

## ADMINISTRATION & FINANCE



### **Registrations**

Registrations currently stand at 37,745.

### **Centre Annual General Meetings**

A reminder that centres are to conduct their Annual General Meeting for the 2013/2014 season by the end of May 2014. The Annual General Meeting will include the presentation of committee reports; the adoption of the annual report and balance sheet of the centre; along with the election of the committee for the coming year. Following the Annual General Meeting, centres are required to submit to the LANSW, a copy of the minutes of the AGM, a copy of the annual report (including reports from at least the president, secretary, registrar and treasurer) and a copy of the audited centre accounts and financial statements. Please click [here](#) to view a sample of a financial statement and annual report.

### **2014 Annual General Meeting & Conference**

#### **– Unity through Identity – More than just ‘Belonging’**

We extend an invitation to all centres, to send delegates to our Annual Conference which is to be held in Cessnock on the weekend of 19 and 20 July 2014.

Conference is a gathering of LANSW staff, directors and other LANSW representatives, together with specially selected presenters and centre delegates.

By attending, delegates will have the opportunity to:

- Listen and learn about what is happening in the world of Little Athletics and how other centres operate in the state;
- Find out more about how and why things are done or why they are not;
- Attend workshops, feedback sessions, forums and networking sessions;
- Share ideas and opinions about matters which may benefit their centre and/or them personally;
- Meet and socialise with many other people involved in Little Athletics and, quite possibly, make new friends.

Click [here](#) to download a full copy of the Conference Flyer, which includes the agenda and workshop topics for the weekend.

### **Regulations**

To support the LANSW constitution, a further regulation has now been endorsed, as follows:-

Regulation 3 – Administrative requirements for Service Awards

To view the Regulation 3, click [here](#).

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## McDonald's Little Athletics Scholarships

Congratulations to the following athletes who have been nominated as a potential recipient of a McDonald's Little Athletics Scholarship:-

Stephanie Scigala	Wallsend	Caitlin Reeves	Bathurst
Melinda Burke	Wauchope	Brooke Peel	Lockart
River Melia	Inverell	Jessica Hull	Albion Park
Jayde Hill	Nambucca District	Clayton Antsee	Cherrybrook
Jordan Doris	Eschol Park	Tim Simmons	Hills District
Zachariah Simunovic	Gosford	Sebastian Acosta-Vasquez	Bankstown Sports
Liam King	Cessnock	Mitchell Pepper	Helensburgh
Bernice De Jager	Macquarie Hunter	Jarrold Cullen	Canterbury
Jarrold Twigg	Wollongong City		

A total of four \$500 scholarships will be awarded. The winners will be announced during the opening ceremony of the State Track & Field Championships on 22 March.

## Little Athletics NSW and the AFL Working Together

Little Athletics NSW is working with the AFL in Greater Western Sydney to identify ways in which the two sports can cooperate to the mutual benefit of each sport and their respective members in the form of increased participation, recruitment and attracting and developing volunteers. More information will be forthcoming. Little Athletics centres in the Greater Western Sydney area may soon be contacted by a local AFL club representative to discuss ideas and initiatives.

## Volunteer of the Year

A reminder that nominations for the LANSW Volunteer of the Year are now open. Nominations must be made by a Little Athletics centre and passed by the executive of that centre.

To be eligible for the award, volunteers must:

- be a member of a Little Athletics centre (e.g. committee member, financial member or parent)
- have been undertaking a role within the Little Athletics centre for at least five years
- not have received any financial gain from their involvement with Little Athletics

Nominations for this year's award will close on 23 May 2014. The Volunteer of the Year award will be presented at Little Athletics NSW Annual Conference, which will be held in Cessnock on 19 & 20 July 2014. Nominations can be made by [downloading](#) and completing a copy of the nomination form.

## CHAMPIONSHIPS & OFFICIALS



### Region Officials And Helpers

The eight regional championships have now successfully been completed. This would not have been possible without the help of our volunteer officials and helpers. We would like to express our thanks to these people who gave up their time to officiate at the region championships in what was at times atrocious conditions.

These championships were an ideal time for officials seeking accreditation to complete their practical assessments.

