



RUN FOR FUN

ASICS Australian Little Athletics Championships



What a Team!

Congratulations to the 2014 Little Athletics NSW State Team for its outstanding performance at the ASICS Australian Little Athletics Championships on Saturday 3 May at the Lakeside Stadium in Melbourne. In a true team effort:

- The Under 13 team won the Trevor Billingham trophy for overall team point score.
- The Under 15 team finished second in the Multi-Event teams point score.
- NSW team members achieved seventeen personal best performances.
- In the thirty-three events on offer, the NSW team achieved twenty-six medals (9 gold, 10 silver and 7 bronze).
- The team achieved fifty-two Top 8 performances.

What a wonderful performance by a fantastic NSW team.

Right from the start of the day, it was very clear to everyone that that the NSW athletes were ready to perform for their team and their teammates. A tightly-bunched team warm up lap and a march past during which all team members were in step, were followed by a ferocious and very loud performance of the war cry in front of the grandstand which drew genuine applause and immediate respect from the spectators.

After an exciting build-up, the hard work and preparation over the last few weeks was about to be put to the test in what was always a hectic, challenging, but immensely enjoyable and rewarding day of team competition.

Over the course of the day, nearly 200 athletes from the seven state teams, some of whom were competing in up to six events in six hours, performed their hearts out for their team and their teammates.

As stated above, the NSW Under 13 team won the point score trophy. The Victorian team finished runners-up, with Queensland in third place.

A number of NSW team members recorded PBs, which is a wonderful accomplishment when performing at the highest level in Little Athletics.

There were many NSW team highlights and it would be unfair to single out one above another. Everyone contributed to the overall performance of the team, both on and off the track.

The 2014 LANSW State Team proved to be a fantastic group of young people who took the meaning of "TEAM" seriously and represented their state with pride. The team's conduct was outstanding and the group attracted many positive comments and compliments. The team members will have many special memories and a bond with their fellow team members that would have to be experienced to be understood.

Many thanks to the NSW parents, supporters and personal coaches whose support and cooperation assisted the team management in the task of building a strong, spirited and determined team which in turn helped to make the campaign such a memorable one. Thank you to the other State Teams for their sportsmanship and the spirit in which they competed. Finally a big thank you to the Little Athletics Victoria Organising Committee and the volunteer officials who helped make the day such a great success.

Darren Wensor - On behalf of the 2014 LANSW State Team Management

May/June 2014

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A WORD FROM THE PRESIDENT...

NEIL SANDALL



Well here we are again at the end of another successful LA's season. Whilst our registrations were a little down on the previous "record" year, they still were a creditable almost 39,000 participants in the 2013/14 season.

All our major championships events for the season were successfully conducted, with some outstanding individual and centre performances evident. My appreciation goes to all hard working centre and LANSW officials who contributed much personal time and effort to ensure the success of weekly centre competition/skills development, gala days, zone, regional and state championship events.

This year we also continued the Trans Tasman Tour (this year to New Zealand) where our team performed credibly against a strong "home team." I know the athletes and their supporters had a great time in New Zealand in January, not only competitively, but participating in a variety of tours and cultural exchanges which are an inherent part of this biennial tour. Next season we host the New Zealanders here again.

As our membership is aware, this past season we celebrated the 50th season of Little Athletics in Australia. Tentative steps were taken in Geelong, Victoria in 1964 to start a modified program of athletics for children below the age of 12 years, after youngsters wanting to compete in the local adults competition were disappointed at their exclusion.

Today from these humble Victorian beginnings, we now have across the country in any one season, some 100,000 competitors competing under one of the most recognised junior sporting brands in all states/territories.

So it was only fitting that we switched the usual state/territory rotation for the holding of this season's ALAC's to Victoria at Albert Park, Melbourne. Once again the strong NSW team were successful in taking out the main team trophy named after the "founding father" of LA's, the late Trevor Billingham. My congratulations to all competing athletes, team management and the strong NSW support team who witnessed their triumphant performance.

