



RUN FOR FUN

Region Qualifiers Announced!

All 24 Zone Championships have now been completed, with the majority (19) being held on the weekend of 13-14 December. There were approximately 11,000 athletes who took part and we congratulate everyone for their efforts. It is especially pleasing to hear so many stories of PB's (personal bests) achieved and new friendships established. Click [here](#) to view the zone results on the LANSW website.

Athletes progressing to the next level of our championships pathway, the Region Championships, have now been determined, based upon a combination of places and performances achieved at the Zone Championships, as follows:

- Automatic Qualifiers - Regions comprised of 4 zones (regions 2 and 4) have the first 3 placegetters in each event at zone automatically progress; regions comprised of 3 zones (regions 1, 3, 6 and 7) have the first 4 placegetters in each event automatically progress; and regions comprised of 2 zones (regions 5 and 8) have the first 6 placegetters in each event automatically progress.
- Performance Qualifiers - In addition to the 12 automatic qualifiers, a maximum of 4 additional athletes per event progress to each region based on their performances at zone (making a total of up to 16 athletes in each event at each region). The performances across all zones within a region have been compared to determine these 'next best' performance based qualifiers. When determining the additional performance qualifiers: performances in heats are not considered (only final times are eligible); performances from all competitors in a field event are assessed (meaning an athlete who does not reach the second round, or final 3 trials, may still record a next best performance); performances from all competitors in all events from 800 metres upwards are assessed.

Click [here](#) to view the qualifiers for each region, listed by both centre and event on the LANSW website.

Congratulations to the 8000+ athletes who have qualified for one of the eight Region Championships being held in February 2015. Best of luck to everyone; we hope you all enjoy the experience!

Nov/Dec 2014

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Special Points of Interest...

- LANSW Jetstar Star Jump Competition
- Uniforms
- Steady Eating Pattern First Step To Fueling Active Life
- Pinkletics

Little Athletics NSW at the Sydney V8 Supercars

The Little Athletics NSW activity area was a prominent feature in the Family Zone during the recent Sydney 500 V8 Supercars at Sydney Olympic Park. Gaining a prime position near the Olympic Cauldron in Cathy Freeman Park, the site offered several fun activities - a "speed camera", modified hurdles, and a soft javelin throw - as well as a visitors tent at which people could receive information and advice. Commonwealth Games team members Christie Chamberlain, Ella Nelson and Jake Stein (all former Little Athletes) were present at various times throughout the three days to sign autographs and mix with those who stopped-in at the site.





RUN FOR FUN

LANSW Jetstar Star Jump Competition - make sure you enter!



Little Athletics NSW is conducting a Jetstar Star Jump competition and we encourage you to enter to be in the running for a family holiday for 4 to the Gold Coast!

The LANSW Jetstar Star Jump Competition started on 22 December 2014 and closes on 27 February 2015. To enter, you need to:

- Upload to a public social media account (Facebook, Instagram or Twitter) a photograph of a registered LANSW member (or members), doing a Jetstar Star Jump, and
- Use the hashtag **#LANSWJetstarStarJump** (so we can locate the entry), and
- Tag LANSW and Jetstar (where possible)
Facebook – Little Athletics NSW and Jetstar Australia
Twitter – @LittleAsNSW and @JetstarAirways
Instagram – @littleasnsw and @jetstaraustralia

There are two prizes on offer - one for the best individual member entry and one for the best centre entry. Both will receive a family holiday package to the Gold Coast, including: return Jetstar flights for four from Sydney to Coolangatta; 5 nights' accommodation on the Gold Coast and \$500 spending money. Whilst the individual winner must utilise the travel package for themselves and their family, the winning Little Athletics centre must utilise the prize for a 'raffle' to generate funds for the centre.

Entry is only open to registered members of LANSW and their families, and Little Athletics centres affiliated with LANSW. There is no limit to the number of times a person or centre can enter, so start snapping! Please view the full [terms and conditions](#) before entering.

A WORD FROM THE PRESIDENT...

NEIL SANDALL



Well, here we are, already well into the 2014/2015 season. We have now successfully concluded the Trans Tasman selection trials at Barton Park, North Parramatta and thanks are extended to the Parramatta Little Athletics Centre and all competitors and officials who made it another positive Little Athletic's experience.

We have also had the State Relays Championships at Sydney Olympic Park (under some very hot weather conditions). Thanks are also extended to everyone for their cooperation in completing this carnival.