### State Multi-Event, Flinders (1 & 2 March)

The total number of entries received was 919. Only 712 actually competed, which was a drop off of 22.52%

The torrential rain on the Saturday didn't 'dampen' the spirits of the athletes, who performed admirably in terrible conditions. Many athletes did PB's, which was a great feat in itself.

One state record was achieved. This was in the U9 Girls Shot Put. The great throw of 9.23m by Maliyah Osbaldiston from Bankstown Sports LAC will also be submitted to Little Athletics Australia as an Australian Best Performance.

Once again, our state officials worked tirelessly together with the assistance of many parent helpers. The progressive results were uploaded to our website in the results section. This eased the congestion in the results board area.

### 2015 Trans Tasman Tour Committee

Nominations are now called from interested persons who would like to become a member of the 2015 Trans Tasman Tour Committee. Nominations can be made by [downloading](#) and completing a copy of the nomination form and returning it to the LANSW office by 5pm on Thursday, 24 April 2014.

### Relays Events at Zone, Region and State Championships

This season, unfortunately quite a few teams who competed at Zone Championships and thought they had qualified for region, were disqualified because they had the wrong team combinations. The board subsequently decided that there could possibly be change to the age combinations, whilst still keeping junior as U/9 – U/12 and senior as U/13 – U/17 and asked at the February General Meeting for suggestions from centres in the form of a discussion item for the Annual Conference.

## CHAMPIONSHIPS & OFFICIALS

### **2015 State Multi-Event Championships**

As previously advised, a proposal is being considered for the 2015 State Multi-Event Championships to be held at the Sydney Olympic Park Athletic Centre (SOPAC). As it is anticipated that a metropolitan based event will attract larger numbers than usual, investigation into logistics is currently taking place to determine if an effective championships can be delivered at this venue. A final decision will be made in April, once all factors have been considered and addressed. The proposed date for the 2015 championships is 7 & 8 March, 2015.

### **Future Zone Championships**

Following further review of details regarding the timing and conduct of zone championships, it is again confirmed that from the 2014/15 season, all zones must be conducted before Christmas. This decision will be reassessed after two years, enabling all members to provide feedback based on their experience of participating in the championships in the first half of the season.

Furthermore, zones/regions now have the option of conducting zone championships for only the U7-U12 age groups and allowing direct region entry for athletes in the age groups U13 and above. This can only occur however, where all zones within a region agree that this is the procedure for their region. This option will alleviate some of the pressure on our 'older' athletes by eliminating one championship requirement, and either allow for a much shorter zone championships for athletes in our core age groups or allow zones to consider increasing the number of U7-U12 athletes entering from each centre. All athletes must still participate at region in order to qualify for the state championships.

## DEVELOPMENT



### **Little Athletics Coach of the Year**

Nominations for the Little Athletics Coach of the Year Award have now closed. A special presentation ceremony will take place on Saturday, 23 March during the opening ceremony of the 2013 State Track & Field Championships.

### **JETS Program**

The 2013/14 JETS membership currently stands at 177.

Applications are still being taken for the 2013-2014 program. Two coaching clinics remain to be conducted in the current program (Bankstown on 18 May and Illawong on 15 June). Both clinics will feature an invitational element.

The members-only JETS Performance Camp will be conducted 11-13 July at the Sydney Academy of Sport & Recreation, Narrabeen.

### **2014 State Team**

The Under 15 athletes to represent NSW in the multi-event competition at the ASICS ALAC (Australian Little Athletics Championships) in Melbourne Saturday, 3 May have been selected based on their performances at the Little Athletics NSW State Multi-Event to be held on 1 & 2 March.

The Under 13 athletes to represent NSW in the team competition at the ALAC will be selected following the Little Athletics NSW State Track & Field Championships being held 21-23 March.

For more information, go to the Little Athletics NSW website then click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'.

### **National Under 15 Camp**

The third annual Little Athletics Australia National U15 Camp will take place Sunday, 28 September to Wednesday, 1 October 2014, at the Australian Institute of Sport, Canberra. The aim of the camp is to develop and support young athletes who are showing a commitment to the sport and have reached the Little Athletics Australia national standard to attend the camp. Application details will be available soon.

