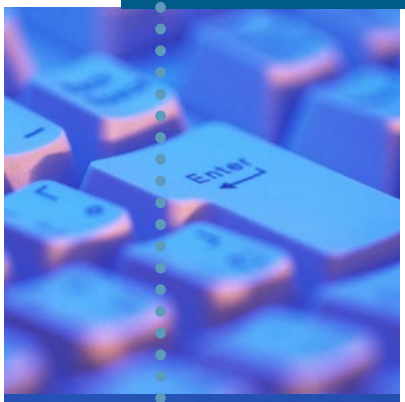
Little Athletics NSW

NEWSLETTER - April 2014

ADMINISTRATION & FINANCE



Annual General Meeting & Conference - 19 & 20 July 2014

"Unity through Identity"

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.

Whether your member position assigns you to a defined group, such as, a volunteer official, parent-helper, centre committee member, age manager or coach, LANSW parent or Little Athlete, the strength of the sport will come through all of these groups acting together as the one identity.

In light of the conference theme, we are requesting all centres supply one jpeg photo image (can be mobile phone image) of each centre member who will be attending conference this year. Please name the file as the members name and send through to gboost@lansw.com.au.

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, networking sessions;
- Share ideas and opinions about matters which may benefit your centre and/or you 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, and also the AGM and Conference attendance form.

Call for Notices of Motion and Discussion Items

Centres are hereby invited to submit Notices of Motion and Discussion Items for the LANSW 2014 Annual General Meeting and Conference to be held in Cessnock on 19 & 20 July 2014.

Notices of Motion and Discussion Items are to be approved by the executive of the centre submitting the item. Each item is to contain an explanation as to the reasons behind the submission of the item.

Proposed Notices of Motion and Discussion Items are to be received at the LANSW office by Thursday, 29 May 2014. Click here to view memos outlining full submission requirements.

ADMINISTRATION & FINANCE

Nominations for the LANSW Board of Management & Returning Officer

Nominations are being sought for the following positions on the LANSW Board of Management, which will be declared vacant at the 2014 Annual General Meeting.

i) Membership Development Director
ii) Championships/Competition Director
iii) Resources Director

Nominations are also called for the position of returning officer.

Nominations must be in writing; must specify which Director position they are nominating for; address the requirements set out in the position description; be signed by an authorised representative of two (2) members of a committee of a Little Athletics centre; and certified by the nominee expressing their willingness to accept the position for which they are nominated.

Nominations and resume are to be received at the LANSW office by Thursday, 29 May 2014 and must be addressed to the Returning Officer. Click here for further information and position descriptions.

Annual Reporting

A friendly reminder that the appropriate financial and annual reporting data needs to be sent to LANSW, as well as NSW Fair Trading, promptly following Annual General Meetings. Click here for memos relating to the submission of these reports and a copy of the Annual Summary of Financial Affairs form.

Registrations

Currently our registrations for the 2013/2014 season are 38,523.
We need registrations to be finalised for the summer competition centres. Any unused registration numbers should have been returned to the LANSW office. If your centre has not returned final registrations and unused numbers, please do so as a matter of urgency.

Gala Day Dates for Calendar of Events

LANSW will again be producing a calendar for the 2014/15 season. The calendar will outline dates for gala days, championship events, camps, coaching courses, etc. A sufficient quantity of this calendar will be supplied to all centres for distribution to families at the time of registration. In order to include as many events as possible, centres and zones are requested to provide information regarding activities, gala days, etc.

To allow time for compilation and printing of the calendar, all information must be received at the LANSW office no later than *Friday, 9 May 2014*. Click here to access the form for submission of dates.

Volunteer of the Year

A reminder that nominations for the LANSW Volunteer of the Year will close on 23 May 2014. The Volunteer of the Year award will be presented at the 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

State Track & Field Championships

Over 2,500 athletes competed at our 2014 State Track & Field Championships, with many achieving personal bests.

