

ADMINISTRATION & FINANCE



2014 Centre Grant Scheme

Applications are open for the 2014 Centre Grant Scheme. To download an application form, click [here](#). Applications close 31 December 2014.

McDonald's Little Athletics Scholarship 2014-2015

McDonald's and LANSW are pleased to announce that the McDonald's Little Athletics Scholarships will again be available in 2014/2015. A total of four scholarships will be available (one for regions 1 and 2, one for regions 3 and 4, and two for the Sydney metropolitan area). Each of the successful four finalists will receive a cheque to the value of \$500. Each zone is to nominate one athlete from the U13 age group or above, who has reached State Championships standard. Centres are encouraged to put forward the names of potential nominees to their respective zone coordinator. Nominations close from zone coordinators on Friday, 27 February 2015. For further information, please contact Executive Assistant Georgie Boost at the LANSW office. For an athlete nomination form, click [here](#).

Guidelines for the Safe Handling of Starting Guns & Caps

In recent months, there has been a few incidents where starters at Little Athletics centres have suffered burns due to starting caps 'self-igniting'. From the reports that we have received, it appears that whilst the caps themselves differ from those previously supplied and this may be part of the problem, poor safety and handling has also been a contributing factor. As a result we have developed a guideline on the safe handling of starting guns and caps. It is imperative that any person filling the role of starter at a Little Athletics centre be given proper instruction by an experienced starter and that they are aware of the risks involved and the safety precautions required when handling caps.

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

Sport Infrastructure Project – Future Needs of Sport Study

NSW Sport & Recreation is undertaking a major project looking into sport infrastructure in NSW and the future needs of sport in regards to facilities. The first phase of this project involves sports identifying existing infrastructure used for competitions and providing this information to Sport and Recreation. With the assistance of Sport & Recreation, a survey is being developed that will require completion by all Little Athletics centres in NSW, in order for full and accurate information to be obtained. Assistance from centres in completing this survey when it becomes available, is appreciated.

ADMINISTRATION & FINANCE

Country Seminars

All Country Seminars have now been held, with attendances, as follows:

- Narrandera – 27 people (14 centres and 2 zone coordinators)
- Coffs Harbour – 18 people (9 centres and 1 zone coordinator)
- Tamworth – 10 people (5 centres and 1 zone coordinator)
- Dubbo – 25 people (16 centres and 2 zone coordinators)

Thank you to all of the attendees for their input into these seminars to make them such a success. We will be distributing a questionnaire to all attendees to gain feedback for future seminar planning.

Little Athletics Annual Conference 2015 - REMINDER

Little Athletics NSW would like to remind centres that next year's conference will be held in Wagga Wagga on the weekend of 17-19 July. Little Athletics members have been offered a special discounted rate at the International Hotel Wagga Wagga, where the Annual Conference and Awards Presentation Dinner 2015 will be hosted. The hotel is the winner of the Most Outstanding Business Award for 2014 and it offers luxury accommodation two minutes from the CBD with complimentary parking and Wi-Fi access.

Little Athletics centres who will have delegates/observers attending conference in 2015 are encouraged to take advantage of the discounted accommodation rates : Single \$115 (normally \$149, Double or Twin \$135 (normally \$169) using the Little Athletics NSW promotional code: LANSW

Rooms are subject to availability and there are a limited number of rooms still available for these dates. To secure your booking please contact the hotel directly through the contact details on their [website](#).

Conference Advisory Committee Guidelines

As the roles undertaken by the 'Conference Focus Group' have now expanded beyond the original focus group concept, it has been agreed to make this group an advisory committee, in line with other LANSW committees. As a result, the name of the group will now be 'Conference Advisory Committee', which better reflects the current role performed and a set of committee guidelines has been developed. To view the guidelines, click [here](#).

Registrations & Registration Rebates

Registrations currently stand at 35,473. Thank you to those centres who have been updating the online system and were eligible for the \$5 rebate for having members as active/financial, and with payments in the office as at 31 October 2014. Rebates will be issued for approximately 32,900 athletes.

