



# RUN FOR FUN

Jetstar



Jetstar



## Jetstar strides ahead with Little Athletics Australia

Little Athletics Australia (LAA) recently announced a new partnership with Jetstar, who become the first ever official naming partner for our sport!

Jetstar Australia and New Zealand CEO, David Hall, said LAA's mission to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletic activities aligns well with the airline's brand values. "We are proud to partner with Little Athletics Australia, a unique Australian organisation that promotes having fun, being healthy and community involvement," Mr Hall said.

"Little Athletics aligns with Jetstar's values of creating new memories and special moments and we look forward to supporting Little Athletics communities nationwide as we take this new journey together."

Martin Stillman, Chief Executive of Little Athletics Australia, said "Little Athletics is an iconic brand in the Australian junior sporting landscape and we are thrilled to partner with Jetstar Airways as our new naming rights partner. The Jetstar partnership will enable Little Athletics to provide more support and resources at grassroots level and ensure further growth within the sport. We recently celebrated 50 years of Little Athletics in Australia, and are now excited to embark on this new chapter in our history with Jetstar."

Welcome Jetstar! We are pleased to be aboard!

*Season 2014/2015 is almost here and registrations are well underway - have you re-registered yet?*



The start of the 2014/2015 season is only a couple of weeks away and centres have been busy taking registrations over the past few weeks. Already this season, we have 7,000 members registered on our online system!

Have you registered yet for the coming season? If not, now is the time to do so! With online registrations available for all centres across NSW, renewing your registration can now be faster and easier and online registration allows for much quicker processing on registration day!

*We look forward to seeing you around the tracks!*

### July/Aug 2014

A Word from the President	2
Editorial	3
The ROC	4
Championship News	5
2015 State Team	6
Coaches Corner	7
Kids Cancer Centre	8
Jets Performance Camp	9
Centre News	10
Find a Word	11

### Special Points of Interest...

- State Cross Country & Road Walks
- Sports nutrition tips for gluten free athletes
- Volunteers needed for research

**CLICK HERE**  
to access the online registration system

# A WORD FROM THE PRESIDENT...

## NEIL SANDALL



Well we have just completed the busy 'off-season' month of July which kicked off with a well run State Cross Country & Road Walks Championships down at the purpose built facility at West Dapto. Our deep appreciation to both Kembla Joggers & Albion Park LAC who jointly hosted the event for 613 cross country runners and 176 road walks competitors.

Fortunately the weather was fine, if a little cold, with the inevitable winter winds of the South Coast, and all competitors competed in good spirits and conditions. I have to say the day flowed smoothly, easily transitioning from the cross country format in the morning, run on a well prepared series of courses to the road walks in the afternoon. Congratulations to the athletes, officials and of course the supportive parents and friends who made the day what it was.

A few weekends later we held our AGM/conference in the Lower Hunter Valley at Cessnock in the Cessnock Leagues Club. This year's theme "Unity through Identity" sought to emphasise that we are all in this together as volunteers trying to grow and sustain our sport through its contemporary challenges. My personal thanks to the conference focus groups and the LANSW staff for providing us with such an interesting conference agenda. I thought the keynote address from Jana Pittman was very relevant, with some excellent take-aways, as was the plenary session conducted by Yvette Forbes from our new national partners in keeping children involved in our sport safe, Bravehearts.

I would be remiss in not mentioning the friendly and co-operative spirit in evidence throughout the conference, and pass on my appreciation to all delegates and observers for their contributions in making this a highly successful and memorable AGM/conference.

As in recent past years we will be holding country seminars in a range of country areas - ( Narrandera, Coffs Harbour, Tamworth and Dubbo) and as usual we are hoping these are well supported by country centres, particularly those unable to get to this year's conference. Board directors and staff will offer feedback on a range of contemporary Little Athletics topics for those attending and will happily deal with any centre questions/issues raised at the seminar.

Likewise, metropolitan centres will have the usual August Meeting to catch up on relevant post conference matters and any event change notifications for the upcoming season. The meeting will as usual be held at Parramatta RSL Club on Wednesday, 20 August at 8pm.