40 State Records were broken, as follows:

Age	Name	Centre	Event	Performance
U9 Boys	Taj Ford	Kiama	800m	2.32.46
U9 Boys	Frankleen Newah-Jarfoi	Wagga Wagga	100m	13.74
U9 Boys	Frankleen Newah-Jarfoi	Wagga Wagga	200m	28.99
U9 Boys	Frankleen Newah-Jarfoi	Wagga Wagga	70m	9.97
U9 Girls	Cayla Phillips	Manly Warringah	400m	1.07.65
U10 Boys	Zachary Gardner	Manly Warringah	70m	9.59
U11 Boys	Max Hurst	Cherrybrook	60m Hurdles	9.27
U11 Girls	Tomysha Clark	Port Hacking	60m Hurdles	9.71
U11 Girls	Tomysha Clark	Port Hacking	High Jump	1.55m
U12 Boys	Angus Beer	Balmain	800m	2.13.91
U12 Boys	Angus Beer	Balmain	1500m	4.34.75
U12 Girls	Amie Bowrey	Cherrybrook	Javelin	34.19m
U12 Girls	Abbey Rockliff	Ku-Ring-Gai	800m	2.16.34
U12 Girls	Abbey Rockliff	Ku-Ring-Gai	1500m	4.34.47
U12 Girls	Mia Hemsworth	Nth Rocks Carlingford	60m Hurdles	9.43
U13 Boys	James Roach	Randwick Botany	100m	11.72
U13 Boys	James Roach	Randwick Botany	400m	53.65
U13 Boys	James Roach	Randwick Botany	200m	23.70
U13 Girls	Teah MacPherson	Macquarie Hunter	200m Hurdles	27.90
U13 Girls	Teah MacPherson	Macquarie Hunter	100m	12.58
U13 Girls	Emily Schneider	Sutherland	3km	10.19.22
U13 Girls	Edita Grinbergs	Manly Warringah	400m	57.73
U13 Girls	Dakota Thomas	Macquarie Hunter	200m	25.64
U13 Girls	Imogen Breslin	Ku-Ring-Gai	80m Hurdles	12.39
U14 Boys	Liam McCann	Glenbrook	100m	11.44
U14 Boys	Harrison Wade	Ryde	1500m	4.11.93
U14 Boys	Harrison Wade	Ryde	3km	9.13.83
U14 Girls	Catherine Miller	Ku-Ring-Gai	800m	2.14.16
U14 Girls	Catherine Miller	Ku-Ring-Gai	1500m	4.35.40
U14 Girls	Kristie Edwards	Manly Warringah	100m	12.28
U15 Boys	Aaron Jeffery	Western Suburbs	200m Hurdles	24.90
U15 Boys	Pita Toamotu	St George	Discus	63.27m
U15 Girls	Jasmyn McDonald	Parramatta	1500m Walk	6.53.85
U17 Boys	Tyler Jones	Wyong	1500m Walk	5.56.11
U17 Boys	Liam Henderson	Wollongong City	1500m	4.06.03
U17 Boys	Teri Fragiadakis	Sutherland	200m	21.8
U17 Girls	Ruby Ritchie	Manly Warringah	400m	56.41
U17 Girls	Jessica Hull	Albion Park	3km	10.00.07
U17 Girls	Jasmine Dighton	Lethbridge Park	1500m Walk	6.41.91
U17 Girls	Ruby Ritchie	Manly Warringah	200m	24.33

Four of these will be submitted to Little Athletics Australia as Australian Best Performances.

They are:

Age	Name	Centre	Event	Performance
U11 Girls	Tomysha Clark	Port Hacking	High Jump	1.55m
U12 Girls	Abbey Rockliff	Ku-Ring-Gai	800m	2.16.34
U12 Girls	Abbey Rockliff	Ku-Ring-Gai	1500m	4.34.47
U14 Boys	Harrison Wade	Ryde	1500m	4.11.93

CHAMPIONSHIPS & OFFICIALS

State Track & Field Championships Officials

Another successful championship has been completed. Thank you to the LANSW officials who helped make our State Championship a success. There were a number of officials who officiated for the first time at this year's State and we welcome them to our band of officials who regularly officiate at Little Athletics NSW carnivals.

Thank you also to the centre helpers who fulfilled the duties allocated to their particular centre. All the duties allocated to centres assist in the smooth running of the event.

It was disappointing that a number of duties were not filled by centres. Some of these were only for one session (eg. an hour or so) but in other instances a whole duty was missed. One zone failed to fill any of their allocated duties. There was only one person from that zone who signed on and that was for 15 minutes at an event not allocated to them. Zone Coordinators will be advised of those centres that did not fulfil their allocated duty.

For further information, please contact the Little Athletics NSW office.

Thank you to the dedicated band of LANSW officials who helped make the 2014 State Championships such a huge success.

Athletes with a Disability (AWD)

It has been agreed that an 800m event will be added to the events for Athletes with A Disability at the State Track & Field Championships from 2015. There will now be a 100m, 800m, long jump and discus.