We now turn our attention to the usual between season planning and our annual AGM/Conference this year being held at Cessnock in the delightful Hunter Valley. Once again I urge centres to attend and play their part in the continuing evolution of our sport. A strong program is being developed to ensure you get the maximum benefit out of your involvement in Conference.

Yours in sport,

Neil Sandall
President
LANSW

editorial

Congratulations to all athletes who competed at the recent State Championships. A big thank you to all parents and officials who gave up their time to make this event successful.

With the season finished I hope everyone has enjoyed themselves and will be returning later in the year when a new season commences. Remember there is one more event that all athletes can enter and that is the State Cross Country and Road Walks Championships on 6 July 2014 at Kembla Joggers Cross Country Park, West Dapto. Information about this event can be found on the website.

Following a comment from one of our zone coordinators, the board considered a proposal that all zones be given the opportunity to run their zone carnivals with the option of having athletes in the 13-17 age groups not being required to compete. This would allow direct entry into the Regional Championships for those athletes in the 13-17 age groups. The number of athletes that compete at zone championships varies depending on the size of the zone. In some zones (particularly country ones) the number of 13-17 athletes is low and athletes travel long distances to compete against one or two athletes.

This decision by the board now means that zones 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. If a zone wishes to hold a championship for the 13-17 athletes then all zones in that region must do so as well. Direct entry to Regional Championships for the 13-17 years can only occur when all zones in a region consent to doing this.

Allowing this option also alleviates 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.

I hope everyone enjoys a good off-season and I look forward to seeing everyone return at the end of the year for another great season of athletics.

Regards
Michael Gray
Business Development Director





The ROC

(The Rules of Competition)

Did you know.....

Throwing events – the line!

In throwing events, it shall be a foul if the first point of contact on landing for the Shot Put, Discus or Javelin is on the sector line.

Running events – the line!

In races run in lanes the inside lane line (left hand side) is not considered part of the lane. If an athlete runs on this line on a bend they may be disqualified for leaving their lane.

Hurdles - deliberate knock down!

In hurdle events, a referee may disqualify an athlete if the athlete deliberately knocks down any hurdle with their hand or foot.

Stop before you start!

In throwing events, from a circle, the athlete has to commence a trial from a stationary position. This means that once they walk into the circle they have to come to a stop before they start their trial.

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 Track & Field Championships

Congratulations to all athletes who participated at the State Track & Field Champs at the end of March.

Extra congratulations go to the following athletes who now hold a LANSW State Record following their fantastic performance at State: -