With our CEO, Kerry O'Keefe, I also had the good fortune of being in Adelaide in October, at the Jetstar Little Athletics Australia Roll of Excellence dinner. Two former NSW Little Athletes, Dani Samuels and Jarryd Hayne were inducted onto the honour roll, as was another long term volunteer, Prof. Marcus Vowels, the LANSW medical advisor. Also inducted was a now NSW resident, but former Little Athletics SA athlete, ex AFL player and now media personality, Ryan Fitzgerald, better known these days as "Fitzy" of the successful NOVA radio pairing Fitzy & Wippa.

On the sponsorship front we recently had, on the Sunrise TV program, the national media launch of the very exciting new Little Athletics Australia naming rights sponsorship deal with Jetstar, which promises to greatly enhance the exposure of our sport to the wider Australian audience. This includes a newly liveried A320 aircraft promoting the partnership as it flies around Australia over the next two years. At the local centre level, watch out for the draw string shoe bags being provided under this sponsorship, to every registered Little Athlete, along with new shade structures, one each for every centre.

As this newsletter is being circulated, all zones will have just been completed - the first time that all were held before the Christmas holiday break. Best of luck to everyone for their respective Region Championships in February.

Yours in sport,

Neil Sandall
President

editorial

Uniforms

With the competitions season now underway, it is timely to remind all Little Athletes to ensure that they are competing in their correct centre uniform.

Many will have seen the Youtube vision earlier this year of an international athlete who was so happy about winning that he removed his shirt (and competition number) before the finish line. He was subsequently disqualified because the rules said that he had to compete in uniform and have his competition number visible.

Our rules are similar:

'All competitors must compete in their registered centre uniform.' This is the uniform that your centre has submitted to Little Athletics NSW. You cannot make your own modifications, no matter how uncool you think the uniform might be.

'Competition singlets/t-shirts must not cover any compulsory numbers or patches.' This means that your registration number, centre number and age patch must be visible. The registration number must be attached

to your competition shirt with the red border showing. You cannot modify the registration number, except to have the Jetstar patch over the red border, as long as it does not cover the McDonald's logo or the number. The centre number on your back may be adjusted so that it fits on your uniform provided that the numbers are immediately identifiable.

And the changed rule for this season:

'Athletes can wear plain compression/bike pants in colour of centre uniform with no logos or contrasting stitching, as an outer garment.' This means that everyone can wear compression pants or bike pants in the colour(s) of their registered uniform. If the garment has contrast stitching or logo however, it can only be worn underneath centre uniform shorts/pants.

Remember, your centre has supplied Little Athletics NSW with photos of their approved uniform and those photos are available to the officials in all the call rooms. If you follow the rules you will have no difficulties and will make the job of the officials simpler.



Championship News

Trans Tasman

Congratulations to the athletes who have gained selection in the LANSW Trans Tasman Team. The Trans Tasman Challenge Match will be held at Campbelltown Athletics Stadium on Sunday, 18 January 2015. Good luck to all U11 and U12 athletes.

State Relays

Over 1100 teams competed at the 2014 State Relay carnival. The junior day had 578 teams and the senior day 534.

We continued with our no calls for events and this worked extremely well. The program was fully timed, so athletes knew exactly when they needed to be at the call room and when their event would commence.

Due to expected high temperatures on the Sunday, it was decided that all track events would be timed finals. This worked very well. Our appreciation to all athletes, parents and officials for their support of this decision.

Thank you to all of our officials who, once again, did a fantastic job. We received many positive comments from the many parents and spectators on the way in which the carnival was organised and run over the weekend.

Congratulations to all of the athletes who were in teams who broke the current State Record. There were 13 team records broken, with seven being on the track and six in the field. These are:

U10 Girls	Shot/Discus	Bankstown Sports	U10 Boys	Long/High	Manly Warringah
U10 Girls	4 x 100m	Manly Warringah	U10 Girls	Long/High	Manly Warringah
U11 Girls	4 x 100m	Northern Suburbs	Jnr Boys	Middle Distance	Ku-Ring-Gai
U17 Boys	Shot/Discus	Northern Suburbs	U12 Girls	Shot/Discus	Parramatta
U12-15	Mixed 4 x 100m	Tallawong Park	U13 Girls	4 x 100m	Balmain
U15 Boys	Shot/Discus	Parramatta	U15 Mixed	4 x 400m	Manly Warringah
U17 Boys	4 x 100m	Northern Suburbs			

Zone Championships

All of our 24 zone championships have been held, with the last ones completed on the weekend of 13/14 December. We hope that all athletes had "FUN" at their zones.