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) on 7 & 8 March 2015. As this will be 25 years since the first official State Multi-Event, the board is hoping to test the theory that a Sydney based event will expose even more athletes to this event. It should be noted however, that irrespective of whether the event achieves its target, the State Multi-Event Championships in 2016 will return to a country venue.

As it is anticipated that a metropolitan based event will attract larger numbers than usual, thorough investigation into logistics has been taking place. It can be confirmed that a cap on entries will apply, however this number will be considerably increased on previous years, due to the ability to utilise two tracks. It can also be confirmed that age groups will be split into groups of no more than 40-50 athletes.

Other initiatives that are also being include staggered age group starting times and the allocation of specific times for age groups to be able to take part in partnered activities around SOPAC (e.g. aquatic centre, trampoline park, amusement rides etc).

It is hoped that the board will have reviewed the relevant historical data and considered all of the necessary details for a decision to be made within the next month.

DEVELOPMENT

Little Athletics Coach of the Year

Congratulations to Angus McEntyre who has been named as the 2013 Australian Track & Field Coaches Association (NSW Branch) Little Athletics Coach of the Year. Well done to the nine other finalists – Mal Baker, Norm Campbell, Richard Lamas, Narelle Plunkett, David Scott, James Fitzgerald, Peter Gentz, Ken Harradine and Gary Micallef. All finalists took part in a special presentation during the opening ceremony of the LANSW State Track & Field Championships.

JETS Program

The 2013/14 JETS membership currently stands at 179.

The Bankstown JETS clinic on Sunday, 18 May is also open to all athletes in the Under 12-17 age groups who competed at the 2014 LANSW State Track & Field Championships.

The Illawong JETS clinic on Sunday, 15 June is open to all athletes in the Under 11-17 age groups who competed at the 2014 LANSW State Track & Field Championships.

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

2014 State Team

The 2014 LANSW State Team has been selected and announced. 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.

Application will by invitation only and will be open to athletes who:

- Are eligible for the U15 age group in the 2014/2015 Little Athletics season.
- Meet the national qualification standards.
- Fulfil the Little Athletics NSW eligibility criteria.

Little Athletics NSW Skills Clinics

Expressions of interest are now being taken for centres to host skills clinics for the July and October 2014 school holidays. Now that the regular competition season has finished, hosting a clinic is a great opportunity to promote your centre and also continue to develop current member's athletic skills. With the school athletics season nearly upon us here is the chance for potential new members to "come and try" Little Athletics at your centre.

Responses from other host centres:

- "the clinics gave our athletes an opportunity to learn correct event techniques from qualified and experienced coaches"
- "the athletes don't have to travel a long distance to attend the clinic"

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- "offering the clinic during the school holidays gives the kids a healthy, structured whole day activity in a safe environment"
- "the September clinic comes right at the start of the season when everyone is getting back into athletics which is very timely"
- "the April and July clinics are a good preparation for school carnivals and a great opportunity to get new kids involved in athletics in the local area"
- "the Association does the registration, assists with promotion and provides the coaches; there is not much for the centre to do except promote, provide the venue and some equipment"

Participants will be divided into two groups: Juniors U8-U11 and Seniors U12+. Juniors will rotate between 5 x 45 minute coaching sessions in pre-determined events. Seniors will rotate between 3 x 80 minute event specific sessions (centres to choose the senior events).

Our coaches will ensure a fun-filled learning experience focusing on the "FUN"damentals 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. The price of attending a full day clinic is $40 early bird price and $50 standard fee. A $60 late fee is payable for any registration after the closing date.

Please note, coaching tours are conducted for regional areas. Please discuss with your zone coordinator and neighbouring centres if you wish to host a clinic.

For more information please contact Cheryl Webb at the Little Athletics office.

Does your centre want to host a Skills Clinic during the July or October School Holidays? If so, contact us now!

Proposed clinics in July:

- Narrabri
- Warren

Combined LANSW & ANSW Clinics

23 April 2014 saw the first combined Little Athletics NSW & Athletics NSW coaching clinic. The clinic conducted at SOPAC featured a LANSW junior clinic for U8-U11, where participants rotated between 3x45 minute event sessions in a run, jump, throw format. Athletics NSW conducted a senior clinic for U12+.

"Desire to Inspire" school visits - Be a part of it… Don't miss out!

The regular 2013/14 season is now complete and believe it or not this can be the first easy step for next season preparation.

"Desire to Inspire" is a 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. 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.

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"Desire to Inspire" School Cisit requests close on Monday, 1 May 2014.

All presenters are accomplished public speakers and specialise in talking to school students.