Age	Event	Name	Centre	Performance	
U9 Boys	800m	Taj Ford	Kiama	2.32.46	
U9 Boys	100m	Frankleen Newah-Jarfoi	Wagga Wagga	13.74	
U9 Boys	200m	Frankleen Newah-Jarfoi	Wagga Wagga	28.99	
U9 Boys	70m	Frankleen Newah-Jarfoi	Wagga Wagga	9.97	
U9 Girls	400m	Cayla Phillips	Manly Warringah	1.07.65	
U10 Boys	70m	Zachary Gardner	Manly Warringah	9.59	
U11 Boys	60m Hurdles	Max Hurst	Cherrybrook	9.27	
U11 Girls	60m Hurdles	Tomysha Clark	Port Hacking	9.71	
U11 Girls	High Jump	Tomysha Clark	Port Hacking	1.55m	ABP
U12 Boys	800m	Angus Beer	Balmain	2.13.91	
U12 Boys	1500m	Angus Beer	Balmain	4.34.75	
U12 Girls	Javelin	Amie Bowrey	Cherrybrook	34.21m	
U12 Girls	800m	Abbey Rockliff	Ku-Ring-Gai	2.16.34	ABP
U12 Girls	1500m	Abbey Rockliff	Ku-Ring-Gai	4.34.47	ABP
U12 Girls	60m Hurdles	Mia Hemsworth	Nth Rocks Carlingford	9.43	
U13 Boys	100m	James Roach	Randwick Botany	11.72	
U13 Boys	400m	James Roach	Randwick Botany	53.65	
U13 Boys	200m	James Roach	Randwick Botany	23.70	
U13 Girls	200m Hurdles	Teah MacPherson	Macquarie Hunter	27.90	
U13 Girls	100m	Teah MacPherson	Macquarie Hunter	12.58	
U13 Girls	3km	Emily Schneider	Sutherland	10.19.22	
U13 Girls	400m	Edita Grinbergs	Manly Warringah	57.73	
U13 Girls	200m	Dakota Thomas	Macquarie Hunter	25.64	
U13 Girls	80m Hurdles	Imogen Breslin	Ku-Ring-Gai	12.39	
U14 Boys	100m	Liam McCann	Glenbrook	11.44	
U14 Boys	1500m	Harrison Wade	Ryde	4.11.93	ABP
U14 Boys	3km	Harrison Wade	Ryde	9.13.83	
U14 Girls	800m	Catherine Miller	Ku-Ring-Gai	2.14.16	
U14 Girls	1500m	Catherine Miller	Ku-Ring-Gai	4.35.40	
U14 Girls	100m	Kristie Jefferys	Manly Warringah	12.28	
U15 Boys	200m Hurdles	Aaron Edworthy	Western Suburbs	24.90	
U15 Boys	Discus	Pita Toamotu	St George	63.27m	
U15 Girls	1500m Walk	Jasmyn McDonald	Parramatta	6.53.85	
U17 Boys	1500m Walk	Tyler Jones	Wyong	5.56.11	
U17 Boys	1500m	Liam Henderson	Wollongong City	4.06.03	
U17 Boys	200m	Teri Fragiadakis	Sutherland	21.8	
U17 Girls	400m	Ruby Ritchie	Manly Warringah	56.41	
U17 Girls	3km	Jessica Hull	Albion Park	10.00.07	
U17 Girls	1500m Walk	Jasmine Dighton	Lethbridge Park	6.41.91	
U17 Girls	200m	Ruby Ritchie	Manly Warringah	24.33	

NB. Athletes with a ABP next to their name have been submitted to LAA for an Australian Best Performance.

Little Athletics Australia have consolidated their Australian Best Performances and have created one system for documenting these. A formula is now applied to current times, to create a standardised system and to bring all performances into alignment. The standardised hand-held time indicates that it has been amended using the formula, and the best result (standardised hand-held time OR fully automated time will now become the ABP for that event. The standardised time for ABP will now be indicated with a {S}. Please [CLICK HERE](#) to view the current ABP's. All old times will be archived, but not published on the LAA website.



Championship News

State Cross Country & Road Walks

Don't forget to register for the 2014 State Cross Country & Road Walks - If you were in the U7 to U17 age groups last summer, you can enter into the Cross Country and if you were in the U9 to U17 age groups, you can enter the Road Walks, with both events being held at Kembla Joggers Cross Country Park, Darkes Road, West Dapto on Sunday, 6 July 2014.

Entries are via ONLINE only and are now being taken on our website. They close on Wednesday, 18 June 2014 with an entry fee of only \$10. There is a late entry fee of \$25 for entries up to 25 June 2014. No entries will be taken after this time.

All relevant information can be found on the website in the Competitions section.

Following close of entries, centres will be sent a list of athletes from their centre who have entered.

Gold, silver and bronze medals will be awarded in each event plus the first three athletes from each centre who cross the finish line will make up a centre team and will be awarded 1st, 2nd and 3rd placing.

State Multi-Event Championships

The 2015 State Multi-Event is being conducted in Sydney for the first time, being held on 7 & 8 March 2015, at SOPAC. One of the reasons for providing this event in Sydney was that 2015 marks the 35th anniversary of the State Multi-Event and it would be good to hold it at a larger venue to celebrate this occasion.

If you intend on entering this event, please keep an eye out for online entries, as it is anticipated that it will be a huge entry.

Further information, including online registration, will be posted on the Little Athletics NSW website in the Competition section following our Annual Conference in July.



