



RUN FOR FUN

*Times flies When You're Having Fun....
And Flies Even Quicker When You're Busy!!!*

We hope everyone had a fantastic Christmas, spending time with family and friends, eating and being merry. Sydney also did not disappoint with the spectacular fireworks on New Year's Eve. What a way to welcome 2015.

For us here at Little Athletics NSW, 2015 so far has been fun but also very busy. Now, can you believe it... we are already two months into 2015. Most kids are already settled back into school routines (parents have their sanity back), centres are back up and running, and we are now in the middle of the championship part of the season. It has been busy...busy... busy... so much has happened in this short amount of time.

- **Christmas Camp:** LANSW longest running camp was conducted the weekend prior to Christmas at Blue Gum Lodge, Springwood. There were 63 registered Little Athletes who attended this weekend camp with all of them walking away with smiles on their faces and new found knowledge.
- **The Trans Tasman Challenge:** This year was a home series, so the Auckland team travelled to Sydney to "take us on" on home turf. The challenge took place at Campbelltown Athletics Track on Sunday, 18 January 2015 where the NSW team was victorious. From all reports, both teams had an enjoyable overall experience (which included gala days and sightseeing) and are looking forward to the return competition in Auckland next year.
- **A Super Summer of Clinics:** January saw a number of clinics.
 - LANSW flagship clinic, SOPAC Super Clinic, was conducted on the 12-13 January at Sydney Olympic Park. This clinic attracted the second highest number of registrations (84) in the event's history.
 - Holroyd LAC hosted the Dani Samuels Throws Clinic which featured Dani herself, along with 2014 Commonwealth Games athletes Christie Chamberlain and Jake Stein, and junior skills and ANSW TTP coach Bree Clements. Alongside this, the new and popular junior skills clinic was also conducted with 31 athletes (U8-U11).
 - The annual Hunter Track Classic Clinic was again conducted the morning after the Hunter Track Classic. This year's clinic attracted 24 senior athletes and 26 junior athletes. Commonwealth Games athletes Nick Hough and Sophie Stanwell, who competed the previous night, gave up their time to coach at the clinic.
- **Regional Championships:** Most regional championships have now been completed and everyone is sweating on the final results determining whether or not they will qualify for State Championships. There have been regional records broken and currently there have been three performances at Region which are possibly state records (yet to be ratified).
- **LAPS:** Our "Little Athletics Program for Schools" is now up and running and will continue to get busier as school athletics kicks off.

All the above so far in under two months... time does fly. However the fun continues because just around the corner is the LANSW State Multi-Event Championships, State Championships and Australian Little Athletics Championships. As the saying goes "times flies when you're having fun" but after all that we can also add "and flies even quicker when you're busy!!!"

Jan/Feb 2015

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- The secret of fast runners

A WORD FROM THE PRESIDENT...

NEIL SANDALL



Well here we are again at the busy championships end of another Little Athletics season.

Congratulations to all athletes who qualified to compete in the Regional Championships held at eight venues across metropolitan Sydney and elsewhere in regional NSW. These events will all be completed after this weekend (21 & 22 February). I recognise that a lot of pre-planning goes in before these events are held and the board appreciates greatly the work of regional committees, zone coordinators and the many volunteer officials who contribute to the successful conduct of these championships.

It was also pleasing that all 24 Zone Championship events were completed this season before Christmas - this approach ensures the earlier confirmation of regional qualifiers for the non-automatic, but performance based placements. In other words, all regional qualifiers are known pretty quickly so that the enthusiasm to "train on" for an optimal regional performance, is maintained for all qualifiers. Again we appreciate the efforts of the many zone helpers who helped to bring about this successful outcome.