Finally I would like to welcome Mavis Godber to the LANSW board in the role of Membership Development, as a replacement for Trevor Hinwood (our newest Life Member) who stood down at the recent AGM after 10 years of valued service in that role. Welcome Mavis and my sincere thank you to Trevor for a job well done & recognition well earned.

Yours in sport,

Neil Sandall  
President  
LANSW

# editorial

This year's LANSW AGM and Annual Conference was held in Cessnock, a great venue and another interesting information packed weekend.

Conference is a great way to find out information on how to make your centre better. Sharing and exchanging information is a way of improving our knowledge and finding out what works at other centres. Some centres take a keen interest in the AGM and conference whilst others show little. Regardless of where your centre might be on that scale, the board makes its decisions based on the voice of our centre's. By not taking an interest in matters up for discussion can mean that your centre's opinion might not be heard.



With the new season almost underway, how ready is your centre? How do you communicate with your members? There are many ways now to exchange information and everyone should be taking advantage of the many electronic ways this can be done. Centre websites, emails, text messages, Facebook and other social media options are easy avenues to contact our members about the upcoming season. Relying solely on advertising flyers, newsletters and word of mouth is restricting the ways in which we can communicate to existing and potential athletes, and can limit our growth and retention. Does your centre accept online registrations and promote this fact. Online registrations speed up the registration process and allow smoother, less stressful registration days. Need a hand? Don't be reluctant to ask for assistance. Please contact the LANSW office, or look for the answer on the website.

Michael Gray  
Former Business Development Director

NB: Michael Gray was the LANSW Business Development Director at the time of writing this editorial. He has however recently resigned that position due to increased work pressures. LANSW would like to thank Michael for the time he has volunteered to Little Athletics NSW and the contribution that he has made. We wish him all the best in his future pursuits.



# The ROC

(The Rules of Competition)

Did you know.....

## **No Spikes for Athletes in the U9 Age Group**

Commencing from this season, athletes in the U9 age group will not be permitted to wear spike shoes in any event and from next season this rule will be extended to include the U10 age group.

## **Non-Verbal Red Cards for Walkers in the U12 Age Group**

Athletes in the U12 age group will now have non-verbal red cards. That is, the same rule will apply for all athletes who compete in the 1500m walk events.

## **Rules of Competition**

The 2014 version will be uploaded onto our website in September.

### ***What is the ROC?***

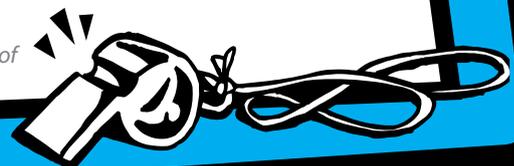
*The ROC is the LANSW Rules of Competition. It contains the requirements for competition for LANSW carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC.*

### ***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 Cross Country & Road Walks

The 2014 LANSW State Cross Country & Road Walks were held at Kembla Joggers Cross Country Park, West Dapto on Sunday, 6 July. It was a very cold windy winter day, as usual. Thanks must be extended to members of the Kembla Joggers and Albion Park Little Athletics Centre, for their assistance with the organisation prior to and on the day.

Total entries received by the closing date were 659, and with the drop off, 564 athletes actually competed on the day, some doubling up in both the cross country run in the morning and road walks in the afternoon.

For the first time, we had a photographer at this event, who took photos during some of the cross country events in the morning. Photos can be viewed and purchased from [www.geosnapshot.com.au](http://www.geosnapshot.com.au) for \$6 each.

Athletes from 79 Little Athletics NSW centres took part, as well as two invitational athletes from Queanbeyan and Cooma in the ACT.

Centres from all around the state were represented, including Coffs Coast, Tumbarumba and Tumut.

