



RUN FOR FUN

**CALLING ALL ATHLETICS ENTHUSIASTS....
DO NOT MISS THE SYDNEY TRACK CLASSIC!**



Australia's number one athletic event, the 2014 Sydney Track Classic, will take place this Saturday, 15 March, at the Sydney Olympic Park Athletic Centre. We are urging all track and field fans to get to Sydney Olympic Park to watch the talent on show; with a fabulous line-up of Australian and international athletes.

The meet will feature a number of Australia's best athletes including Sally Pearson, who last weekend won another World Championship medal – a silver in the 60m hurdles at the World Indoor Championships in Poland. Sally will compete in the short

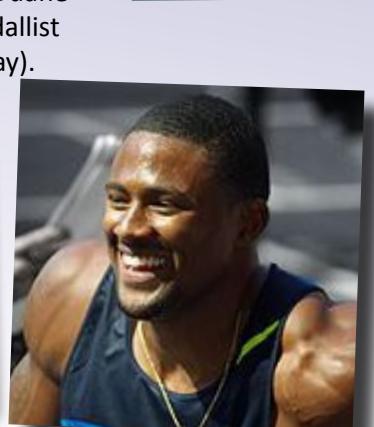
sprints alongside Melissa Breen, who recently broke Melinda Gainsford-Taylor's 20 year old 100m national record. Will the 11 second barrier get broken?

Jarrod Geddes will also contest the sprints, inspired, and on fire after his recent training stint in Jamaica with the great Usain Bolt.



NSW favourite, Dani Samuels, will lead the charge in the discus, following on from a great NSW Championships 2 weeks ago, where she threw a fantastic 65.59m, just 25cm short of her PB. Can she better that this weekend?

International athletes include World Champions, David Oliver (USA, 110m hurdles), LaShawn Merritt (USA, 400m), Eunice Sum (Kenya, 800m); as well as Moscow 2013 finalists Mike Rodgers (USA, 100m), Duane Solomon (USA, 800m) and silver medallist Natasha Hastings (USA, 4 x 400m relay).



March/April 2014

A Word from the President	3
Editorial	4
The ROC	5
Championship News	6
State Team Selection	8
Coaches Corner	9
Jets Program Update	11
Centre News	12
Find a Word	13

Special Points of Interest...

- Joint Athletics Management Group
- What to wear for championships
- New state records
- Photos from Multi-Event
- How to prevent competition anxiety

The meet will also feature almost 30 athletes who have progressed through the ranks of Little Athletics NSW, many of who are now at the stage where they are vying for selection as part of the Australian Flame team to compete at the Commonwealth Games in Glasgow. Of the former LANSW members, several began their representative honours as a member of a LANSW State Team at the Australian Little Athletics Championships, including: Ella Nelson (200m); Nick Hough (110 hurdles); Dani Samuels (Discus) – all three already having posted



Commonwealth Games qualifiers; Laura Turner (200m); Alicia Keir (400m); Selma Kajan (800m); Jordan Gusman (800m); Talissa Scott (Long Jump) and Andrew Neville (High Jump).

Also competing are our very own LANSW coaches, Christie Chamberlain (Discus), who also posted a Commonwealth Games qualifier last month, and triple Olympian Youcef Abdi (3000m steeplechase).



A promotional banner for the Australian Athletics Tour 2014 Sydney Track Classic. It features the Athletics New South Wales logo, the tour's name, and the date 'SAT 15 MARCH 2014 SYDNEY OLYMPIC PARK'. It also includes the 'ticketmaster' logo and the website 'www.nswathletics.org.au'. A female athlete in a yellow singlet with 'Australia' on it is shown on the right side of the banner.

All Little Athletics NSW registered athletes receive FREE entry to the Sydney Track Classic when they present a copy of the e-ticket which has already been sent to them via email. If you did not get your e-ticket via email, you can download one [here](#). For other family members, tickets are still on sale through Ticketmaster until midday Friday, 14 March ([click here](#)), or you can buy them at the gate on Saturday.