A reminder to all centres that next year's conference will be held in Wagga Wagga on the weekend of 17-19 July.

CHAMPIONSHIPS & OFFICIALS



Zone & Region Championships

A reminder to zone and region coordinators that they must advise LANSW, as soon as possible, which program of events they are conducting at their championships. This is so the LANSW website can be updated with this information.

Determining Next Best Qualifiers for Region & State

In an attempt to make sure that all times taken at the various LANSW championship carnivals are processed as consistently as possible, it has been agreed to make adjustments as follows: -

- Any times for events up to and including 400m, taken with stopwatches, will have an adjustment made to the time.
- This will be an addition of 0.24sec for all track events up to and including 200m.
- For events over 200m and up to and including 400m, an addition of 0.14sec will be added.

Please note that the time published on the official result will be the time shown by the stopwatch, with the time shown in 100th of a second. The additional time adjustment detailed above will be added when the progressions are processed at the Little Athletics NSW office.

Any timing gates that are used that have the start not triggered by the gun (i.e. triggered manually by the gates operator) will also have the same adjustment made.

In explanation for the process - times taken manually with the stopwatch are quicker as there is a reaction time not picked up by the timekeeper.

Trans Tasman

The Trans Tasman Trials were held on Sunday, 2 November, with 276 athletes competing for the 120 team member places and 16 reserve places. The Trans Tasman selectors had a difficult task, but the team was announced on the LANSW website on 10 November. It was a very pleasant day and a big thanks to all the officials who assisted in this first Little Athletics event of the 2014/2015 season. Thanks also to the Parramatta LAC for being great hosts.

The Trans Tasman Tour dates are 13 – 21 January 2015, with The Challenge being held on Sunday, 18 January at Campbelltown Sports Ground.

A carnival including the New Zealand team, all LANSW team members and reserves, plus any other registered U11 and U12 athletes, will be held on the afternoon of Thursday, 15 January at Campbelltown Sports Ground.

The information regarding the 2016 Jetstar LANSW Trans Tasman Tour to Auckland is also now on the website.

State Relays

The State Relays held on 22 and 23 November at SOPAC had 1,112 teams entered, which was about 100 teams less than last year. It was still a great weekend of Little Athletics for the 578 teams on the junior day and 534 teams on senior day.

The temperature for the seniors day on Sunday was forecast to be extreme and as a result, a decision was made that there would be no track finals and placegetters in all track events were determined on heat times. Fortunately, the heat and humidity stayed below the cut-off point and we were able to complete all events.

We appreciate the fact that everyone readily accepted the decision to change to timed finals.

DEVELOPMENT



2014 School Visits

This year's Desire to Inspire program was conducted during the Commonwealth Games. History shows that registration numbers generally increase during this period especially if the Australian athletes have seen success.

What a massive period this was! From late July to late September the development team travelled over 15,000km state-wide (equivalent to driving from Sydney to Perth four times), representing 31 Little Athletics centres, visiting 126 schools and seeing over 25,000 school students... all within two months.

Besides promoting Little Athletics and the local centre, the general theme/focus of the presentations this year (as indicated by the presenters) was the Games and the success of our athletes eg. Dani Samuels, Kim Mickle & Sally Pearson, all of whom are ex-Little Athletes.

Thank you to all centres and representatives for their enthusiasm, support and organising the school visits on behalf of their centre.

Introduction to Coaching Courses

At the time of writing, 165 individuals have participated in 12 ITC (Introduction to Coaching) courses so far this season. This is a great result, made even better by the fact that eight of these courses have been held in regional areas.

Christmas Camp

This year's camp will be held from the 19 - 21 December 2014 at "Blue Gum Lodge", Springwood. Camp features include:

- U9-U15 age groups only
- Four specialised athletic coaching sessions, of your choice, with nationally accredited coaches
- Two conditioning sessions
- Saturday Night "Team Tabloid" Party
- Sunday "Be Your Best" Team Challenge
- Kris Kringle present sharing
- All meals and accommodation and activities are included
- Provides a great opportunity to meet lots of friends (or catch up with old ones) and have a fun weekend, in a safe and exciting environment, being active and "giving it a go".