Last year LANSW saw 45,000 students state-wide. You can register online or download registration forms from our website. This is a very successful mass promotion program that aims to:

- Generate children's interest, by educating them about the benefits of Little Athletics.
- Motivate children to register with their local centre.
- Increase the profile of Little Athletics within the wider community.
- Create a link between local centres and schools.

This program is open to all centres and is generally conducted in term 3. Register online today. The closing date for "Desire to Inspire" requests is Monday, 12 May 2014.

For more information please contact Cheryl Webb or Alvin Umadhay at the Little Athletics office.

Introduction to Coaching Courses

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. Best of all, there is no exam or assessment task required to be completed.

We are looking at organising some predetermined venues 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.

We would like to develop a coach education course calendar for the 2014-2015. If your centre would like to host a course or if you want more information, please contact the Little Athletics office.

Current proposed ITC dates:

- Cessnock Friday, 18 July 2014
- Lismore Saturday, 18 October 2014

Other Track and Field Coaching Courses

ATFCA (Australian Track and Field coaches Association)

For more information regarding the ATFCA courses below (cost etc.) please contact Glen Howell on 0412 143 977 or glen25_howell@hotmail.com.au.

ATFCA NSW will be facilitating Coach Education Courses throughout 2014.
The Level 1 Community Athletics Coach: Ideal for the Beginner Coach.
The Level 2 Intermediate Club Coach: For the coach who has already completed the Level 1 and would like to coach at centre and squad level.

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The Level 2 Advanced Event Coach: For the coach who would like to specialise in a particular event.

Level 1 Community Athletics Coach
Dates: 17 May 2014
9 August 2014
20 September 2014
8 November 2014
Venue: Westfields Sports High

Level 2 Intermediate Club Coach
Dates: 17-18 May 2014
9-10 August 2014
20-21 September
8-9 November 2014
Venue: Westfields Sports High

Level 2 Advanced Event
Date: 17-18 May 2014
Event: Jumps
Venue: Westfields Sports High

Date: 9-10 August 2014
Event: Sprints/Relays/Hurdles
Venue: Westfields Sports High

Date: 8-9 November
Event: Throws
Venue: Westfields Sports High

SEAL (Sport Education & Leadership Services)

For more information regarding the SEAL courses below (cost etc.), please contact Lisa McConchie on 1300 701 716 or 0413 833 978 or lisa.mcconchie@sealglobal.net.

Level 2 Advanced Event Group Coach Program (Part B) Middle and Long Distance
Date: Sunday, 30 March 2014
Time: 9am - 5pm
Venue: Scots College, Bellevue Hill (Sydney)

Level 2 Intermediate Club Coach Program
Date: Sunday, 30 March 2014
Time: 9am - 5pm both Sunday's
Venue: Scots College, Bellevue Hill (Sydney)

Level 2 Intermediate Recreational Running Program
Date: Sunday, 13 April 2014
Time: 9am - 5pm
Venue: Mt Colah

Level 2 Advanced Event Group Coach Program (Part B) Jumps
Date: Sunday, 4 May 2014

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Time: 9am - 5pm
Venue: TBC (Sydney Metro region)

Combined ASC CCTP / Level 1 Community Athletics Coach Program
Date: Saturday, 10 May 2014
Time: 9am - 4pm
Venue: Barton Park, Cnr Gladstone & Barton Sts, North Parramatta

Level 2 Advanced Event Group Coach Program (Part B) Sprints, Relays and Hurdles
Date: Sunday, 18 May 2014
Time: 9am - 5pm
Venue: TBC (Sydney Metro region)

Level 2 Advanced Event Group Coach Program (Part B) Throws
Date: Sunday, 18 May 2014
Time: 9am - 5pm
Venue: TBC (Sydney Metro region)

Level 2 Intermediate Club Coach Program - (Sydney May 24/25 2014)
Date: Saturday, 24th and Sunday, 25th May 2014
Time: 9am - 5pm both days
Venue: Parramatta LAC, Barton Park, Cnr Gladstone & Barton Sts, North Parramatta
Pre-requisite: Participants must have either their Level 1 Community Coach or Level 1 Beginning Coach Accreditation or be eligible for Recognition of Current Competency.
Presenter: Neil Hinton

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

May 2014

3rd	Australian Little Athletics Championships - Melbourne
31st-1st June	Zone Coordinators workshop - Parramatta RSL

June 2014

18th	Closing Date: State Cross Country & Road Walks

July 2014

6th	LANSW State Cross Country & Road Walks - West Dapto
19th-20th	LANSW AGM & Annual Conference - Cessnock