The Sydney Track Classic is sure to be a great night of athletics. Let's fill the SOPAC stadium and show the level of support that our fantastic sport has!

Whilst we would love everyone to attend, if you are unable to get to SOPAC on Saturday, you can view a highlights package the following day, March 16, on Channel 10 at 9.00am, or Fox Sports at 5.30pm.

For more information on the 2014 Sydney Track Classic, click [here](#).

See you on Saturday at the best athletic meet in Australia!!

A WORD FROM THE PRESIDENT...

NEIL SANDALL



There are two top level athletic meets happening in NSW over the next two weekends.

This coming Saturday, (15 March) at Sydney Olympic Park we have the Sydney Track Classic featuring a top lineup of Australian and international athletics talent, such as Melissa Breen who recently broke Melinda Gainsford Taylor's Australian 100 metre sprint record. Other leading competitors include Sally Pearson, Dani Samuels and world champion 110 hurdler from the USA, David Oliver, just to name a few. The Track Classic gets underway at SOPAC at 6pm and wraps up around 9pm. This is a great opportunity for Little Athletics families to enjoy elite level athletes in action in our own "backyard!"

The following weekend the same venue plays host to the LANSW State Championships held from Friday evening to Sunday (21-23 March). Here the cream of our Little Athletics talent from under 9 to under 17 will be competing for state medals in individual events and relays. My best wishes are extended to all athletes who have qualified for our pinnacle state event. You can all be rightly proud of your efforts to qualify as one of up to 24 qualifiers from eight regions across the state in each event.

Once again the State Championships will be conducted under a fully timed program following on from last year's successful introduction of this approach. The board of LANSW strongly believes this provides participating families and athletes with a fairly clear indication as to the timing of their individual State Championship commitments. It also ensures this event flows smoothly and finishes on or close to scheduled times.

This season has been a momentous one not only because we are celebrating the 50th season of Little Athletics in Australia but also because of the possible merger discussions undertaken with Australian Sports Commission support with Athletics Australia. Whilst these negotiations fell short of delivering a suitable



merger proposal for now, the process has not been wasted effort. Recently the National Presidents of LAA and AA issued a joint statement confirming the establishment of a new Joint Athletics Management Group to build upon the current positive relationships between both bodies at all levels.

Here in NSW, a joint working party has already been established to further progress the already significant co-operative initiatives between each body at a state level. This includes the possibility of co-funded development officer positions, the possibility of shared corporate support functions, the possibility of more joint events and planning and provision for growth in decentralised support to regional areas.

A meeting of the working party, which includes the CEOs of both LANSW and ANSW as well as two directors from each board, is scheduled for 17 March. We will keep you informed of further developments as they progress.

It would be remiss of me not to close this message with a big thank you to all our volunteers and staff for delivering another great Little Athletics season at individual centre, zone, regional and in our various state events.

Yours in sport
Neil Sandall
President

editorial

Hi Everyone,

You would have read over recent months that discussions were taking place about a potential merger between AA (Athletics Australia) and LAA (Little Athletics Australia). Many believe that a combined national body is better for the sport, whilst others are skeptical about the benefits that would be forthcoming to Little Athletics. A heads of agreement, which set out the process if amalgamation was to occur, did not get sufficient support at the LAA board level for it to proceed. Whilst a merger is not on the agenda at the moment, discussions between the two organisations have however continued, and a statement was issued earlier this week confirming the establishment of a new Joint Athletics Management Group made up of representatives of both AA and LAA.

Joint Venture Working Group with Athletics NSW

Prior to the national statement, a Joint Venture Working Group had already been established here in NSW to look at ways we can create better alignment between our two organisations. This working group is comprised of 3 members each from LANSW and ANSW.

The main areas of focus for the NSW Joint Venture Working Group will be:

- Joint centre/club affiliation
- Joint competition timetable/events
- Officials
- Rationalisation of duplication
- Shared office facilities

We will keep members updated as discussions progress.