Cost for the camp is \$195. The closing date for camp registration is Monday, 8 December 2014. Numbers are limited.

Please advise your eligible members.

JETS Program

Membership

JETS program membership is currently at nearly 140. Applications remain open throughout the season.

DEVELOPMENT

JETS Events

The first JETS Coaching Clinic of the new season took place on Sunday, 19 October 2014, at Sydney Olympic Park Athletic Centre. Three 2014 Commonwealth Games team members were in attendance to assist: Nick Hough, Michelle Jenneke and Jake Stein (Decathlon). Gaining great feedback was a presentation to the parents by physiotherapist Jemma Lekkas, discussing the topic of common adolescent sports injuries.

The second JETS Coaching Clinic of the season was held on Sunday, 9 November 9.00am – 1.00pm, at Sylvania Waters Athletics Track. Commonwealth Games sprinters Jarrod Geddes and Ella Nelson – both former Little Athletes – were present to coach the sprinters.

The first-ever Monday JETS Coaching Clinic was held on Monday, 1 December 5.30pm – 7.30pm, at Dwyer Oval, Warwick Farm (the venue used by Liverpool City Little Athletics). Attending JETS members received specific coaching in one of three events on offer – Sprints, Long Jump or High Jump. Dual Olympian and JETS Coordinator Youcef Abdi was there to coordinate the clinic.

The 2015 JETS Performance Camp will be held 10-12 July at the Sydney Academy of Sport & Recreation.

Northern Rivers Zone Super Coaching Clinic

The Little Athletics NSW Northern Rivers Zone Super Coaching Clinic took place on the weekend of 15 & 16 November at Toormina Oval, the venue used by Coffs Coast Little Athletics. The clinic featured:

- Two great mornings of coaching by a highly-skilled and experienced team of coaches
- Junior (Under 9 – Under 11) and senior (Under 12 – Under 17) coaching sessions for athletes of all abilities
- The option of Saturday afternoon skill extension sessions for eligible athletes in the Under 11-17 age groups
- A free Saturday evening workshop with dual Olympian Youcef Abdi

2015 Super Coaching Clinic at Sydney Olympic Park

Dates: Monday 12 January & Tuesday 13 January, 2015

Times: 8.30am – 4.00pm each day

Venue: Sydney Olympic Park Athletic Centre

Who: Any registered athlete aged Under 12 – Under 17

2015 Hunter Track Classic Coaching Clinic

Clinic: Hunter Track Classic Coaching Clinic

Dates: Sunday 1 February, 2015

Time: 8.30am – 12.30pm

Venue: Hunter Regional Sports Centre, Glendale

Who: Junior Clinic: Under 9-11 athletes; Senior Clinic: Under 12-17 athletes

For more information, including prices and registration details, see the Little Athletics NSW website.

The closing date for the early bird discount to attend the Super Coaching Clinic at SOPAC is Monday, 15 December.

DEVELOPMENT

2015 State Team

Some links in the State Team section of the website have recently been updated and some new information has been posted. You can now access the ALAC past results, the ALAC Rules of Competition, the 2015 State Team Code of Conduct, and the ALAC Team Management Selection Policy & Guidelines. The selection policies will soon be available.

To access this information, go to the Little Athletics NSW website and click on 'Competitions', then 'Championships' then 'Australian Little Athletics Championships – State Team'.

DATES FOR THE DIARY



December 2014

5th-7th	All Schools Championships - Adelaide, SA
12th-14th	Central Coast Zone Championships North West Met Zone Championships Outer West Met Zone Championships South West Met Zone Championships
13th-14th	Central West Met Zone Championships Inner City Zone Championships Lake Macquarie Zone Championships Mid North Coast Zone Championships Mid South Coast Zone Championships New England Zone Championships North East Met Zone Championships Northern Met Zone Championships Northern Rivers Zone Championships Port Hunter Zone Championships South Coast Highlands Zone Championships Southern Met Zone Championships West Met Zone Championships Western Ranges Zone Championships
19th-21st	Christmas Coaching Camp - Blue Gum Lodge, Springwood