CHOICE HOTELS PARTNERSHIP MEANS SAVINGS FOR YOU!

Choice Hotels Australasia have come on board as a partner of Little Athletics NSW and as a result you can save on accommodation bookings!

As part of the program any Little Athletics members, their friends and family, have the opportunity to book with any of the hotels under the Choice banner and receive 15% off the best available accommodation rate. All you need to do is enter the Little Athletics NSW code when booking accommodation with any of the Choice Hotels and you will receive the instant discount.

Little Athletics NSW Code - 00 23 11 00

For each booking made using this code, Choice Hotels will also donate an amount back to Little Athletics NSW.

We encourage you to pass this code on to all of your family, friends and colleagues, which will help them receive discounts on their accommodation bookings, and help us to generate additional funds.

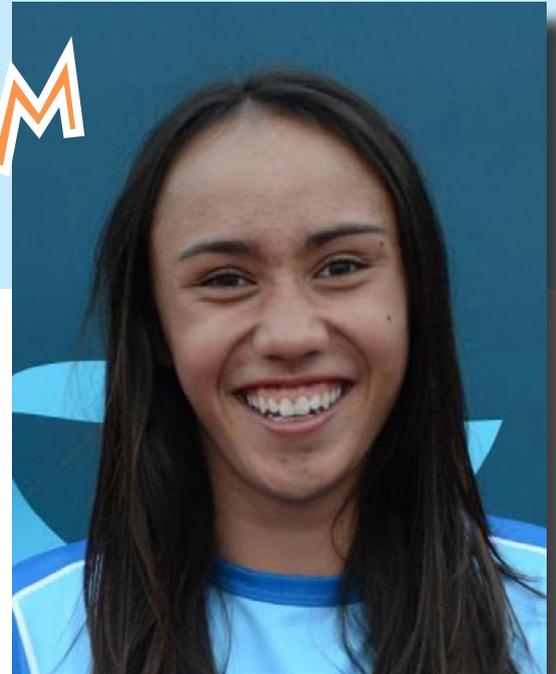
Choice Hotels Australasia, representing the Econo Lodge, Comfort, Quality, Clarion and Ascend brands, have more than 280 hotels, inns, suites and resorts across Australia, New Zealand and Singapore. To take a look at all of the Choice Hotels please visit <http://www.choicehotels.com.au/>



2014 STATE TEAM

An Athlete's Experience

By Dakota Thomas
2014 Little Athletics NSW State Team
Girls Captain



So what type of experience do you get out of being a part of the 2014 LANSW State Team?

To me, the NSW team was not so much a training squad or other kids you would compete against at state, but we were one big family. Although that might sound amusing, we were all connected, we ate together, there was no gender segregation, so everyone was mixed and it was just an overall amazing team.

Camp 1 was actually quite funny. Everyone would only talk to the people that they knew before the team and surprisingly groups had already formed. As a NSW team member it just didn't seem right, so by doing the many fun activities together, everything just fell into place. We were acting, thinking and talking like a team. By dinner the first night I had made so many new friends that I knew our friendship would last forever. I remember that I was quite shy myself at first and by the second night I knew everyone's name in the team including the managers and coaches. You can't be shy forever so that is why I thought I should just make the most of it.

Waiting for Camp 2 just felt like forever because I was so excited to see everyone again. During Camp 2, we started to talk about the importance of sleep, diet and exercise. The championships in Melbourne was for trying your best as an individual but trying even harder as team member to get those points. I was told that having a healthy mental state can help me set goals as well. Also at Camp 2, the presentation for the team and the announcement of captains was held. It was scary walking up the aisle as everyone was staring at you but you just had to walk down proud. It was actually pretty cool as well because we got to hang out and listen to some memories from a couple of the NSW team members from 10 years ago! It was such an honour. It was such a memorable moment when I was announced captain with Benjamin Bishop. I was completely speechless.