### **Desire to Inspire School Visits**

Traditionally, an Olympic year is very busy. Following the Olympic year, last year's School Visit program seemed to have a more conservative feel. With most centres increasing in registration (2012/13 season), last year's program (2013/14 season) indicated to me that many centres were reluctant to consider visits. Many centres were concerned that they "couldn't handle" anymore athletes. Many centres were very selective on which schools/classes were visited. However, centres must remember that high registration numbers in one year is no guarantee that there will be big numbers in the following.

Desire to Inspire is fast-paced educational, fun, inspirational and motivational presentation to the school. This is a mass promotion initiative open to all Little Athletics centres and is a great opportunity to promote your centre to your local kids. A LANSW representative visits your suburb/town and delivers a highly motivated, inspiring, educational and fun presentation to a school.

## DEVELOPMENT

The aim is to inspire and motivate kids to be active through the Little Athletics "Be Your Best" attitude and to register with the local centre.

Register today online or download a request form from our website. For more information call staff at the Little Athletics office.

### **ITC (Introduction to Coaching) Course**

An ITC (Introduction to Coaching Course) is a course specifically designed for parents, beginner coaches, teachers and other interested people who want to coach/teach beginner athletics. It is an event specific track and field course designed to give people the ability and confidence to coach basic level athletics to children aged 5-15 years.

Last year LANSW identified central areas to conduct ITC's. We are again looking at organising some predetermined venue for ITC courses throughout NSW. The aim is to cover/offer an ITC to most zones/combined zones. The benefits are:

- Providing a definite date and venue so planning and advertising opportunities are maximised.
- Continuity of courses provided i.e. in each area and time of year.
- Less pressure for centres to be forced to host/conduct a course.

Any centre wishing to become a host centre should contact staff at the LANSW office.

### **Coaching Clinics**

Since the start of the 2013/14 season:

- 2014 Super Coaching Clinic held 13 & 14 January, attracted a record 103 registrations.
- Hunter Track Classic Coaching Clinic on 19 January catered for 73 athletes.
- GWS "Olympus" Coaching attracted 31 senior aged athletes coached by Olympians: Youcef Abdi, Joel Milburn, Petrina Price and Youth Olympian Nick Hough.
- Ten skills clinics (six country, five metropolitan) with 304 registered participants.

Now we are entering the off season, LANSW centres can still request to be a clinic host. The prime focus of each coaching session is TECHNIQUE. These all day clinics are skills based. They offer the first step to perfect practice, which is learning correct technique.

The clinic will be divided into two groups: Junior clinic U8-U11 & senior clinic U12+. Juniors will rotate between 5 x 45 minute event specific coaching sessions whilst seniors will rotate between 3 x 80 minute specific sessions (centres to choose events). Our coaches will ensure a fun filled learning experience focusing on the "FUN"amentals in a non-threatening environment. Remember, whether you are a beginner or a state level athlete, technique is the vital key to improving your performance.

LANSW does the majority of the organising with athletes registering directly through LANSW. Due to increasing costs, the price of attending a full day clinic has increased: \$40 "early bird" price, \$50 standard, \$60 "late fee" for any registration after the closing date.

## DEVELOPMENT

Proposed skills clinics:

- Narrabri July School Holidays
- Warren July School Holidays

LANSW are currently accepting expressions of interest. If your centre would like to host a clinic or want more information please contact staff at the Little Athletics office.

### What Can We Do For You?

The Development Team is committed to offering and developing quality programs to all Little Athletics centres. If you have any ideas or think of anything we can assist you with, please don't hesitate to ask. Many of our programs/initiatives have come from centre requests. Our aim is to help you as best we can.

## DATES FOR THE DIARY

### March 2014

21st-23rd

State Track & Field Championships - SOPAC

### April 2014

11th-13th

State Team Camp 1 - Narrabeen

25th-27th

State Team Camp 2 - Narrabeen

### May 2014

3rd

Australian Little Athletics Championships - Melbourne

31st-1st June

Zone Coordinators workshop - Parramatta RSL