At the regional events we have been distributing the JETSTAR "giveaways" which are part of this wonderful sponsorship deal which began from this season. So centres will be provided with their own JETSTAR branded and supplied shade structures, whilst every athlete has already been issued with a JETSTAR shoe bag. Other shoe bags will be distributed at start of next season during centre registration days to all renewing and new registrations. These have proven to be the best logistical arrangements we could make after the late arrival of these collateral sponsorship materials. I am sure all will be well utilised once distributed and thanks goes to our new national sponsor for this "grass roots" practical support to our sport.

Our sincere congratulations are extended to the following young athletes and coach who have successfully reached the final judging stage in their respective categories of the prestigious annual NSW Sports Awards which are being announced at a gala dinner on 19 February:-

Tay-Leiha Clark - Young Athlete of the Year Finalist
Angus McEntyre - Young Coach of the Year Finalist
Sarah Walsh - Young Athlete of the Year with a Disability

Congratulations to all three for progressing this far in these awards and best wishes for further success at the gala dinner.

On the weekend of 7-8 March, for the first time we will be conducting the State Multi-Event Championships at SOPAC in what we hope will be a regular rostering of this venue in about a five-yearly cycle, after the usual four yearly rotation around country and regional centres. Much depends on the success of the "trial event" at SOPAC this year as to whether the future scheduling of this event there, or possibly another Sydney metropolitan venue, will become a regular part of the annual rotation of this event such that it remains accessible to athletes from across the State.

We also remain keen for centres who have not yet started the process of updating their operating constitutions to seriously contemplate doing so at the upcoming end of season AGM round. The new Associations Incorporations Act has now been in force for several years and there is a strong likelihood any existing old constitutions are no longer complying fully with the new requirements. To help, the LANSW has a draft centre constitution template available on its website as a starting point for centre committees to consider. You will find it will greatly aid your administration efforts if you take the trouble to modernise your constitution to reflect the new Acts objectives.

Till next time,
Yours in sport,

Neil Sandall
President

editorial

In December and January a number of Little Athletes from all over Australia and New Zealand took part in international competitions in hot and humid conditions.

Between 6-11 December, the City of Lake Macquarie hosted the 46th International Children's Games. The International Children's Games (ICG) is the largest multi-sport youth games in the world and is a recognised member of the International Olympic Committee. Approximately 1,500 athletes between 12 and 15 years of age, and their coaches, participate in this prestigious event each year.

The ICG goes back to the Cold War in 1968, when a physical education teacher living in Slovenia (then part of Yugoslavia) had a vision to encourage peace and goodwill amongst children of different cultural backgrounds.

From the inaugural games in which nine towns took part, the ICG has grown to an impressive event, with more than 400 cities from five continents participating and embracing the original ideas to promote peace and understanding.

Lake Macquarie invited many Australian cities to participate and it was fantastic to see the participation and achievements of the Little Athletes from Berrigan, Canberra, Hobart, Lake Macquarie, Launceston, Maitland, Newcastle, Pittwater, Singleton, and Upper Hunter. Many of these athletes set personal best times and distances despite the weather conditions.

Congratulations to Dakota Thomas from Lake Macquarie and Astil Mathias from Maitland who won the girls and boys 100m against very strong competition from the European teams.

However, talking to the athletes, what they will remember most is meeting people from all over the world, getting to know them and form friendships. The fun was just as important as the competition.

The second group of international competitors were our Trans Tasman team who successfully claimed a win over the team from Auckland, once again in adverse weather conditions.

The Trans Tasman competition has been running annually since 1977, alternating between Auckland and Sydney. The competitors are all in the U11 or U12 age groups and must be prepared to compete in any event to assist the team point score.

The Trans Tasman Challenge was held on Sunday, 18 January. There were some many fine performances and NSW come away with the Challenge Cup.

Getting a chance to pit your skills against international competitors in the same age groups is a real buzz and the Little Athletics family looks forward to following the performances of those lucky enough to have been part of both competitions. Congratulations to all the competitors for the sportsmanship they displayed throughout both competitions.