Winners in the Cross Country events were: -

### BOYS

U7	Noah Lang	Jamison
U8	Kalani Vella	Albion Park
U9	Taj Ford	Kiama
U10	Marcus Panetta	Northern Districts
U11	James Constable	Ku-Ring-Gai
U12	Angus Beer	Balmain
U13	Benjamin Bishop	Cherrybrook
U14	Jordan Doris	Eschol Park
U15	James Constance	Campbelltown Collegians
U17	Ben Thomson	Hills District

### GIRLS

Sarah Baker	Northern Suburbs
Samara Jirsa	Wollongong City
Imogen Stewart	St George
Nicola Hogg	Mosman
Maeve Goehner	Glenbrook
Abbey Rockliff	Ku-Ring-Gai
Emily Schneider	Sutherland
Catherine Miller	Ku-Ring-Gai
Matilda Offord	Camden
Georgia Wincup	Ryde

Winners in the Road Walk events were: -

### BOYS

U9	Dylan Daly	Wyong
U10	Lachlan Rigney	Wyong
U11	Dion Carrothers	Manly Warringah
U12	Christopher Wicks	Quakers Hill
U13	Dylan Richardson	Gosford
U14	Ryan Thomson	Colyton St Clair
U15	James Clay	Lake Illawarra
U17	Tyler Jones	Wyong

### GIRLS

Abby Kitto	Quakers Hill
Elizabeth McMillen	Manly Warringah
Allanah Pitcher	Gosford
Alexandra Sutherland	Randwick Botany
Samantha Brown	Hornsby District
Chelsea Goodhew	Westlakes
Jasmyn McDonald	Parramatta
Bryony Beasley	Nepean





# 2015 STATE TEAM

## Preliminary Dates & Commitments

The Australian Little Athletics Championships (ALAC) is a one-day event held every year, hosted by each State or Territory on a rotational basis. All States and Territories, apart from the Northern Territory, are represented at the championships.

The ALAC encompasses the Australian Teams Championships for Under 13 athletes and the Australian Multi-Event Championships for Under 15 athletes.

Selection in the Little Athletics NSW State Team is considered a great honour and a major highlight of Little Athletics involvement.

The 2015 ASICS ALAC will be held on Sunday, 26 April at the WA Athletics Stadium, Mt Claremont, Western Australia.

The selection policies for both the Under 13 Team and the Under 15 Team to compete at this event will soon be available on the Little Athletics NSW website.

The proposed 2015 State team program is:

- **Team Camp 1:** Monday, 6 April 2015 (4.30pm) to Wednesday, 8 April 2015 (3.00pm) at the Sydney Academy of Sport & Recreation, Narrabeen
- **Team Camp 2:** Friday, 17 April 2015 (4.30pm) to Sunday, 19 April 2015 (3.00pm) at the Sydney Academy of Sport & Recreation, Narrabeen
- **Team Travels to Perth:** Thursday, 23 April 2015 (Team will travel and be accommodated together).
- **Australian Little Athletics Championships:** Sunday, 26 April 2015, 8am to 5.30pm, WA Athletics Stadium, Stephenson Ave, Mt Claremont, WA
- **Team returns to Sydney:** Monday, 27 April 2015

Please note:

- Team members are required to attend all scheduled team activities including both pre-championship camps.
- Both team camps are scheduled to take place during school holidays.
- Team Camp 1 begins on Easter Monday.
- A parent/guardian of each team members is required to attend a State Team Introductory Session with their son/daughter on Monday, 6 April 2015 (Easter Monday) at the Sydney Academy of Sport & Recreation, Narrabeen, which coincides with the start of Team Camp 1.

For the most up-to-date LANSW State Team information, go to the NSW section of the Little Athletics website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. 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](mailto:admin@lansw.com.au).



# COACHES CORNER

*As a coach for Little Athletics NSW I meet many athletes and parents. I recently met a young athlete that required a "gluten free" diet. I've heard of gluten-free but didn't know too much about it, so I did some research to increase my knowledge. I never realised how many people and athletes require a gluten-free diet. Today many restaurants, food outlets and schools offer gluten free options.*

*A gluten free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye and triticale (a cross between wheat and rye). A gluten-free diet is used to treat coeliac disease. Gluten causes inflammation in the small intestines of people with coeliac disease. Eating a gluten free diet helps people with coeliac disease control their signs and symptoms and prevent complications. Alvin Umadhay*