Increased Regional Support

LANSW is also investigating ways of improving support to all regions through increased resourcing. As we progress a proposal in this area, we will engage the thoughts of our zone coordinators and centres to obtain their views and suggestions.

Finally, good luck to all athletes competing at State and I hope there are many PB's achieved.

Regards,

Michael Gray
Business Development Director





The ROC

(The Rules of Competition)

Did you know.....

WHAT TO WEAR

At all Little Athletics NSW carnivals, including zone, region and state, athletes must compete in their approved centre uniform. If they are not wearing the correct uniform they may not be allowed to compete.

LANSW has photo books of all centre uniforms for ease of identifying uniforms. These photo books are located at all call rooms at our major events.

Some of the more common problems are:-

- Not having IGA patch or not having it near front of right hand shoulder.
- No or incorrect age patch on front left hand side of uniform
- Registration number not clearly visible (the red border should be visible and cannot be cut off).
- Registration numbers covered by shorts when tucked in
- Shorts cover part or all of the athlete's knees.
- No centre number on back of uniform
- Large logos or contrast stitching showing (especially on bike pants or compression pants).
- Running shorts are not the colour of the approved uniform

It can be embarrassing for the young athlete to be turned away from an event because their parents have not checked that they have the correct uniform.

FOOTWEAR

- Appropriate footwear is compulsory for all competitors in all Little Athletic events.
- Spiked shoes may be worn by Under 9's and older age groups in track events run entirely in lanes, Long Jump, Triple Jump, High Jump and Javelin.
- Athletes in the U13-U17 age groups may also wear spike shoes in distance running events.
- Generally the maximum spike lengths allowed are: Synthetic Track 7mm, Synthetic Long/Triple/High/Javelin 9mm, Grass 12mm. However some grounds may have smaller maximum lengths allowed.
- Spiked shoes must be taken off before the athletes leave the competition area.

What is the ROC?

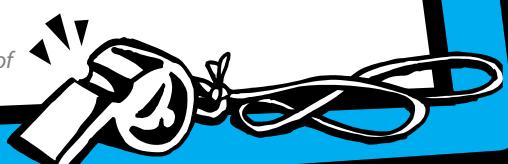
The ROC is the LANSW Rules of Competition. It contains the requirements for competition for LANSW carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC.

Where can I find the ROC?

All centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LANSW website, under Rules of Competition.

Where can I find the Standard Rules?

The Standard Rules can also be found in the competitions section of the LANSW website, under Rules of Competition.



championship news

STATE RECORDS

Congratulations to the following athletes who broke a Little Athletics NSW State Record during the Regional Championships and State Multi-Event:-

Venue	Name	Centre	Age	Event	Performance
Region 2	Tyler Jones	Wyong	U17 Boys	1500m Walk	6.04.36
Region 4	Jessica Hull	Albion Park	U17 Girls	3km	9.57.22
Region 5	Cameron McEntyre	Ku-Ring-Gai	U15 Boys	Javelin	59.69m
Region 5	Amie Bowry	Cherrybrook	U12 Girls	Javelin	30.70m
Region 5	Mia Hemsworth	Ku-Ring-Gai	U12 Girls	60m Hurdles	9.43
Region 5	Abbey Rockliff	Ku-Ring-Gai	U12 Girls	1500m	4.40.94
Region 5	Catherine Miller	Ku-Ring-Gai	U14 Girls	800m	2.15.79
Region 5	Catherine Miller	Ku-Ring-Gai	U14 Girls	1500m	4.37.14
Region 6	Jasmine Dighton	Lethbridge Park	U17 Girls	1500m Walk	6.44.68
Region 6	Ben Thomson	Hills District	U17 Boys	1500m	4.17.30
Region 7	Jesse Inglebon	Camden	U8 Boys	60m Hurdles	10.63
Region 7	Gafar Ajelara	Campbelltown	U13 Boys	100m	11.94
Region 7	Rashid Kabba	Holroyd	U18 Boys	100m	15.24
Region 8	Grace Robinson	St George	U15 Girls	Shot Put	15.25m
Multi-Event	Maliyah Osbaliston	Bankstown Sports	U9 Girls	Shot Put	9.23m

REGIONS 1, 5, 7 & 8 WERE ELECTRONIC AND ALL OTHERS WERE MANUAL.