Now to the Australian Little Athletics Championships. As nervous as that sounds, imagine walking at the front of your NSW team for the march past! But that day wasn't about nerves or how I was going to compete, it was really about the points and giving everyone the support they needed. Everyone competed to the best of their ability and nearly three quarters of the team got PB's! I finished up 2nd in the 100m, 200m and the 80m hurdles picking up two PB's myself. I was so proud to be captain of all these talented young athletes and that together we won the overall point score trophy. The crowd went wild and the team was so pleased because all of our hard work had paid off.

I also can't forget the team managers and coaches. We didn't really call them that because they were also a part of the family. Without their inspiring words and the hard work that they put in, I don't think anyone would have got to their full potential without them. We were so fortunate to have them there for us and together they helped us achieve our goals.

Although having the best experience of my life so far, I also think that memories like these will never be forgotten.

Thanks,

Dakota Thomas {2014 NSW State Team Captain}

2014 STATE TEAM

An Athlete's Experience

By Benjamin Bishop – 2014 Little Athletics
NSW State Team Boys Captain



Being a part of the Little Athletics NSW ALAC team would have to be one of the best experiences of my life and I am sure that the other 25 athletes in the team would agree.

Everybody was so kind and encouraging to each other, and we really worked well together as a team. I was so honoured and excited when I got that phone call telling me that I had made this team because I knew how successful NSW had been in the past, and how much fun it was going to be.

We had 2 camps preparing for ALAC. On the first camp I didn't know many people very well, but thanks to some great activities from the management we all quickly got to know each other and began to build ourselves as a team. We created our war cry in the first camp which was one of our great team bonding activities. By the end of this camp we were really building as a team, and one of the members even got up and named everybody by their first name which I thought was pretty impressive.

The second camp started quite slowly - everybody was quiet to start with but by dinner time we were all talking again. Our first training session was a great one where we all showed how independent we had become with our training whilst still working together as a team. We were starting to build some really strong friendships and learning to encourage one another. The next day was our team presentation with parents and friends attending. It was a great experience having some athletes from the ALAC team from 10 years ago coming to tell us a little bit about their experience. They gave us some great tips, and it was good to know that many of them were continuing competing in athletics. I was very honoured to be named as the boys team captain.

Finally it was time to head to Melbourne and everybody was so excited. We had many activities before the big day. Some of the highlights for me were the Old Melbourne Gaol, the watch tower experience and the Queen Victoria Markets. We also had a bit of fun after it was all over playing some laser skirmish.

When the big day came we were ready as a team. We were the best in the march past and we had the best war cry too – we were the loudest and most intense of all the states. Finally the events started – I was pretty nervous on the day, but I felt the team's encouragement around me. We really wanted to do well for each other. NSW did very well in all the different events. I was in the 800m and the 1500m, and came 3rd in both races – my first National medals. As the day went on, there were many other great performances, and we all supported and encouraged each other very well. That night we had a great surprise celebration dinner with many of our family and friends there.

The last day was both happy and sad. It was great to look back on our great performances the day before and have a relaxing time knowing that we had done our best for NSW. When our plane landed back in Sydney, nobody wanted to leave each other because we had all made such great friendships that we knew were going to last for the rest of our lives. I hope that all of the other team members enjoyed the experience as much as I did.

THIS IS US NSW!!!!

Ben Bishop {2014 NSW State Team Captain}

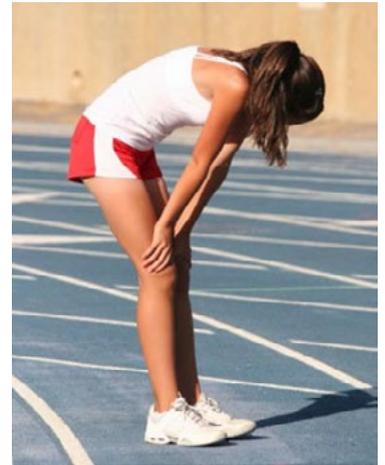


COACHES CORNER

Cramps and Stitches

http://www.ausport.gov.au/ais/nutrition/factsheets/hydration/cramps_and_stitch

Just about everyone who has ventured onto the exercise arena has experienced either a cramp or a stitch at some time. These complaints can range from mildly uncomfortable to severely debilitating and are a great source of frustration to everyone from recreational exercisers to serious athletes. Unfortunately, scientists know very little about the two conditions and how to avoid them. Consequently, there is a lot of folklore surrounding the topic, making it difficult to know exactly how to deal with these problems.



