciate everything you do!

Good Friday Appeal 2013

Every year, LAVic set up an interactive site during the Royal Children's Hospital Good Friday Appeal at Etihad Stadium. Not only is this a fantastic way to support a great cause, but it also allows us to get involved with the community and spread the word about all things Little Athletics.

If you've never visited this site on Good Friday, what a day you have missed! It is an action packed affair with plenty of activities on offer, celebrities walking around the ground, great prizes to be won and of course, the opportunity to appear on television.

This year, we are excited to announce that superstars [Ryan Gregson](#), [Jeff Riseley](#) and [Kaila McNight](#) will be in attendance.

Middle distance runner, Ryan Gregson currently holds the Australian and Oceanian record for the men's 1500m. Jeff Riseley, also a middle distance runner, won his third straight 1500m at the World Challenge Meet in Melbourne in 2011. Kaila won the 1500m at the 2010 Australian Championships and made her Olympic debut at the 2012 London games.

Little Athletics is calling on volunteers to assist on the day in managing our activities which include coordinating races, a throws area, a jumps area, blowing up balloons and talking to the public about Little Athletics. We would love to see some new faces assist, so if you can spare a few hours on Good Friday to support a very worthy cause, please email [Alex Lewis](#) at the LAVic office.

Ideally, we require assistance in two shifts: **Morning (10:00am – 1:00pm) & Afternoon (1:00pm – 4:00pm)**. When your shift concludes, please feel free to stay and enjoy the many other activities available, which would normally require a gold coin donation to join in.

McDonald's BRING A FRIEND COMPETITION

Just a reminder that the Bring a Friend postcards are required to be submitted to the LAVic Office by Friday, 15th February 2013 with the prize to be presented at State Track and Field Championships.



LAVic Office Disruptions

Please note the following office closures/disruptions to the State Association Office:

- ✚ Closed on Friday, 15th February (Association Planning day)
- ✚ Closed on Monday, 11th March (Labour Day Public Holiday)
- ✚ With the upcoming Australian Grand Prix, there will be limited access to the building from Tuesday, 12th March to Monday, 18th March inclusive. If you need to visit the LAVic Office, please arrange to do so either prior to Tuesday, 12th or after Monday, 18th as you will not be permitted into the area during those times. We apologise for any inconvenience this may cause. LAVic staff will still be working during this period however, there may be some minor disruptions.

Centre Uniforms

Athletes are reminded that all Centre uniforms worn at Region and State Championships must have the IGA patch sewn on the **front** of the uniform. Please contact your Centre Secretary for the desired location of the IGA patch on your uniform.



LAVic and AV combining Officiating Programs

Little Athletics Victoria (LAVic) and Athletics Victoria (AV) have joined forces to combine officiating programs into a single, all – encompassing officiating pathway for athletics in Victoria. The pathway will enable a greater number of volunteers to become athletics officials and will broaden the opportunities for current officials. Through this program, a Victorian Athletics Official will be suitably educated, enabled and empowered to serve the various athletics bodies operating within Victoria.



Expressions of interest are being sought to be part of the Victorian Officials Committee, which will replace the current AV and LAVic Officials Committees.

The amalgamation of the AV and LAVic Committees not only demonstrates the close and ongoing relationship between the two agencies, but will provide significant additional benefits and opportunities for Victorian Officials.

If you would like to be part of this exciting initiative, please email [Andrea Hallett](mailto:Andrea.Hallett@lavi.vic.gov.au) - Officials Training and Accreditation Manager, by Friday, 8th March 2013. If you require any additional information, please feel free to contact Andrea on (03) 8646 4500.



Upcoming Event Information

Inaugural Australian Grand Prix Run

Athletics Victoria and SuperSprint are pleased to announce this new major fun run on the event calendar. The Australian Grand Prix Run will be staged on Sunday 10th March 2013 offering 5km and 10km options around the fast Albert Park circuit. Entrants will get to experience the excitement of Formula 1™ with the entire Grand Prix infrastructure in place including course barriers, grandstands, marquees, overpasses and more.



Date: Sunday, 10th March 2013

Time: 5km- 8:00am 10km – 9:00am

Event Registration

Age restrictions*: 5km - Minimum of 7 years of age. 10km - Minimum of 13 years of age

*Age as of March 10 2013 - Event Day

Please note, due to restricted timelines to clear the track for F1 freight, we would discourage children leisurely walking with parents. Additionally, due to health and safety concerns, strollers are not permitted. We appreciate your understanding and look forward to seeing you on the track.