## Tips for managing your sports nutrition goals as a gluten free athlete



Steph Gaskell, APD Accredited Sports Dietician, IOC Diploma in Sports Nutrition - 12/5/2014  
<http://www.sportsdietitians.com.au/GlutenFree/>

There may be various reasons why you as an athlete are following a gluten free diet or limiting your intake of gluten. You may have been medically diagnosed with coeliac disease (which requires a lifelong strict gluten free diet), have Irritable Bowel Syndrome and found that restricting large amounts of wheat helps in the management of your symptoms or you just simply prefer this style of eating. Whatever the reason, it is important for you to consider the following to help ensure your nutrition plan is as optimal as it can be for your health and sporting performance.

Carbohydrate is an important fuel for most athletes and is especially important for those participating in endurance-based sports like triathlon, running, adventure racing and more. Breads and cereals are good sources of carbohydrate BUT....

### Gluten free breads, cereals and products aren't that tasty! Right..?

**...Not so.** Gluten free food has come a long way to where we are now with some tasty and better forming products e.g. bread is not so dense or dry and crumbly. You can still get less tasty and satisfying gluten free products, but isn't that the same for gluten containing foods. It is about trying a range of different gluten free products and finding those that best suit your taste buds and needs. Gluten free cooking and baking may be more of a challenge but there are loads of resources available to help you in this area, including cookbooks and online cooking tips. In Australia there is the Australian Coeliac Society with a branch in each state available to help support you.

### BUT... gluten free is low in fibre and high in fat... Right..?

**...It doesn't have to be.** You can choose to eat a healthy, low fat and high fibre gluten free diet. High fibre gluten free choices are becoming more readily available. For example there are many higher fibre gluten free breads now available such as Helga's Soy and Linseed, 5 Grains, Country Life Low GITM, wholemeal gluten free bread and more. You may prefer to make your own gluten free bread, adding nuts and seeds to the mix to help boost the nutrition profile. There are now dedicated gluten free bread machines but you can also bake your bread just as easily in an oven, provided it heats evenly and you have a good bread loaf tin.

Quinoa has been getting a lot of attention. It is a complete source of protein and provides a good amount of fibre and carbohydrate. You can now get corn based cous cous from the supermarket, choose brown rice or low GI rice such as Basmati or Doongoora. For pasta you can trial many different varieties that are higher in fibre such as buckwheat or quinoa varieties. Cereals used to be considered bland and low fibre but again this has changed, try choosing wholegrain gluten free cereals.

Consuming a well-balanced nutritious gluten free diet comes back to ensuring you are getting your foundations in nutrition right. Check out the Eat for Health guidelines <http://www.eatforhealth.gov.au/>. Foods such as fresh fruit and vegetables are naturally gluten free and if you leave the skin on you are adding to your fibre intake. Unprocessed meat, dairy, legumes and lentils, nuts and seeds are gluten free. Enjoy fresh and wholesome foods.

As with any processed food you need to read the food labels to help you understand what it is made up of. Determine what the main ingredients are – is it made from more refined ingredients or not, how much fat does it contain and what type of fat, sugar, sodium and fibre. It is not just about checking to make sure the food product is gluten free, you also need to ensure its nutritional quality.

### But... There are limited options for gluten free sports foods...

**Look and you will find.** There are times when you, as an athlete may be wanting or needing more refined foods and products such as cereal bars, gels, sports drinks and lollies to help meet your nutrition needs for a high training days or competition. There are now many more convenient gluten free options in this area. Being competent in reading and understanding food labels will help you find the products that you are looking for or seek out the advice of an Accredited Sports dietician with a special interest in this area. There is also a good range of sports cookbooks in this area including Skratch Labs Feed Zone Portables and online resources.

### But aren't I more likely to be inadequate in certain vitamins and minerals...

Individuals on a gluten free diet are at risk of nutritional inadequacy therefore it is important that the athlete makes more effort to ensure they are consuming a healthy, well balanced diet. The list below shows the particular attention to the following vitamins and minerals that you need to be mindful of and some good sources of these vitamins and minerals.