Two records will be submitted to LAA for Australian Best Performances. They are U15 Boy Cameron McEntyre for the javelin and U9 Girl Maliyah Osbaliston for the Shot Put. Congratulations to all athletes. Well done!

STATE MULTI-EVENT

A few short weeks ago, 712 athletes (and their families) ventured south to Shellharbour for our 2014 State Multi-Event. This was a fantastic turnout as given the conditions, the dropout was only 22.5%. The weather on the Saturday was atrocious with heavy rain continuing all day. By early Sunday morning there were only light showers, which soon disappeared. The sun then came out with a force! A big congratulation must go to all the athletes, many of whom performed extremely well under trying conditions.

A special thank you must go to Lake Illawarra Little Athletics, who did a great job in preparing the venue before and during the event. The ground held up extremely well considering the amount of water that it received.

Age winners were:-

Age	Boys		Girls		
U7	Peter Elliott	Quakers Hill	4896 pts	Sarah Baker	Nth Suburbs 4650 pts
U8	Lachlan Herbert	Ku-Ring-Gai	5126 pts	Mia Toohey	Sutherland 4826 pts
U9	Ethan Oliver	Nth Districts	4668 pts	Brianna Worsfold	Ku-Ring-Gai 4793 pts
U10	Riley Hemsworth	Ku-Ring-Gai	4791 pts	Montana Monk	Macquarie Hunter 4888 pts
U11	Blake Toohey	Sutherland	5108 pts	Krystal Blackwell	Helensburgh 4506 pts
U12	Jack McFadden	Ku-Ring-Gai	4498 pts	Amie Bowrey	Cherrybrook 4678 pts
U13	Alex Willett	Manly Warringah	4767 pts	Imogen Breslin	Ku-Ring-Gai 4834 pts
U14	Matthew McVey	Parramatta	4633 pts	Georgia McEwan	Lake Illawarra 4414 pts
U15	Aaron Jeffery	Western Suburbs	5113 pts	Ebony Burnhard	Western Suburbs 4849 pts
U17	Liam Cashman	Port Hacking	5281 pts	Grace Weir	Macquarie Hunter 4505 pts

STATE TRACK & FIELD CHAMPIONSHIPS

We are looking forward to State next week and a fantastic weekend of great athletics.

Good luck to the approximately 2,600 athletes who have progressed to the 2014 State Championships. We know that for many of you it is your first time. Congratulations! It is a fantastic achievement!

STATE CROSS COUNTRY & ROAD WALK CHAMPIONSHIPS

This year the State Cross Country and Road Walks are being held at Kembla Joggers Cross Country Park, Darkes Road, West Dapto (the same venue as in 2012). The online entry login will be available soon, so keep looking at our website and don't forget to enter. Entry is only via online and will be \$10 per athlete. Entries close on Wednesday, 18 June. We will also accept late entries up until close of business on 25 June (at an increased cost of \$25).



Photos from State Multi-Event at Shellharbour



STATE TEAM SELECTION



HOW DOES IT WORK?

A guide to how athletes are selected to compete for NSW at the 2014 ASICS Australian Little Athletics Championships

Under 15 Athletes

All Under 15 athletes who competed at the LANSW (Little Athletics NSW) State Multi Event Championships came under consideration for selection in the 2014 LANSW State Team. The selected Under 15 state team members compete in the AMEC (Australian Little Athletics Multi Event Championships), being held as part of the ASICS ALAC (Australian Little Athletics Championships), in Melbourne on 3 May.