The results have been posted in the Competition section of our website.

For your information, the progression from zone to region is as follows: -

Regions with three zones will have four automatic places progress; regions with four zones will have three automatic places progress; and regions with two zones will have six automatic places progress through to their respective regions. Then a maximum of four next best qualifiers from each region will also be taken through to the respective regions. Making a total of up to 16 athletes in each event at each region

Lists of the athletes who have qualified to each of the regions is posted on the website, under Competition/Region Championships.

State Multi-Event

Don't forget that entries for the State Multi-Event for athletes in the U7 to U17 age groups (to be held at Sydney Olympic Park Athletics Centre – SOPAC) on Saturday & Sunday, 7 & 8 March 2015 are now open on our website. Entries will close on 4 February unless the cap is reached earlier. Athletes can only enter online. Please click [HERE](#) to go directly to the ONLINE registration page. More information regarding this event will be updated and posted on the State Multi-Event page of our website.

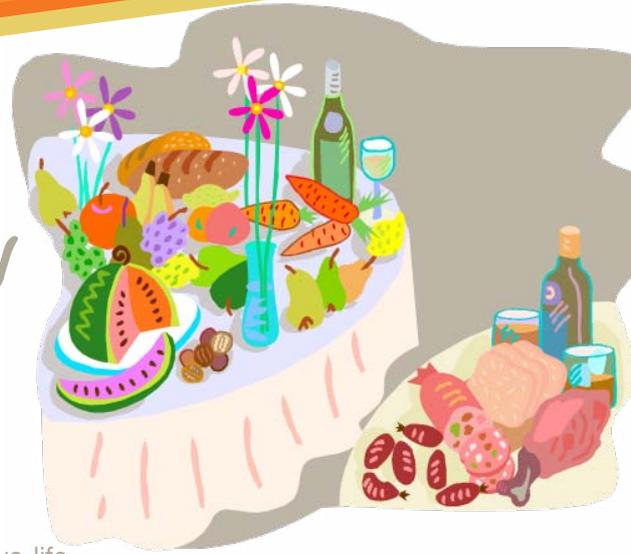




COACHES CORNER

STEADY EATING PATTERN FIRST STEP TO FUELING ACTIVE LIFE

By Patricia Chuey, Senior Nutrition Consultant, SportMedBC
<https://sportmedbc.com/article/steady-eating-pattern-first-step-fueling-active-life>



Gluten-free, vegan, raw foods, drink with meals, don't drink with meals, dairy, no dairy... Mixed messages about what to eat or not for performance are at record high levels of craziness. You've made a decision to eat better this year and it can be super difficult knowing where to even start. Although there are as many different approaches to eating as there are people, fortunately science has proven a few solid basics that make for a logical starting point. Before even looking at "what" to eat, as a first step, focus on "how." What kind of eating pattern are you currently in?

By the sheer nature of the digestive system, what goes in one end ultimately works its way through a complex system of organs as the body absorbs what it needs, stores what it needs and excretes waste. Sometimes that system may not readily recognize certain foods that are more a product of marketing and technology than something we have actually evolved to eat.

Assuming we've slept for at least six hours, we wake up in a fasted state, yet our digestive system is still working. Break that fast by eating within the first two hours of being up. If trying to lose weight, eat sooner than later to get digestion running smoothly and burning calories from the start of the day. Research has proven that people who start their day with a good breakfast have better energy, make healthier eating decisions, are less likely to graze in the evening and have fewer weight problems.

Instead of putting large volumes of food or fluid into the digestive system in an erratic pattern (no matter

how good the quality of it is), allow no more than three to four hours to pass while awake and active without eating. For optimal hydration, with every meal and snack, drink a hydrating beverage, ideally water. Avoid gigantic portions. It's better to drink 6 to 8 ounces of water at even intervals with meals and snacks than to go hours without drinking and then gulp humungous amounts all at once.

Once a pattern of even meals and snacks starting with breakfast has been established, hone in on what is covering that plate. For athletes and optimal health, vegetables, fruit and whole grains such as bread, cereal, pasta, rice and quinoa, form the category of carbohydrates. Carbs are the main fuel for active muscle and brain cells. A plate half-covered with vegetables with the other half shared between whole grains and lean protein (think lean meat, fish, poultry, lentils, soy beans, nuts, eggs) is a well-balanced energy-enhancing meal.