- Thiamine (Vitamin B1) - Pork, offal, wholegrain cereals, brown rice, eggs, nuts, legumes. Some breads are now fortified in thiamine such as Country Life™, Pure Bred™ (except raisin toast), some Livwell™ products and Helgas™. Aussemite™, Mighty Mite™ and Vege Spread™ are thiamine fortified.
- Folate - Liver, leafy green vegetables especially broccoli, kale, spinach, peas, legumes, nuts & citrus fruits. Pure Bred™ (except raisin toast) is folate fortified as well as Aussemite™, Mighty Mite™ and Vege Spread™
- Magnesium – wholegrains, nuts and leafy green vegetables
- Calcium – dairy products, leafy green vegetables, sardines including the bones, almonds and Brazil nuts
- Vitamin A – eggs, meat, fortified milk, cheese, offal and cod. We can also make vitamin A from carotenoids found in food – look for yellow, orange and red fruits and vegetables such as carrot, pumpkin, sweet potato, squash, apricot and rockmelon (cantaloupe)
- Iron – meat, legumes, liver, wholegrains, egg yolks and dried fruit
- Zinc – red meat, oysters, shellfish, chicken, fish, cheese, legumes, wholegrains, leafy greens and seeds

### A brief about travelling...

When you travel ensure the airline is aware of your gluten free requirements and it is advisable to take some gluten free portable foods with you. Get to know the environment you are travelling to prior to going including knowing where you can purchase gluten free foods.

### Give it time...

A gluten free diet will bring challenges and it takes time to learn how to manage these however there is much more support for consuming a gluten free diet today with a wealth of resources available. If you are an athlete following a gluten free diet, make an appointment with an Accredited Sports dietician today to make sure that your fuelling and recovery needs are spot on. <http://www.sportsdietitians.com.au/findasportsdietitian>

## VOLUNTEERS NEEDED FOR RESEARCH

A Behavioural Sciences Unit of the Kids Cancer Centre at Sydney Children's Hospital in Randwick is hoping to recruit some young people for one of their upcoming studies.

The study is aiming to find out more about young Australians' quality of life, mental health, and health service use (that is, how often they might have a doctor's appointment). They are using this information to compare with a group of young Australians who have cancer, so they can look at any differences between the groups.

You are eligible for this study if you:

- Are aged between 15-25 years' old,
- Are fluent in English,
- Are an Australian/New Zealand citizen OR permanent Australian resident, and
- Have never had cancer.



UNSW  
AUSTRALIA

Women's &  
Children's Health  
Medicine

Eligible participants who complete one 30 minute online questionnaire will go into the draw to win a \$200 Westfield shopping voucher.

If you are interested, please email Ms Eden Robertson at [eden.robertson@unsw.edu.au](mailto:eden.robertson@unsw.edu.au) with your contact number and preferred time to be contacted.

If you have any further queries about this study, please do not hesitate to contact the Kids Cancer Centre through the contact details provided below.

Sanaa Mathur - Research Officer  
Behavioural Sciences Unit  
Tel: (02) 9382 3120, Fax: (02) 9382 1789  
E-mail: [s.mathur@unsw.edu.au](mailto:s.mathur@unsw.edu.au)  
Website: [www.BehaviouralSciencesUnit.org](http://www.BehaviouralSciencesUnit.org)

# 2014 JETS PERFORMANCE CAMP

## An Athlete's View

The JETS camp was an amazing experience and we learnt a tonne of new and exciting ways to improve our fitness and stay healthy. The coaches taught us how to be better athletes, what to eat before and after events and how to recover so that we can keep going and perform to our best every time (I will always pack a tennis ball in my bag now - never underestimate their use in recovery).

The coaches were fantastic and it was excellent to get that next level of intense training. Everyone learnt new things that would help them in the future. Every coach made you feel welcome and even though each session was hard, they made them fun and enjoyable.

The water session was something new to many of us and we learnt how to use water to help train and recover. While it was easy on the joints it was HARD on the muscles!!!

I loved the camp because I enjoyed all of the training activities and learnt heaps. I loved the camp because the relaxation, core strength and the nutrition sessions taught me a lot. But most of all I loved the camp because I got to meet new coaches and make new friends with other athletes.

