

Little Athletics Victoria E-News



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Early Bird Entries Closing Soon

The 2013 IGA State Cross Country Championships are just around the corner with early-bird entries closing at **12 noon, Wednesday, 24 July**.

The championships will once again be held at Lardner Park, Lardner (Warragul) on Saturday, 3 August.

Don't miss your chance to participate in the premier Cross Country event for the season. Additional information and online entries can be accessed [HERE](#).



Competition Rule Changes

As we mentioned in last month's edition, the LAVic Technical Committee has reviewed the Rules of Competition and has made several recommendations which have now been approved by the Region Advisory Committee. These changes have taken effect as of 9 July, 2013.

A brief description of the rule changes were previously supplied but please ensure to review the updated Competition Rules available [HERE](#).

Keep up to date with what's happening at LAVic by 'Liking' Little Athletics Victoria on Facebook and following us on Twitter



Upcoming Officials Education

Introduction to Officiating Courses

The Introduction to Officiating Course (ITOC) is a non-accredited practical officials course designed to equip individuals with little background knowledge in athletics with the confidence and ability to officiate at Centre level.

Registrations and additional information will be published on our Website shortly however, if you would like to find out more in the interim, contact [Andrea Hallett](#), Victorian Officials Training and Accreditation Manager.

Cred – Up & Cash up Level C Officials Course - Geelong

- ✚ 26 August – Track
- ✚ 16 September – Throws
- ✚ 30 September - Jumps

View the [Application Form](#) for more info.

New courses, seminars and workshops are continually being introduced into the calendar so please visit our [website](#) for an up-to-date list.



Australian Masters Games

Remember back in the glory days when you were the athlete, and not just the chauffeur? Well guess what, those days have arrived again!

We are serving up the perfect entree back into the sport of athletics. You don't have to sign up to join a centre or commit for a whole season. Just pull the runners back on, and get set to hit Geelong this October for the Australian Masters Games.

The 14th Australian Masters Games will take place from 5 – 12 October, and the [athletics program](#) will be one of the biggest amongst the 55 sports on offer with over 600 athletes expected. Importantly, it is open to anyone of any standard. There is no qualification criteria apart from meeting the minimum age requirement (30 years).

With an opening and closing ceremony and a central Games Village social hub, the Australian Masters Games is renowned for the social occasion almost as much as the sport. The opening ceremony will feature iconic Australian performers **Mental as Anything** in a double bill with **James Reyne**. The closing ceremony on Saturday 12 October will feature **Pseudo Echo** in a 'Funky Town' themed party (costumes encouraged!).

Make sure you're a part of this weeklong festival of sport and social activity – entries are now open and further information is available [HERE](#). **Enter by August 7 to avoid the late fee.**



Patterson Crowned World youth Champion

Ex-Leongatha LAC's Eleanor Patterson walked away beaming after claiming victory at the IAAF World Youth Championships in Donetsk (UKR) last week.

Eleanor arrived at the championships as the world youth leader and only took three solitary jumps to win the competition and secure the second gold medal for Australia.

After an easy first clearance (1.79m), the young Victorian smashed the second clearance at 1.82m demolishing the competition and leaving only Italian competitor Erika Furlani standing between her and the gold medal.

