



COUNTRY CHAMPS

Country athletes go for gold in Kalgoorlie

267 Little Athletes from regional Centres converged on Kalgoorlie for the Country Championships on 23rd & 24th November 2013. Now in its 32nd year, this is the biggest competition of its kind for country athletes and is certainly a season highlight for many.

As meet organisers, Eastern Goldfields Little Athletics Centre put in a great deal of preparation to welcome visitors from Centres in Albany, Bunbury, Geraldton, Narrogin, Merredin, Collie, Warren, Esperance and Northam.

Eastern Goldfields were overall points winners. Geraldton won the handicap trophy. Narrogin & Districts LAC were awarded the Centre March Past trophy.

It is also appropriate to acknowledge the support from local business and the council in Kalgoorlie-Boulder. Their assistance was greatly appreciated by all involved.

Northam LAC was announced as host of the next Country Championship edition in 2014.

Remember you can stay in touch with exciting news and stories from us through these newsletters, walittleathletics.com.au and [facebook.com/walittleathletics](https://www.facebook.com/walittleathletics).

We hope everyone has a happy and safe festive season. See you in 2014. Be Your Best

ATHLETE OF THE YEAR

Congratulations to former Little Athlete Kim Mickle

It has been a time of accolades for Kim Mickle. She was recently named the Western Australian Institute of Sport Athlete of the Year. A week later, Athletics Australia presented her the Australian female athlete of the year award. This month, she was named the WA Sports Star of the year. This comes as the culmination of what has been a successful year for Mickle.

The ex Peel and Melville Little Athlete is now a world javelin star. She smashed her personal best three times at the 2013 IAAF World Championships in Moscow, eventually claiming silver with 66.60m. These honours are reward for plenty of hard work, passion and perseverance.

WA Little Athletics would like to congratulate Kim on her fantastic 2013 achievements.



STATE RELAYS CHAMPS

Well done to all of the athletes, officials (in their splendid purple shirts), Centres, families and helpers for your involvement in the 2013 Beyond Bank State Relay Championships

High quality photos are now available to buy at www.aussiesinaction.com.au/



Here are some photos shared to us over social media.





PINKLETICS

WA Little Athletics goes pink for the McGrath Foundation

WA Little Athletics turned pink to support the McGrath foundation during the Teams Challenge on Sunday 17th November. Pinkletics is an initiative of the McGrath Foundation, Little Athletics Australia and the state associations.

This fun new event was added to the calendar last season, and is open to U6-10 athletes.

The aim is to introduce our younger athletes to competition at the WA Athletics Stadium by participating in a mixed age team event.

Approximately 400 athletes from various metropolitan Centres participated in the day. The event culminated in a shuttle relay which provided plenty of thrills.

Thank you to everyone who contributed and embraced Pinkletics.



SOUTH WEST TOUR

WALA broadens its regional reach

WALA's Development Officer, Abid Imam visited schools and Centres in the South West as part of the association's commitment to developing Little Athletics in country areas. The tour from 4-15th November included visits to Albany, Denmark, Pemberton, Manjimup, Margaret River, Busselton and Bunbury.

Abid spent time with coaches and athletes at Centres, attending training sessions and some competition days. During the day, he delivered Little Athletics Program for Schools (LAPS) clinics and School Ambassador sessions to schools. Participating sites were Albany SHS, Yakamia PS, Spencer Park PS, Australian Christian College, Denmark PS, East Manjimup PS, Margaret River PS, Margaret River Montessori, Geographe PS and Busselton PS. 1110 students were involved in these clinics and had the opportunity to develop their fundamental motor skills. They also went home with certificates, posters and wristbands all provided by Little Athletics Australia to promote registrations and generate exposure.

We look forward to seeing the upward growth of Little Athletics in the South West starting with continued delivery of engaging school programs.



SPECIAL EVENTS

Spotlight on the Little Athletics community



Queen's Baton Relay for the 2014 Comm Games at UWA



The mayors of Wanneroo and Joondalup attending a special Ridgewood-Joondalup comp



2013 Bill and Betty Allsopp Relays at Coker Park



Athlete in action during the Coastal Cup



Action from the North v South LA Challenge series



Country Champs in the Kalgoorlie Miner newspaper



Bayswater athletes meeting Santa

ATHLETE ADVICE

Staying active in the heat courtesy of the Department of Health

Hydrate: Drink plenty of water before and during exercise. At least 2-3 litres of water should be drunk a day during hot weather.

Sunscreen: Apply at least 20 minutes before exposure to the sun, so it can be absorbed into the skin and provide effective protection. Re-apply every 2-3 hours or more if sweating heavily.

Hat: Wear a wide-brim hat and sunglasses. Caps do not provide adequate sun protection.

Listen to your body: Don't exercise if you feel unwell or are recovering from recent illness. If you start to feel ill whilst exercising, slow down or stop.



CENTRE SNAPSHOTS

Warren Little Athletics Centre

Formed in 2008, the Warren Little Athletics Centre has 80 athletes drawn predominantly from the towns of Manjimup and Pemberton, 300km south of Perth. Competitions are held on Friday nights at the Imperial Oval. There is a lovely family atmosphere. The athletes love running, throwing and jumping then socialising for a post competition BBQ.



Please send YOUR Centre Snapshots and story to admin@walittleathletics.com.au or share it on [facebook.com/walittleathletics](https://www.facebook.com/walittleathletics)

West Australian Little Athletics

15 Harrogate St
Leederville WA 6007

Tel 08 9388 2339
Fax 08 9388 2340
admin@walittleathletics.com.au
[facebook.com/walittleathletics](https://www.facebook.com/walittleathletics)



@WALittleAths