2013 State Track & Field Championships

The 2013 IGA State Track & Field Championships are being held on Saturday, 23rd and Sunday, 24th March 2013 at La Trobe University Bendigo Athletics Complex.



With the Championships just around the corner, please make sure you plan ahead and book your accommodation. Although Bendigo has plenty of accommodation options, they do fill up quickly, so don't miss out.

The timetable for the event, as well as event clash timetables, can be viewed at the [LAVic website](#).

Region Track & Field, which serves as the qualifying competition for State Track & Field, will be held at the following venues:

Eastern Metro Region – Saturday 23rd and Sunday 24th February @ Knox

Gippsland Country Region – Saturday 23rd and Sunday 24th February @ Moe

Northern Country Region – Saturday 23rd and Sunday 24th February @ Bendigo

Northern Metro Region – Saturday 23rd and Sunday 24th February @ Essendon

Southern Metro Region – Saturday 23rd and Sunday 24th February @ Casey Fields

Western Country Region – Saturday 23rd and Sunday 24th February @ Warrnambool

Western Metro Region – Saturday 23rd and Sunday 24th February @ Newport (Williamstown)

Please see your Region website for further information.

Australian Little Athletics Championships (ALAC)



This year's ALAC will be held in Canberra on Sunday, 28th April 2013.

These Championships showcase 22 – U13 athletes and 4 – U15 athletes who have been selected to represent the State in a National Competition in a one day event. The U13 athletes compete in individual events, scoring points for the team, with each State vying for the Trevor Billingham Trophy.

The U15 athletes compete in a multi-event competition and again, accumulate points for the team and contest for the Life Members Trophy.

The initial process is to select a State Squad, which was completed for the U15 athletes at the conclusion of the State Multi Event Championships in December.

Congratulations to the following athletes on their selection:

Andrew McGrath (Brighton), Jake DiPalma (Whittlesea City), Jonathan Taylor (Box Hill), Andrew Bialecki (Ringwood), Ellie Sanford (Waverley), Amy Benifer (Ringwood), Phoebe Condon (Box Hill), Ashlea Bylsma (Ballarat), Keely Henderson (Whittlesea City).

The selected athletes will now be involved in a number of activities and training sessions over the next couple of months with the final 4 team members being selected in early April.

In regards to the U13 athletes, an initial squad will be selected at the conclusion of the State Track & Field Championships. All athletes competing will be considered, and selection is not necessarily based on your placing at our State Event. There are multiple factors taken into account, and athletes are selected on their versatility in a number of events rather than just one event. All medal recipients in the U13 age groups will be asked to try on a State uniform in Bendigo however, please note that this does not guarantee selection.

To any U13 athletes who are interested in being in this team, there is no application process. Instead, a group of selectors will view performances at both Region and State Championships. We do however ask that you discuss this event with your families and consider that if you are selected into the State Squad, there will be weekly requirements to attend training sessions which will commence on Easter Monday. Athletes unable to attend one or more of the allocated training days may be ineligible for selection.

The final team of 22 U13 athletes will be selected in mid-April with the team travelling to Canberra on Friday, 26th April and returning to Melbourne on Monday, 29th April.

For any additional enquires regarding ALAC, please contact Jo Linford either via [email](#) or phone 8646 4504.

State Road Relay Championships

The 2013 State Road Relay Championships, held in conjunction with Athletics Victoria, is returning to Sandown Racecourse this year and will be held on **Saturday, 11th May**.



Now in its second year as a State Championship, the event features U7 – U15 athletes in teams of 3 running alongside some of the best senior athletes from around the state.

Sashes will be presented to team members of the first three placegetters on the day, and a trophy will be awarded to the leading Centre based on entries per capita and team performances.

Further information will be released in the coming weeks but please mark the date down in your diary!

State Cross Country Championships

The 2013 State Cross Country Championships will once again be held at Larnder Park, Lardner (Warragul) on **Saturday, 3rd August**.

This is the premier Cross Country event for the season so it is not to be missed!



March Calendar of Events

- [03-Mar-2013](#) [Bendigo LAC - Open Day](#)
- [03-Mar-2013](#) [Coburg All Stars Open Day](#)
- [09-Mar-2013](#) [Werribee LAC - Open Day](#)
- [23-Mar-2013](#) [State Track & Field Championships \(March 23-24\)](#)
- [24-Mar-2013](#) [State Track & Field Championships \(March 23-24\)](#)
- [24-Mar-2013](#) [ALAC Squad Selection](#)
- [29-Mar-2013](#) [RCH Good Friday Appeal](#)
- [30-Mar-2013](#) [Stawell Gift - McDonald's Little Athletics Handicaps \(March 30-April 1\)](#)

