



## ALAC 2014

### WA do us proud in Melbourne

We would like to congratulate all 26 WA athletes who competed at the 2014 Asics Australian Little Athletics Championships in Melbourne on Saturday 3rd May. We appreciate the support of the families who travelled to cheer on the team.

Thank you too all the officials, volunteers and LAVIC who helped to make the event a huge success. We would also like to thank Asics who are the major sponsor of the championships and provided all the apparel for the athletes. Congratulations must go to LA NSW who were overall winners of the Trevor Billingham trophy.

Hostworks Media Foundry and IMG Sports Technology Group were ever present throughout the meet to capture streaming video footage. Great highlights packages can be viewed at <http://littleathletics.mediafoundry.com.au>

We now look forward to hosting the competition here in Perth next year!

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

We hope everyone enjoys the 2013/14 Little Athletics winter season. Be Your Best

## INTERNATIONAL TEAM

### Athletes prepare for Singapore 2014

Preparations are well underway for our group of 73 under 14 & 15 WA Little Athletes travelling to the 22nd MOE-WALA-SSSC International Athletics Championships this July. Our team will be able to compete against fellow athletes from Malaysia and Singapore in what promises to be an exciting cultural and sporting experience. The tour will run from 8th to 16th July 2014. Competition is to be held on 10th & 11th July at the Bishan Stadium, Singapore.

A number of Centres/Clubs have been raising funds to assist their athletes in making the trip. We thank all of those who have contributed towards an athletes goal of travelling with our representative teams.

We look forward to providing more news as we build up to Singapore 2014.

# WINTER SEASON

## The Winter season is up and running!

The Cross Country and Road Walking season has now started. It has been great to see a growing amount of Little Athletes getting involved in these distance events held at a variety of picturesque locations across Perth. Well done to Dale LAC and Rockingham Districts LAC for hosting a run and walk event each. We look forward to the next meets as we build up to Championships in August. Here are some of the great pics shared with us so far.



# Volunteers should be rewarded.



You volunteer because you believe in a greater good and going beyond what's expected of you.

Like you, we are committed to helping the community and recognise the efforts of volunteers.

We think volunteers should be rewarded. Our Community Volunteer Banking package is our way of thanking volunteers for the important work they do.

Because you're a volunteer for Little Athletics we say "Thank you" with a banking package exclusive to volunteers. Discover the other way to bank today. Simply phone 13 25 85 or visit [beyondbank.com.au](http://beyondbank.com.au)

# SCHOOL AMBASSADORS

## School programs underway for 2014!

The Little Athletics Program for Schools (LAPS) has started for 2014 with our coaches making visits to schools in term 1. The number of clinics conducted will increase over term 2 to 3 as we help schools prepare for their athletics carnivals and registration day gets closer.

We encourage all schools to get involved by emailing [abid@walittleathletics.com.au](mailto:abid@walittleathletics.com.au)

Our School Ambassador Development Day was held on Monday 12th May. We provided athletics specific professional development for a group of 40 physical education teachers and look forward to providing similar opportunities in the future.

### Runners Club reaping benefits at North Beach Primary School

Current School Ambassador site, North Beach PS has seen their Runners Club idea reach new heights as 140 students have been attending their 30 minute sessions before school on Tuesday and Thursday. This is 1/3 of the entire school! The success of this initiative can be attributed to the parents who lend their support to the children. They have even have organised t-shirts for those involved.

This is a great example of how a simple Runners Club idea can transform into something that effectively engages students, while delivering a number of social and physical benefits.



# VOLUNTEER WEEK

## Celebrating National Volunteer Week

It was National Volunteer Week on 12-18th May, so we would like to give a huge thanks to all the fantastic officials, centre/club committees, volunteers and other helpers who contribute so much to our wonderful sport.

Without their dedication, time and support, all the events and competitions within Little Athletics would not be possible.

We would like to encourage everyone to say thanks to a volunteer at their club, centre, competition, school or anywhere else where a volunteer helps to support the sport of athletics.



25 YEARS OF NATIONAL VOLUNTEER WEEK  
12-18 MAY 2014

## ATHLETE ADVICE

### Conquering Cross Country!

Technique: Use a relaxed running style - eyes straight ahead; trunk and shoulders square to the front; keep your shoulders steady. Use a low, relaxed arm action, keep your shoulders relaxed. Use a lower knee lift than in sprinting. These points help with an efficient action.

Warm ups: The idea of the "new" warm up is that it should be a much more dynamic, focused routine which is specific to your sport.

For such athletes, specific range of movement will be required in the shoulders, lower back, hips, hamstrings, quads, calf muscles and achilles tendons. But preparing these areas for dynamic activity does not require lengthy periods of passive stretching.

Initially, raise your body temperature with 5-10 minutes gentle cardiovascular exercise such as slow paced running. Exercises such the following can then be performed over 10-15m.

Lunge walks, leg drives, high knee lift, calf walk, sideways and backwards skipping/running.



## CENTRE SNAPSHOTS

### *Singleton Sharks Little Athletics Club*

The Singleton Sharks Little Athletics Club competes within Rockingham LAC and are going from strength to strength. They were established in 2010 and train at the Singleton Primary School. 'We have quite a few families that are always willing to step up and help, it makes all the difference' Here is their team with 'Sharkie' the mascot!



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

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