What is cramp?

Cramps occurring during exercise are referred to as Exercise Associated Muscle Cramps (EAMC), to distinguish them from those that may occur at rest or as a symptom of an underlying medical condition. EAMC's are best described as a sudden, tight and intense pain that most commonly occurs in the muscle groups directly involved in the exercise task e.g. gastrocnemius (calf) while running. They can range from a slight twinge to an excruciating pain, and may last for a few seconds or several minutes. An EAMC can be a one-off or occur several times before the muscle relaxes and the pain goes away.

What causes cramp?

EAMC's occur when a muscle involuntary and forcibly contracts and does not relax. While this seems to be due to an abnormal stimulation of the muscle, the exact mechanism is unknown. Cramp is more likely to occur in tired muscles and ones that are already in a shortened position. Therefore poor fitness or exercising at high workloads can increase the likelihood that they will occur, while poor stretching habits may also contribute.

While dehydration has for a long time been associated as a possible cause of EAMC, a number of recent studies of marathon runners and ultra-endurance athletes have shown no difference in the hydration status of those experiencing EAMC and those that have not.

Sodium is involved in initiating nerve signals that make muscles contract. While some athletes will incur large losses of sodium during exercise secondary to a high concentration of sodium in their sweat and/or high sweat losses, the evidence that this can lead to cramp is still inconclusive. Cramp has been attributed to the depletion of potassium and minerals such as calcium and magnesium. However, this idea does not have strong support as very little potassium, calcium and magnesium is lost during exercise.

The use of creatine has been linked to cramps, based on anecdotal reports from athletes, and the hypothesis that a creatine-loaded muscle cell may become so "full" with the storage of creatine and fluid, that the integrity of the membrane is disrupted. Although this theory is interesting, studies that have followed the cramping and injury outcomes of groups of athletes have not found any difference in the prevalence of problems occurring in creatine users and non-users.

How can I avoid cramp?

- Allow adequate recovery and rest for muscles after hard training sessions.
- Increase strength and fitness. Stronger, fitter muscles are more resilient to fatigue and therefore cramp.
- Be cautious when changing speed or intensity especially during the later stages of exercise. Fatigued muscles take longer to adapt to increased workloads.
- Wear comfortable, unrestrictive clothing and footwear.

While there remains little strong evidence that dehydration is associated with EAMC, it's still important that athletes practice good hydration practices both before and during exercise to optimise training and competition performance. See both the "How much do athletes sweat?" and "Fluid – Who needs it?" fact sheets for more information.

How should cramp be treated?

Resting and stretching helps to decrease the muscle contraction and allow the muscle to relax. Massaging the area may also assist, while applying ice can stop the spasm and help to relieve the pain.

What is a stitch?

In the scientific literature stitches are referred to Exercise-related Transient Abdominal Pain and are described as localised pain usually felt on the side, just below the ribs, which sometimes accompanied by a stabbing sensation in the shoulder joint. The pain can range from sharp or stabbing to mild cramping, aching or pulling. Sometimes people can exercise through the pain, though usually the sufferer is forced to slow down or cease exercise. Stitches usually disappear within a few minutes after ceasing exercise however some people experience some residual soreness for a few days, especially after severe pain. While the stitch seems to be more prevalent in activities that involve vigorous upright, repetitive movement of the torso e.g. running and horse riding, it can occur in any type of sporting activity.

What causes stitches?