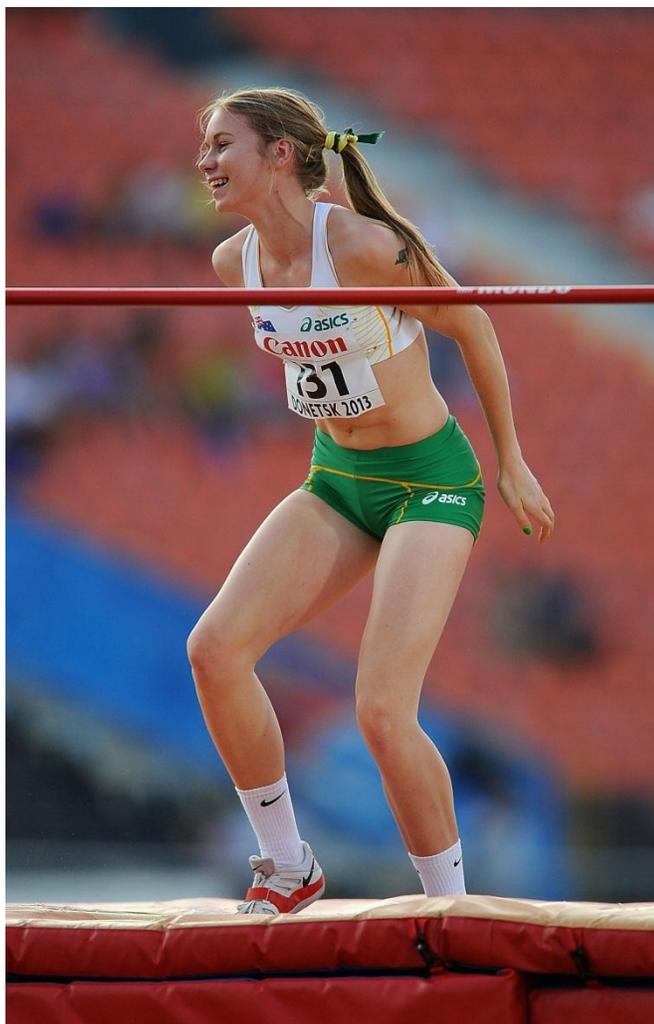
The bar was raised to 1.85m which Patterson again cleared with ease on her first attempt. Furlani passed. When the bar was raised to 1.87m Furlani, who had already set a PB of 1.82m decided the silver medal was good enough and withdrew from the competition. With the gold medal secure, Eleanor requested the bar be raised a centimetre past her own PB to 1.88m. She missed at her first attempt, but on her second attempt achieved her goal, a new PB on the big stage.

Congratulations to Eleanor on this brilliant achievement as well as Eleanor's dedicated coach, David Green who has been by Eleanor's side for many years. David was a senior member of the JDS coaching squad and a runner up in the coach of the year award in 2010.

In other highlights:

- 🇺🇸 Henry Smith (Caulfield) placed 12th overall in Long Jump
- 🇺🇸 Nathan Brill (Box Hill) placed 5th in the 10,000m Walk

Congratulations to all our ex-little athletes on their outstanding performances.



Athlete Profile – Chow Lui

Name: Chow Lui

Age: 14

Little Athletics Centre: Doncaster

Events: Middle Distance & Cross Country

Coach: Tom Kelly & Jim Lui (Dad)

How many nights a week do you train?

3- 7 days depending on my physical state

When did you start Little Athletics?

8 years old

Favourite memory as a Little Athlete?

Little Athletics has brought many awesome memories, amongst them, getting the opportunity to make many great friends (all ages) and represent the state at the Australian Little Athletics Championships

If you weren't a distance runner, what event would you like to try?

Long jump because the hang time is exhilarating

Are you looking forward to defending your State Cross Country title on the 3rd of August at Lardner Park?

Definitely looking forward to some fierce competition however, I recently had an injury and will see how things go. It would be an honour to defend my title and go for my 6th consecutive win

Goals for the 2013/14 season?

Hit sub 4:18 for the 1500m and sub 2:05 for the 800m

If you had any advice for younger little athletes what would it be?

Training hard for a short period of time will not make you a champion. You have to consistently put in effort in order to succeed. Set goals, strive to achieve them, persevere and you can accomplish anything. Running is definitely one of the fairest, safest and healthiest sports and I am glad to be in it. My dad once told me "A true champion is one who can still enjoy running at an old age." Let's enjoy the journey!



