

ADMINISTRATION & FINANCE



Centre Constitution Draft Template

After almost 12 months of work, we can finally advise that the centre constitution template is complete. The document complies with the Associations Incorporation Act 2009 and has been drafted to take into account the Australian Sports Commission's Best Practice Corporate Governance Principles for Sporting Organisations. It has also been prepared to show the organisation as a key part of the overall national structure for Little Athletics and therefore contains references to both LANSW and LAA.

The document is a template only and has a number of commentary boxes, indicated by a shaded box, which highlight options for centres or set out the rationale and/or explanation for the inclusion of particular clauses. Please note the document should be tailored to the requirements of your centre and not vice versa. Should your centre require assistance with converting the template to a workable document for your centre, please contact the LANSW office and we would be happy to provide guidance and assistance.

To adopt a new constitution, a centre will need to pass a special resolution at an AGM, for which there are specified times for required notice etc. You should refer to your current constitution for these processes. If you are unsure, please contact LANSW staff.

It should also be noted that there are a couple of regulations required to accompany the main constitution document (although these do not require acceptance at an AGM). We are in the process of preparing examples of these regulations for use by centres and hope to have these ready in the very near future.

We encourage ALL centres to look at updating their constitution within the next 12 months (either at this year's AGM or the next) to ensure compliance with the current Act.

To download a word version of the centre constitution template, click [here](#).

LANSW/ANSW Joint Venture Working Group

Since the announcement that LAA would not be signing the Heads of Agreement to pursue the merger, several meetings have been held between members of ANSW and LANSW to determine the future direction of athletics in NSW. It has now been agreed that a Joint Venture Working Group be established to more thoroughly investigate ways in which the two bodies can collaborate and more closely align. The LANSW representatives on the working party will be Kerry O'Keefe, Michael Gray and Russell Briggs. Further information will be provided in due course.

ADMINISTRATION & FINANCE

Registrations and Numbers

Registrations currently stand at 37,581.

Now is also the time for centres to please check the registration totals and inform Trish if there are any discrepancies. Remember unused numbers must be returned to the office by 31 March 2014.

LANSW Hot Weather Guidelines

It is the responsibility of event organisers, Little Athletics centre personnel, coaches, parents/guardians and other relevant individuals to read and understand these guidelines and seek further clarification from Little Athletics NSW as required. The Hot Weather Guidelines can be found [here](#).

McDonald's Gear Up Equipment Grants

There have been two winners announced so far for the Maccas Equipment Grants. A huge congratulations to Kurrajong Bilpin and Merriwa.

LANSW would love to see photo of athletes using the equipment these centres were able to purchase from this grant.

Entries are still open, closing on 31 March 2014. So tell McDonalds in 200 words or less why your centre deserves a \$1,000 McDonald's Equipment Grant and how they would spend the grant if they won. To enter send an email to littleathleticsgrants@mcdonalds.com.au. Terms and conditions are available from the LANSW website.

Centre Grants

Centre Grant applications for 2013/2014 have closed and are currently being reviewed. Successful applicants will be advised after 1 April 2014.

Country Athlete Support Program

Applications have now closed for the Country Athletes Support Program and are currently being assessed.

All unused numbers must be returned to the office by Monday, 31 March 2014.

CHAMPIONSHIPS & OFFICIALS



Zone & Region Championships

All 24 Zone Championships have now been completed and most of the eight Region Championships. Many children have now qualified for the State Championships which are being conducted over the weekend of 21-23 March at Sydney Olympic Park.

State Track & Field Championships

The State Championships program is fully timed and is available on our website.

State Multi-Event Championships

The State Multi-Event championships will take place at Flinders (Shellharbour) over the weekend of 1-2nd March 2014. Entries have now closed and the total number of entrants is over 900.

Trans Tasman

Our Trans Tasman team had a great time in New Zealand. All enjoyed the athletics, cultural and fun events which were part of the tour. At the challenge our team were unfortunately defeated by the New Zealand team but the majority of our team members did personal bests.

2015 State Multi-Event Championships

It is proposed that the 2015 State Multi-Event Championships be held at the Sydney Olympic Park Athletic Centre (SOPAC). This will be the first time that this championship has ever been in Sydney since its inception over 25 years ago, with all previous events having been held at a country venue. The championships will then return to a country venue again in 2016. As it is anticipated that a metropolitan based event will attract larger numbers than normal, investigation into logistics and a possible cap on the number of entries, will take place before a final decision is confirmed.