These athletes were selected based on their performances at the LANSW State Multi Event Championships. Selection was determined on the events contested at the AMEC – 100m, hurdles, long jump, discus, 800m. The two boys and two girls who scored the highest number of aggregate points in the events contested at the AMEC, using the Little Athletics Australia point score system, were selected to represent LANSW.

The 2014 Under 15 team members have already been advised of their selection and the results have been announced on the Little Athletics NSW website and Facebook page.

Under 13 Athletes

All Under 13 athletes competing at the 2014 LANSW State Track & Field Championships come under consideration for selection in the 2014 NSW State Team to compete in the ATC (Australian Teams Championships), also part of the ASICS ALAC in Melbourne on 3 May.

Whilst at the LANSW State Track & Field Championships, all Under 13 state finalists will be asked to complete and return a NSW Athlete Availability & Contact Form. On this form, the athletes' parents/guardians will need to fill in:

- The athlete's name;
- The athlete's centre;
- Whether or not the athlete is available for State Team selection;
- The preferred phone number for the selectors to call on the Monday evening to inform the athlete of their selection;
- An alternative phone number;
- The parents'/guardians' names.

The form needs to be signed and returned to the Information Officer at the ground ASAP and by the end of the weekend.

The State Team Selectors will name twenty-two Under 13 athletes who, in their opinion, have the ability to gain maximum team points for NSW. The discretion of the selectors is absolute.

Under 13 team members will be advised of their selection via telephone by 9pm on the Monday following the LANSW State Championships. A Little Athletics NSW representative will contact all those selected in the team so it is essential that potential team members remain contactable up until 9pm.

The team will be formally announced on the LANSW website as soon as possible after all team members have been informed of their selection.

Requirements after selection – Under 15 & Under 13 team members

Following the selection of the athletes as set out in the selection policies, all members of the team will be required to comply with additional requirements as outlined in 2014 State Team Agreement – Conditions of Selection.

Where can I find more detailed information?

Go to the Little Athletics NSW website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. In this section you will find the latest State Team information including the full selection policies, conditions of selection and State Team member commitments.

It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or admin@lansw.com.au.



COACHES CORNER

Well done to all athletes that competed at Region Championships and more recently the LANSW State Multi-Event Championships. Our next big event, the LANSW State Championships, is just around the corner and for many athletes this may be their first time. As I always say "this is just another competition", one of many that you will be involved in during your sporting life. However, many athletes will be overcome with nerves. Some athletes "thrive" on it, whilst others do not cope well and their preparation is hampered.

There are many articles on the world wide web that you can research to assist you and your athlete to deal with pre-competition nerves. Below is an excerpt (original has been summarized) of an article we found which may assist those whose nerves gets the better of them.



Sports psychology: how to prevent competition anxiety and nerves from getting the better of you

Source: www.pponline.co.uk

When a competitor 'freezes' in the big moment or commits an inexplicable error, anxiety, in one of its many guises, is very often the root cause. The precise impact of anxiety on sporting performance depends on how you interpret your world. Unfortunately, far too many athletes accept high levels of anxiety as an inevitable part of the total sporting experience and fail to reach their potential.

What precisely is anxiety?

Anxiety is a natural reaction to threats in the environment and part of the preparation for the 'fight or flight' response. This is our body's primitive and automatic response that prepares it to 'fight' or 'flee' from perceived harm or attack.

Sport places a wide variety of stressors upon participants. However, when we perceive stress to be negative, it causes anxiety and therefore, much depends upon how we view the demands placed upon us.

The main causes of anxiety

At the same time as providing challenge and stimulation, sport also provides considerable uncertainty. The stress and uncertainty may motivate some athletes, they induce anxiety in others. There are some distinct factors that can increase athletes' level of anxiety. Spectators can also have a huge impact on how athletes feel.