**Emma Klasen - Tamworth Little Athletics member**



This year was the first time I have attended a JETS camp. Everyone was very supportive and I had a really nice cabin with really nice girls in it. We felt very looked after and the entire camp was well organized with lots of fun activities.

The sessions we had were great fun and I learnt a lot that can help me in the future and now. The nutrition session was one of my favorite things we did at the camp. I learnt a lot about what to eat the week before a competition and what to eat on the day and what snacks are good for you. The coaching sessions we did on the track were great. I learnt a lot of great tips to help me to get my speed off the blocks for 200m and 100m. I also learnt a lot of core work stretches that I never knew I needed for sprinting.

Over the three days I made a lot new friends, and have seen some of them at competitions since then. These friends I made will be friends forever and I will see them when I compete with them. The relaxation sessions were also great and I have used these ideas at home.

Overall I had a really fun time. I recommend the camp to young athletes who want to do great in the future. I have made new friends and have met some friendly coaches with excellent ideas.

**Tea Lisle - Manly Warringah Little Athletics member**



The JETS performance camp was great!

The first activity we did was a stretching and muscle strength session. The next activity was a nutrition and diet session. Then we all went for dinner. After dinner we went down stairs to have a workshop with all the coaches. We asked questions and got fabulous answers back. Then we had one of Mandy's famous relaxation sessions. To finish the day we all had supper and went to bed.

We were woken by Alvin - he was blowing his whistle. We all got up, got dressed and went to breakfast. I had a nice breakfast and talk with my friends. Then we went down to the track to do the event we chose. I chose race walking and 100/200m sprints.

First I did race walking with Cheryl. We did a pyramid, and I hadn't walked for 4 months, so I had to get used to race walking again. Following a morning tea break, I went to sprints with Glen. After this we went back for lunch. Then we did an activity where we had to do drills in water followed by a free play at the pool. After that we went to dinner, and then we went to do a stretching session with Clare and Darren. After we all had supper we went to bed.

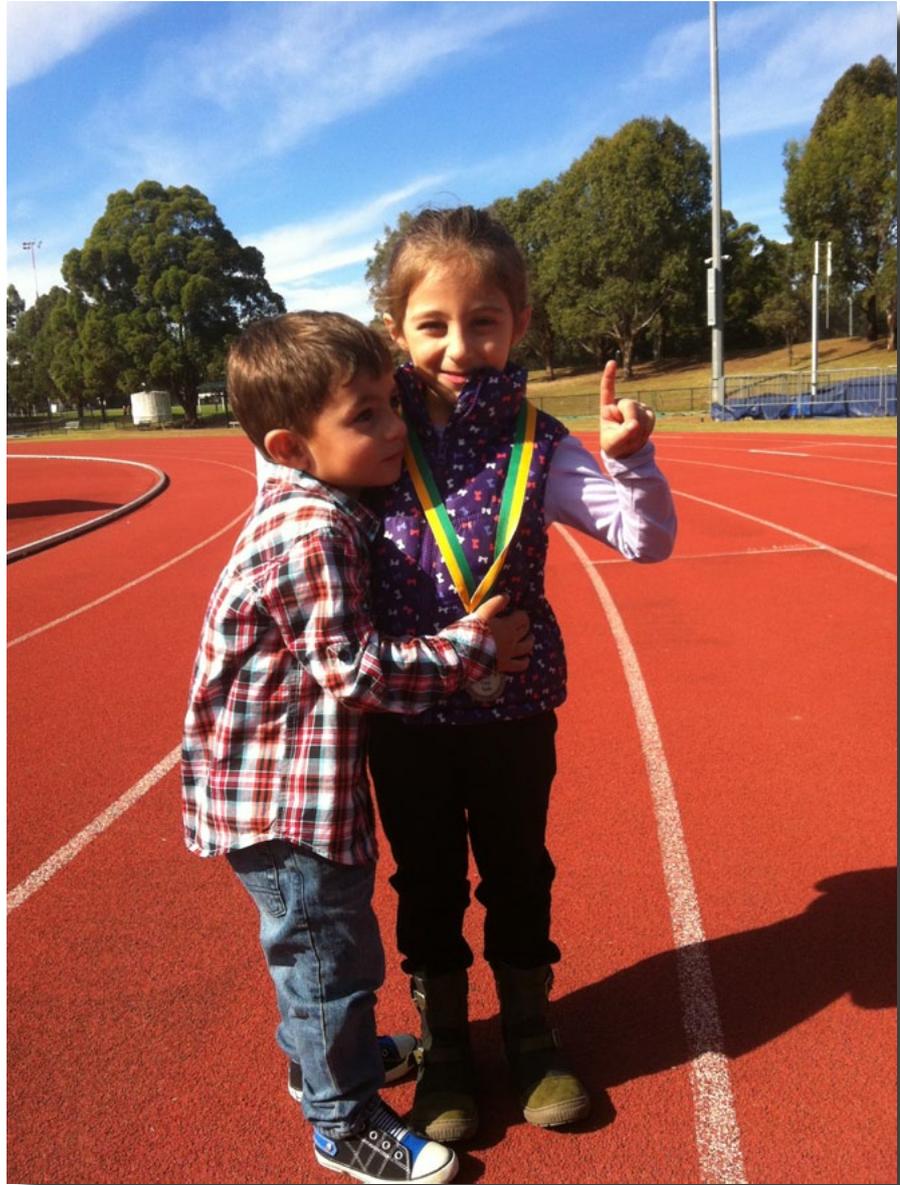
The next morning Alvin woke us up by playing a bagpipe sound. Then we had breakfast. After that we went down to the track and we did our chosen events again. I did a strength sprint session with Alvin. After that we walked back and had lunch. We said goodbye to our friends and then we waited out the front for our ride home.