DEVELOPMENT



“Desire to Inspire”: School Visit Program- Be a part of it...Don’t miss out!

I know it’s early, but it is now time to at least think about next season. In the next few weeks the 2014 “Desire to Inspire” School Visits Program registration form will be available. This has proven to be a very successful “mass promotion” program. As the name suggests, the aim of the visits is to inspire kids to get involved and be active through Little Athletics by:

- Generating children’s interest and educating them about the benefits of Little Athletics.
- Motivating children to register with their local centre.
- Increasing the profile of Little Athletics within the wider community.
- Creating a link between local centres and schools.

Centres and schools have described the program as:

- “Great emphasis on being your best, not the best”
- “Informative – very practical demonstrations”
- “A wonderful mix of listening, humour and active participation”

This program is open to all centres and is generally conducted in term 3. Last year LANSW saw over 35,000 school students state-wide. The best thing about the program is it’s “FREE”, there is no financial cost to the centre at all. A copy of the information and request forms will be emailed to all centre secretaries, presidents and zone coordinators.

If you would like more information, please contact Alvin Umadhay or Cheryl Webb at the Little Athletics Office.

A Call for “Skills Clinic” Host Centres

Each year Little Athletics NSW conducts a number of skills clinics throughout NSW. Clinics are organised by the Little Athletics NSW Coaching and Development staff and centres become the host venue. Most clinics are conducted during (but not limited to) the school holidays. This is a great opportunity to increase the skills of your athletes, promote your centre, use this as a “come ‘n’ try” for non-registered athletes and also provide a general community service from a community sport. There is generally no cost to the centre and centres can benefit from funds generated from the canteen.

The current clinic program has changed from previous years:

- New “senior” orientated coaching sessions (depending on final registration numbers).
- Juniors (U9-U11) will rotate between 5 x 45min event specific coaching sessions focusing on fundamental skills of the event.
- Seniors U12+ will rotate between 3 x 80min sessions, with events determined by the centre, focusing on skills and further development.
- Athlete/coach ratio decreased to ensure optimum learning.

If your centre is interested, or for more information please contact Alvin Umadhay at the Little Athletics office.

Proposed clinics for the 2014 April School Holidays:

- Warren
- Narrabri

DEVELOPMENT

Coaching Clinics – Review

A record number of 103 athletes in the Under 12 – 17 age groups attended the annual Super Coaching Clinic at Sydney Olympic Park Athletic Centre on 13 & 14 January. The participants enjoyed a program that included four coaching sessions, two workshops and a team athletics competition.

Less than a week later, Little Athletics NSW and the Hunter Track Classic combined by running two age-specific coaching clinics on Sunday, 19 January, the morning after the big event. This consisted of a junior clinic for the Under 9 – Under 11 athletes and a senior clinic for Under 12 – Under 17 athletes. Both clinics took place 8.30am – 12.15pm. More than 70 enjoyed a fantastic morning of coaching supervised by thirteen coaches, including guest athletes Nick Hough, who took charge of the senior sprints group and Youcef Abdi, who coached the senior middle distance runners. Another highlight was the presence of our special guest triple Olympian, Tamsyn Manou.

JETS Program

Membership for the 2013-14 Little Athletics NSW JETS (Junior Encouragement & Talent Squad) stands at 174.

Centre committees are encouraged to make the dual age group (U12-17) athletes aware of the program. Applications are still being taken for the program.

2014 State Team

The 2014 LANSW State Team Program is:

- Team Camp 1: Friday, 11 April 2014 to Sunday, 13 April 2014 (Sydney Academy of Sport & Recreation, Narrabeen)
- Team Camp 2: Friday, 25 April 2014 to Sunday, 27 April 2014 (Sydney Academy of Sport & Recreation, Narrabeen)
- Team travels to Melbourne: Thursday, 1 May 2014 (Team will travel and be accommodated together)
- ASICS Australian Little Athletics Championships: Saturday, 3 May 2014, 8am to 5pm, Lakeside Stadium, Melbourne
- Team returns to Sydney: Sunday, 4 May 2014

For the most up-to-date LANSW State Team information, go to the NSW section of the Little Athletics website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'.

DATES FOR THE DIARY



March 2014

1st-2nd

12th-16th

15th

21st-23rd

State Multi-Event Championships - Flinders

Australian Junior Championships - SOPAC

Sydney Track Classic - SOPAC

State Track & Field Championships - SOPAC

April 2014

11th-13th

25th-27th

State Team Camp 1 - Narrabeen

State Team Camp 2 - Narrabeen