Participants in individual sports have been shown generally to suffer more anxiety before, during and after competition than participants in team sports

Five techniques to help you control competition anxiety

To reach an optimum psychological state, you need to understand your own natural responses to stress and be sensitive to your bodily signals. Learning to handle the demands of competition involves learning to read your thought patterns and physical responses, and to develop the skills necessary to find your ideal arousal level.

1. Establishing your 'winning feeling'

Think carefully about the last time you were performing at the top of your game then list every detail you might associate with your 'winning feeling'. Pick out the eight most important aspects of this positive feeling and write them neatly into the boxes. You can use your winning feeling to help create an optimum competition mindset through consciously reproducing the desired elements.

2. Centering

The second technique is known as 'centering' because it involves focusing attention on the centre of your body, the area just behind your navel. This is a technique that is particularly effective during sports that have breaks in the action, such as in between sets in tennis, or prior to a penalty in soccer. Centering has a calming and controlling effect, providing a simple but effective way to counteract the negative effects of anxiety:

- Stand with your feet flat on the ground, shoulder width apart, arms hanging loosely either side of your body;
- Close your eyes and breathe evenly. Notice that when you breathe in, the tension in your upper body increases, but as you breathe out, there is a calmer, sinking feeling;
- Inhale deeply from your abdomen and, as you do, be aware of the tension in your face, and your neck, and your shoulders, and your chest. As you exhale, let the tension fall away and focus on the feeling of heaviness in your stomach;
- Continue to breathe evenly, focusing all your attention internally on the area immediately behind your navel;
- Maintain your attention on that spot and breathe normally, feeling very controlled and heavy and calm;
- On each out-breath use a word that encapsulates the physical feelings and mental focus that you want eg 'loose', 'calm', 'focused', 'sharp', 'strong' etc

3. The five breath technique

This anxiety control exercise can be performed while you are standing up, lying down or sitting upright. It is ideally used just before competition, or whenever you feel particularly tense. You should inhale slowly, deeply and evenly through your nose, and exhale gently through your mouth as though flickering, but not extinguishing, the flame of a candle:

- Take a deep breath. Allow your face and neck to relax as you breathe out;
- Take a second deep breath. Allow your shoulders and arms to relax as you breathe out;
- Take a third deep breath. Allow your chest, stomach and back to relax as you breathe out;
- Take a fourth deep breath. Allow your legs and feet to relax as you breathe out;
- Take a fifth deep breath. Allow your whole body to relax as you breathe out;
- Continue to breathe deeply for as long as you need to, and each time you breathe out say the word 'relax' in your mind's ear.

4. Thought-stopping

When you experience a negative or unwanted thought (cognitive anxiety) such as 'I just don't want to be here today' or 'She beat me by five metres last time out' picture a large red stop sign in your mind's eye. Hold this image for a few seconds then allow it to fade away along with the thought. If you wish, you can follow this with a positive self-statement such as 'I am going to hit it hard right from the off! Thought-stopping can be used to block an unwanted thought before it escalates or disrupts performance. The technique can help to create a sharp refocus of attention keeping you engrossed in the task at hand.

5. Letting go

You will need to lie down somewhere comfortable where you are unlikely to be disturbed. If you wish, you can also use this exercise to aid a restful night's sleep. Allow your eyes to close and let your attention wander slowly over each part of your body – starting from the tips of your toes and working up to the top of your head. As you focus on each part of the body, tense the associated muscles for a count of five and then 'let go'. If this does not relieve the tension in a particular body part, repeat the process as many times as you need to. Once you have covered each body part, tense the entire body, hold for five and then 'let go'. You will feel tranquil and deeply relaxed.

Summary

The major problem in competition is letting your mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance. The techniques I have presented herein are but a small selection from the pantheon of stress management interventions. You should adapt these techniques to suit your needs or those of your athletes. Remember that pressure is your ally and will invariably bring out the best in you, just as coal under pressure can produce a diamond!