Because carbohydrates alone won't optimize energy, quality protein and fat must also be daily constants. Include protein in meals and all snacks to assist in keeping blood sugar/energy levels steady and to feel satisfied longer. Fats from nuts, seeds, vegetable oils, nut oils and fish are examples of high quality fats to emphasize. With 9 calories per gram, compared to the 4 calories per gram in carb or protein foods, a healthy diet has about 25-30% of its calories as fat.

So work on fine tuning the eating pattern. Aim for a straight-line rather than an all-over-the-map approach.

A SUMMER OF SUPER CLINICS

2015 SUPER COACHING CLINIC AT SYDNEY OLYMPIC PARK ATHLETICS CENTRE

Here is your opportunity to start the New Year in a "SUPER" way! Be a part of the 2015 Super Coaching Clinic at Sydney Olympic Park Athletic Centre! In its twelfth year of operation, this annual clinic is a joint initiative between Little Athletics NSW and Sydney Olympic Park Athletic Centre.

The clinic is designed to provide participants up to the Under 17 age group (minimum age Under 12) with an opportunity to enhance their skills and knowledge at a world class venue. This is a great chance for athletes to receive some quality coaching prior to the major championships of the season and to meet new friends.

- Dates: Monday, 12 January & Tuesday, 13 January 2015
(One or two-day registration available!)
- Times: 8.30am – 4.00pm each day
- Where: Sydney Olympic Park Athletic Centre, Warm Up Track
- Who: All athletes up to the Under 17 age group (minimum age Under 12). Must be currently registered with Little Athletics NSW.
- Cost: See information/registration form for the registration fees.
- Note: "Early bird" discounts apply for registrations received by Monday, 15 December 2014.
The final closing date for registrations is Sunday, 4 January 2015

The clinic will feature:

- Two fantastic days of coaching and activities held at a world class facility.
- Coaching sessions conducted by some of NSW's leading athletics coaches.
- Small coaching groups to ensure personal attention.
- Athlete Education workshops
- Lots of fun and opportunities for social interaction.

Some comments from the record number of athletes who attended the 2014 Super Coaching Clinic include:

"Coaches were great!"

"It was fantastic."

"The coaching was really good and they were all so considerate and nice and helpful."

"The coaches were great and they tailor the drills to your abilities and capabilities."

"Perfect clinic."

"I'll see you next year!"

"Thanks for the experience!"

For more information and to register, you can click on "Coaching Clinics" on the left-hand-side of the Little Athletics NSW website homepage and follow the links.

HUNTER TRACK CLASSIC COACHING CLINIC

Little Athletics NSW and the Hunter Track Classic will again combine by running two age-specific coaching clinics on Sunday, 1 February after the Hunter Track Classic at the Hunter Regional Sports Centre, Stockland Drive, Glendale! There will be plenty of action on the track with a junior clinic for the Under 9 – Under 11 athletes and a senior clinic for Under 12 – Under 17 athletes. Both clinics will take place 8.30am – 12.30pm.

Under 12 – 17 Senior Clinic:

Several elite athletes will be guests at the clinic. Athletes will select two specialist training sessions from the extensive range of events and take part in a workshop with the elite athletes. The cost of the clinic is \$50 (\$40 for JETS members).

Under 9 – 11 Junior Clinic:

Each athlete will complete a set program which includes sprints, hurdles, long jump and shot put.

Athletes will be placed into groups with athletes of similar age.

The cost of the clinic is \$45.

Both clinics will be staffed by qualified, experienced coaches who are highly skilled in working with the age groups catered for by this event.

The closing date for all registrations is Sunday, 25 January 2015. Early bird discounts are available up until Sunday, 11 January 2015.

For more information and to register, you can click on "Coaching Clinics" on the left-hand-side of the Little Athletics NSW website homepage and follow the links.



JET PROGRAM UPDATE

JETS Up and Flying!

The 2013-2014 JETS program officially began in October with the first JETS Coaching Clinic for the new season at Sydney Olympic Park Athletic Centre and the issuing of the October monthly JETS newsletter. At the time of writing, nearly 130 athletes have joined the program.

JETS Coaching Clinic at Sydney Olympic Park

Sixty JETS members took part in the first JETS coaching session of the new season on Sunday, 19 October at Sydney Olympic Park Athletic Centre.