I definitely would recommend going to this JETS camp next year.

**Luke Goschnik - Port Hacking Little Athletics member**



## *Bankstown Little Athletics LAC*



*Under 4's Rebecca Ayoub from Bankstown Tiny Tots gets a hug from her biggest hero and favourite brother Alexi Ayoub after she received her end of season medal.*

*Alexi will be joining the Tiny Tots's this season hoping to make Rebecca proud.*

# Find a Word



## THE SPORTING LIFE



- |            |           |
|------------|-----------|
| ARCHERY    | HOCKEY    |
| ATHLETICS  | JUDO      |
| BASKETBALL | MARATHON  |
| BOWLING    | POLO      |
| BOXING     | FOOTBALL  |
| CRICKET    | SKIING    |
| FENCING    | SQUASH    |
| GOLF       | TENNIS    |
| HANDBALL   | WRESTLING |

Q	S	W	E	M	R	T	Y	U	B	I	O	P	A
H	Q	S	D	A	F	B	F	G	O	D	U	J	F
A	U	H	B	R	J	O	O	K	W	L	S	Z	E
N	A	X	C	A	O	V	B	X	L	C	N	M	N
D	S	Q	W	T	S	C	W	E	I	R	T	Y	C
B	H	U	B	H	I	K	R	T	N	N	O	S	I
A	P	A	A	O	S	H	E	I	G	D	G	I	N
L	L	R	F	N	O	L	S	T	C	G	H	N	G
L	J	C	K	C	H	O	T	F	B	K	Z	N	X
C	V	H	K	T	L	N	L	M	L	A	E	E	O
T	T	E	A	O	M	O	I	I	L	N	L	T	A
I	Y	R	P	L	G	E	N	A	S	E	T	L	H
U	R	Y	S	D	A	Y	G	N	I	I	K	S	L

**CONGRATULATIONS**

to U7 Little Athlete **Riley McKenzie** 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 8 September 2014.

Name: \_\_\_\_\_

Centre: \_\_\_\_\_ Age Group: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

**Contact us...**

Locked Bag 85, PARRAMATTA NSW 2124  
(90-92 Harris Street, HARRIS PARK 2150)  
Tel: (02) 9633 4511 or 1800 451 295  
Fax: (02) 9633 2821  
Email: admin@lansw.com.au  
Website: littleathletics.com.au