Quotes of the Month

"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things." - Joe Namath



"A dream doesn't become reality through magic; it takes sweat, determination and hard work." - Colin Powell



JETS Program Update

JETS Climbs Higher

JETS membership for the current season continues to grow, now being at 177 athletes. Applications for membership for the 2013-14 program are still being accepted.

Bankstown JETS Clinic Open to ALL State Under 12-17 Athletes!

As well as JETS members, Little Athletics NSW is inviting athletes in the Under 12 to Under 17 age groups who are not JETS members but who competed in these age groups at the Little Athletics NSW State Track & Field Championships during 21-23 March, the opportunity to attend the next JETS Coaching Clinic, alongside members of the JETS program.

The details are:

Date: Sunday, 18 May 2014
Time: 9.00am – 1.00pm (Arrival 8.45am)
Venue: The Crest Athletics Centre, McLean Street, Georges Hall (Bankstown)
Cost: \$25 for JETS members; \$45.00 for non-JETS members
Closing: Friday, 9 May 2014

Registration details are below.

Illawong JETS Clinic Open to ALL State Under 11 -17 Little Athletics!

Little Athletics NSW is offering a special invitation to athletes in the Under 11 to Under 17 age group who competed at the 2014 Little Athletics NSW State Track & Field Championships during 21-23 March!

A Little Athletics NSW JETS coaching clinic will be hosted by Illawong Little Athletics in June and we are reserving a limited number of places for athletes who meet the above criteria. The details of the clinic are:

Date: Sunday, 15 June 2014
Time: 11.00am – 3.00pm (arrival 10.45am)
Venue: The Ridge Athletics Track, Recreation Drive, off New Illawarra Road, Barden Ridge
Cost: \$25 for JETS members; \$45.00 for non-JETS members
Closing: Friday, 6 June 2014

JETS Coaching Clinics are usually only available to JETS members in the Under 12-17 ages groups, so make the most of these opportunities. Come along, join in the fun, meet new people and train alongside members of the JETS program under the supervision of JETS coaches. Parents of athletes are given the opportunity to watch the JETS coaches "up close" and learn from the coaching. Get in early to ensure you get your first event choices. All events will be covered. The clinics will be on a synthetic track and will provide great training for the school athletics season. Don't miss these clinics!

To register, go to the Little Athletics NSW website, click on "Education & Training", then "JETS" and scroll down to the JETS Coaching Clinic Calendar where you may register online or download a registration form. (But remember: all non-JETS members MUST have met the above age group and performance criteria).

2014 JETS Performance Camp

The 2014 JETS Performance Camp will be held Friday, 11 July (2.00pm) to Sunday, 13 July (2.30pm) at the Sydney Academy of Sport & Recreation, Narrabeen. This camp is for 2013-2014 JETS members only.

2014-2015 JETS Program

Applications for the 2014-15 JETS program will be available mid-2014.

CENTRE NEWS

Bankstown Sports Little Athletics LAC



Four year old Rebecca Ayoub lands on two feet like a champion during long jumps on the 22.02.14.



Four year old Charbel Khoury flying high while doing his long jumps on the 22.02.14

Randwick Botany Little Athletics LAC



U6 Athletes having fun!



Find a Word



BLAZER
CARDIGAN
COAT
DRESS
HOOD
JACKET
JEANS
JUMPER
LEGGINGS
PANTS

ROBE
SCARF
SHIRT
SHORTS
SKIRT
SOCKS
SWIMMERS
TROUSERS
VEST

DRESSED UP

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N	F	L	S	K	I	R	T	A	Y



to U9 Little Athlete **Lily Tilt** from
North Rocks Carlingford LAC who won last
edition's Find-a-Word!!

To win a \$50 gift voucher from



send completed puzzle, along with your
name and address to LANSW
Locked Bag 85, PARRAMATTA NSW 2124
by 28 April 2014.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...

Locked Bag 85, PARRAMATTA NSW 2124 (90-92 Harris Street, HARRIS PARK 2150)
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