The session began with a fantastic discussion with special guest athletes Nick Hough, Michelle Jenneke and Jake Stein, who had all recently represented Australia at the Commonwealth Games.

The JETS members then took part in a warm up led by these athletes, followed by two seventy-five minute coaching sessions and a workshop conducted by the twelve JETS coaches in attendance.

Other highlights were the inclusion of pole vault for the first time at a JETS clinic and an information session conducted for parents by physiotherapist Jemma Lekkas regarding common adolescent sports injuries.

It was commonly agreed that the clinic was a huge success, the high quality of the coaching being commented on by many of the participants and parents.

Other upcoming JETS Events:

(More coaching clinics will be announced as the season progresses).

2015 JETS Performance Camp

Dates: 10-12 July, 2015

Venue: Sydney Academy of Sport & Recreation, Narrabeen

Super Discounts for JETS members

JETS members will receive a discount to attend 2014 Little Athletics NSW Super Coaching Clinic at Sydney Olympic Park Athletic Centre being held 12 & 13 January 2015, and also the Hunter Track Classic Coaching Clinic being held at Glendale on Sunday, 1 February 2015.

JETS Applications

Not a JETS member yet? We are still taking applications. For all information and to apply for the JETS program, click on the JETS button on the left-hand-side of the Little Athletics NSW website homepage. For phone enquiries, contact the Little Athletics NSW office on 02 9633 4511.

Shoalhaven Little Athletics Centre

On Tuesday 21st October Shoalhaven Little Athletics held a Pinkletics Day and turned pink in support of the McGrath Foundation's mission to raise money to fund McGrath Breast Care Nurses in communities right across Australia and to increase breast awareness in young women.

The young athletes were asked to get involved by wearing pink in lieu of their Little Athletics uniform for one night and donate a gold coin for the privilege. Pink cupcakes were also available to purchase - and they sold like hotcakes - well, maybe they sold like pink cakes!!

233 athletes competed on the Tuesday night, most of whom were decked out in varying shades of pink! There were athletes sporting pink tutus, pink wigs, pink hats, pink fairy wings and even some stunning pink fishnet tights!

The committee were tickled pink with the way Shoalhaven Athletes embraced Pinkletics and dug deep to support the McGrath Foundation. \$482.35 was raised on the night which will help make a difference to families experiencing breast cancer.

This was the second year Shoalhaven Little Athletics supported Pinkletics and judging by the pink excitement, it will be an ongoing annual event. It was a fun way to pink up and raise much needed funds for the McGrath Foundation.



Tuggerah Lakes Mingara Little Athletics Centre

Tuggerah Lakes Mingara Little Athletics centre held a fundraising initiative called PINKLETICS for the McGrath Foundation, on Friday, 21 November 2014. The centre raised \$513.35 in total, by gold coin donations and selling pink items on the night.



Tuggerah Lakes Mingara Little Athletics Centre



Noah Burling-Briggs running his race with big smiles at his local Little Athletics centre.

Orange Little Athletics Centre



Liam Wilson participating at Orange Little Athletics. This is Liam's (Louie's) first year in Little Athletics!

Tuggerah Lakes Mingara Little Athletics Centre

Ava-Marie Carlson is 6 years old and attends Little Athletics at Tuggerah Lakes Mingara on the Central Coast. She fractured a bone in her wrist a few days before at school but she still wanted to run and did two new PB's. Well done Ava-Marie!



Albion Park Little Athletics Centre



A very proud moment for Albion Park Little Athletics, Under 10 mixed 4x100 gold medal at the State Relays in November.

CENTRE NEWS

Manly Warringah Little Athletics Centre

Each year there is an inter-club shuttle relay called the Colbert Shield held at the Manly Little Athletics Centre between all of the clubs that compete there. The Colbert Shield showcases each club's fastest two boys and fastest two girls in each age group from U7 to U15 competing as a club team. Below are some photos of the Wakehurst team that won the Colbert Shield this year, held on 29 November 2014.



Find a Word



NEW YEARS EVE

- BALLOONS
- BANNERS
- CELEBRATION
- COUNTDOWN
- DANCING
- EXCITEMENT
- FIREWORKS
- FRIENDS
- FUN
- HAPPY
- MIDNIGHT
- MUSIC
- NEW YEAR
- PARTY POPPERS
- RESOLUTIONS
- SINGING
- STREAMERS

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

CONGRATULATIONS

to U8 Little Athlete Charlotte Shephard from Ballina 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 19 January 2015.

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