Athlete Profile – Jade Sandkuhl

Name: Jade Sandkuhl

Age: 14

Little Athletics Centre: Keilor

Events: Sprints/Hurdles/Long Jump and I really enjoy the fun of Multi's.

Coach: Darren Clark

How many nights a week do you train?

4 nights plus 6 x 45 minute gym sessions which vary from strength/conditioning/recovery/speed endurance & weight lifting

When did you start Little Athletics?

Under 7's at Bacchus Marsh

Favourite memory as a Little Athlete?

Too many to choose from but if I had to pick one it would definitely be ALAC! The whole experience was amazing. I have met so many great athletes and friends along the way and am still really close to them today. Also the many Gold Medals my relay teams have achieved

If you weren't a track and field athlete, what sport would you like to try?

Rowing or Netball

Who is your favourite elite athlete and why?

My favorite Elite Athlete is Cathy Freeman because she specialised in the 400 metres and is an Olympic and Commonwealth Gold Medalist. I believe the 400 metre run is the toughest sprint event and takes a huge amount of training and effort to be competitive in

Goals for the 2013/14 season?

I really hope I compete well to obtain some qualifying standards throughout the season for the Australian Junior Championships. I would ideally like to medal again! Also I will be doing my best to gain selection in the State Multi Squad

If you had any advice for younger little athletes what would it be?

Always have a go at all events for as long as you can because it will benefit you as an all-round athlete in the long run

If you had any advice for athletes moving into senior competition what would it be?

Never be afraid to challenge yourself by competing against older, faster and more experienced athletes. In the end you want to be the best you can be!



Upcoming Calendar of Events

July

<u>20 Jul</u>	<u>SMR Cross Country & Walks challenge</u>
<u>20 Jul</u>	<u>Essendon LAC Cross Country Open Day</u>
<u>26 Jul</u>	<u>State Centrefest & Annual General Meeting 2013 (July 26-28)</u>
<u>27 Jul</u>	<u>State Centrefest & Annual General Meeting 2013 (July 26-28)</u>
<u>28 Jul</u>	<u>State Centrefest & Annual General Meeting 2013 (July 26-28)</u>

August

<u>03 Aug</u>	<u>State Cross-Country Championships @ Lardner Park, Warragul</u>
<u>10 -18 Aug</u>	<u>14th World Athletics Championships - Moscow</u>
<u>17 Aug</u>	<u>Introduction to Officiating Course EMR/SMR - Glen Waverly</u>
<u>18 Aug</u>	<u>JDS Day 8 - Pre Season Training Day - Whittlesea City</u>
<u>22 Aug</u>	<u>Registration Pack Collection</u>
<u>24 Aug</u>	<u>Online Registrations (Live) for 2013/14 Season</u>
<u>25Aug -1 Sept</u>	<u>Introduction to Officiating Course NMR/WMR - Keilor</u>

September

<u>1 Sept</u>	<u>SSA & AA National Cross Country & Road Walks Tasmania</u>
<u>8 Sept</u>	<u>Introduction to Coaching Course (A)(B)</u>
<u>15 Sept</u>	<u>Introduction to Coaching Course (A) (B)</u>
<u>15 Sept</u>	<u>On Track Workshop - Whittlesea City</u>
<u>15 Sept</u>	<u>Introduction to Officiating Course</u>
<u>15 Sept</u>	<u>Starters Seminar - Whittlesea City</u>
<u>16 Sept</u>	<u>Online Registrations Open for 50 Years Open Day</u>
<u>22 Sept</u>	<u>U11 Skills Clinic - Nunawading / Albert Park</u>
<u>22 Sept</u>	<u>On Track Workshop - Albert Park</u>
<u>22 Sept</u>	<u>Starters Seminar - Albert Park</u>
<u>26 Sept</u>	<u>U7 - U10 Mc Donald's Clinic - Bendigo</u>
<u>29 Sept</u>	<u>Introduction to Coaching Course (A) (B)</u>