Scientists are unsure of the exact cause of stitches. For some time, they were thought to be caused by a reduction in blood supply to the diaphragm, a large muscle involved in breathing. It was suggested that during exercise, blood was shunted away from the diaphragm and redirected to exercising muscles. This theory has now lost favour with scientists as both the diaphragm and the limb muscles need to work harder during exercise, so it is unlikely that an inadequate blood flow is directed to the diaphragm. Another popular theory is that stitch is caused by organs pulling on the ligaments that connect the gut to the diaphragm. Jolting during exercise may cause these organs to pull on the ligaments and create stress on the diaphragm, though this theory does not explain the incidence of stitches in athletes involved in sports not involving a significant jolting action e.g. swimming.

A more recent idea is that stitch is caused by irritation of the parietal peritoneum. Two layers of membrane (peritoneum) line the inside wall of the abdominal cavity. One layer covers the abdominal organs, while the other layer (parietal peritoneum) attaches to the abdominal wall. The two layers are separated by lubricating fluid, which allows the two surfaces to move against each other without pain. It is thought that the stitch occurs when there is friction between the abdominal contents and the parietal peritoneum. This friction may be caused by a distended (full) stomach or a reduction in the lubricating fluid. The parietal peritoneum is also attached to the phrenic nerve, which refers pain to the shoulder tip region, which may explain the shoulder pain that has been described by some athletes.

How can I avoid stitch?

Eating too closely to exercise or consuming inappropriate foods seems to increase the chances of athletes experiencing a stitch during exercise. High-fat and fibre foods are more likely to cause problems. The likelihood of stitch occurring may be reduced by allowing 2-4 hours before exercising after a large meal and choosing high-carbohydrate, low-fat and moderate to low protein options in the pre-exercise meal.

Immediately before and during exercise, athletes should avoid consuming highly concentrated fluids such as soft drink, cordial and fruit juice, as they seem to increase the risk of stitches occurring during exercise. These type of drinks empty more slowly from the stomach than both water and sports drink, thereby leaving the stomach more distended for longer. It is also preferable for athletes to consume small amounts of fluid regularly during exercise, as this is better tolerated than large volumes of fluids being consumed at one time.

How should stitch be treated?

Sometimes the stitch eases if you slow down and drop your intensity for a period. However, the most common way to alleviate stitch is to bend forward while pushing on the affected area and breathing deeply. Sometimes this can be done while exercising but usually the pain eases more quickly when exercise is ceased. Another option is to lie down while elevating your hips.

Does stitch indicate a more serious problem?

The stitch is rarely a sign of more serious problems. However, any pain that is persistent and does not ease when exercise ceases should be investigated by a doctor.

Written by AIS Sports Nutrition, last updated November 2009. © Australian Sports Commission



Quotes of the Month

“Always do your best. What you plant now, you will harvest later.”

“Don’t watch the clock; do what it does. Keep going!”

Angus McEntyre is the 2013 Coach of the Year



Angus McEntyre, a young coach who is making a big impact on the development of junior athletes in Sydney's northern suburbs, has been named the 2013 Australian Track & Field Coaches Association (NSW Branch) Little Athletics Coach of the Year.

The award was announced during a special presentation on Saturday 22 March during the opening ceremony of the 2014 Little Athletics NSW State Track & Field Championships.

Angus coaches a vast range of athletes of various ages and abilities with many of his athletes achieving success at a zone, regional and state level. He is a coach who is able to make training fun whilst also encouraging the athletes to work hard towards their goals.

Angus is an excellent role model for his athletes and other coaches. He is a very popular and much admired coach who lives for his sport and his coaching. A notable comment made about Angus by those who nominated him for this award was: "Whether they've had the best of days or the worst of days, Angus is always there to nudge a smile from his athletes."

Angus is clearly making a positive difference in the lives of many young people. He is certainly a worthy recipient of the Little Athletics Coach of the Year Award and is a great asset to the sport.

Coach of the Year Honour Roll since 1998

An outstanding group of individuals have been presented with the Coach of the Year award over the years. A list of past winners is below.

Year	Winner	Year	Winner	Year	Winner
1998	Norbert Maciejewski	2003	Joe Ebejer	2008	Tony Russell
1999	Angela O'Brien	2004	Warren Martin	2009	Ed Batten
2000	Marilyn Pearson	2005	Ray Russell	2010	David Bruce
2001	Don Hodgekiss	2006	Gary Micallef	2011	Astrid Lepelaar
2002	Samantha Peck	2007	Don Hodgekiss	2012	Ron Thompson

JETS Program Update



JETS Still Climbing

JETS membership for the current season continues to grow, now being at 181 athletes. Applications for membership for the 2013-14 program are still being accepted.

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.

Registration for the 2014 JETS Performance Camp is now available

The 2013 JETS Performance Camp held 12-14 July at the Sydney Academy of Sport & Recreation, Narrabeen, was a huge success and contained many highlights. The camp attracted 49 athletes in the Under 12 – 17 age groups, which was almost a quarter of the 2012-13 JETS membership.

The weekend was a busy one! Apart from the four coaching sessions held at the Academy's athletics track, the program included a recovery workshop which included a self-massage practical, a workshop with a physiotherapist which dealt with common adolescent growth problems and injuries, a water workout in the Academy's indoor heated pool, two relaxation/imagery sessions, a stretching session, as well as lots of games and fun activities.

Some of the comments received from the athletes about the camp include:

“Thank you so much for making this camp enjoyable.”

“I really enjoyed the camp and there is nothing I would change.”

“Great coaches helped so much. Thank you.”

“The camp was great and added to my knowledge.”

“The camp was really fun and I met lots of friends.”

“I wish I could stay longer.”

“The camp was awesome and I would love to come back.”

“Made heaps of friends from all over NSW. Fun, fun, fun.”

The JETS coaching staff was thrilled with the conduct and attitude of the athletes who certainly made the most of their time at the Academy. Everyone left the camp with lots of new skills and knowledge, as well as some great new friends and memories.

Little Athletics NSW is aiming to make the 2014 camp the biggest and best yet.

2014-2015 JETS Program

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

CENTRE NEWS

Balmain Little Athletics LAC



Towards the end of last season, Keela Callan in under 6 group had a great day at Little A's. She did the 300m, 70m & long jump and received two PBs! Well done Keela and a well done to her dad Sean for pitching in and helping to rake the sandpit!

Mosman Little Athletics LAC



This photo was sent in by a very proud grandparent!

Isaac Tapia (he is the one showing his muscles) loves his Little Athletics!

CENTRE NEWS



KEEP FIT AND ACTIVE IN THE OFF SEASON

JOIN YOUR LOCAL AFL CLUB

**NAB AFL Auskick is a great way to have fun, meet new friends,
AND keep active in the Little Athletics off season.**

**For \$75 you will receive a full AFL season of skills, games, coaching,
and the 2014 AFL NAB Auskick Backpack!**

Exclusive Offer For Little Athletics in the GWS Region

**Complimentary family pass (2 adults, 2 children) to
GWS GIANTS v Adelaide, Saturday, July 5, 2:10pm at
Spotless Stadium, Sydney Olympic Park.**

BENEFITS OF THE PROGRAM:

- 1** **2014 NAB AFL Auskick Backpack which contains:**
 - A sherrin football
 - Hat, Pump, Footypedia
 - 2014 Footy Cards & Album
- 2** **Meet GWS GIANTS players**
- 3** **Opportunity to play at half time at an AFL game**

For further information or to find you local AFL club please contact the AFL Office on 8867 7411



Find a Word



EXTREME SPORTS



- ABSEILING
- BMX
- BUNGIEJUMPING
- HANGGLIDING
- ICEGOLF
- JETSKIING
- MOUNTAINBIKING
- PARACHUTING
- ROCKCLIMBING
- RODEO
- SCUBADIVING
- SKATEBOARDING
- STREETLUGE

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CONGRATULATIONS

to U9 Little Athlete Elana Topalidis from Bankstown 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 23 June 2014.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



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 Tel: (02) 9633 4511 or 1800 451 295 Fax: (02) 9633 2821
 Email: admin@lansw.com.au Website: littleathletics.com.au