Championship News

Regional Championships

Six Regional Champs have already been held – Region 1 (Tamworth), Region 2 (Glendale), Region 3 (Parkes), Region 5 (Narrabeen), Region 7 (Campbelltown) and Region 8 (Sylvania). The results of these events can be found in the Competition Section of our website. The remaining two regions are being held on the weekend of 21-22 February. Once all regions have been completed, the progressions will be done and lists of qualifiers to state (in centre order and event order) will be posted on the Little Athletics website. Click [HERE](#) to access the State Championships page.

Trans Tasman

Congratulations to our U11 and U12 athletes who competed in the Trans Tasman Challenge Match against the team from Auckland on Sunday, 18 January. The NSW team won the trophy convincingly. Congratulations!



State Multi-Event

The State Multi-Event is being held at Sydney Olympic Par Athletic Centre (SOPAC) on the weekend of 7-8 March. Athletes from 113 centres have entered, with half of these centres being from our country regions and entrants from as far a field as Deniliquin, Nyngan and Lismore. Best of luck to all competitors.

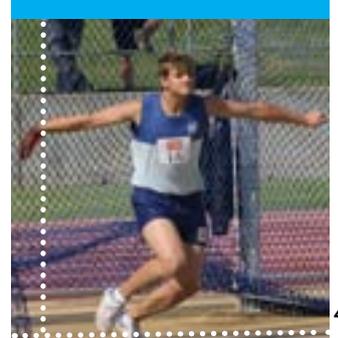
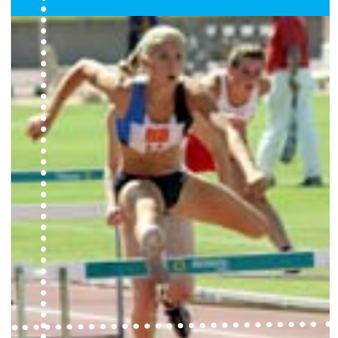
State Multi-Event - Athlete Controllers

Expressions of interest are now being taken for persons who are interested in undertaking the role(s) of athlete controller at the State Multi-Event on 7-8 March 2015 at SOPAC. More athlete controllers are required this year per age group and gender (e.g. U9 boys, U9 girls, and U10 boys etc.) due to the large number of entries.

The athlete controller is responsible for:-

- Accompanying athletes from the call room and to the field event.
- Supervising athletes who are waiting at a field event.
- Helping to create and maintain a positive and supporting environment amongst the group.
- Monitoring the group's behaviour and helping to maintain an acceptable level of athlete behaviour while they are at the event.
- Being vigilant for episodes of bullying, teasing, etc. amongst the group.
- Dealing, if necessary, with and/or reporting unacceptable behaviour to the chief judge.
- Escorting groups of athletes to and from the toilets, as required.

Please download the memo for Athlete Controller [HERE](#), to see what is required.



STATE TEAM SELECTION



HOW DOES IT WORK?

A guide to how athletes are selected to compete for NSW at the 2015 ASICS Australian Little Athletics Championships

Under 15 Athletes

All Under 15 athletes who compete at the LANSW (Little Athletics NSW) State Multi Event Championships come under consideration for selection in the 2015 LANSW State Team. The selected Under 15 state team members compete in the AMEC (Australian Little Athletics Multi Event Championships), being held as part of the ASICS ALAC (Australian Little Athletics Championships), in Perth on 26 April.

These athletes are selected based on their performances at the LANSW State Multi Event Championships. Selection is determined on the events contested at the AMEC:

Boys: 100m, 800m, 100m hurdles, long jump, discus

Girls: 200m, 800m, 90m hurdles, long jump, shot put

The two boys and two girls who score the highest number of aggregate points in the events contested at the AMEC, using the Little Athletics Australia point score system, are selected to represent LANSW.

The 2015 Under 15 team members will be advised of their selection via telephone in the days following the LANSW State Multi-Event Championships as soon as possible after their selection is confirmed.

Under 13 Athletes

All Under 13 athletes competing at the 2015 LANSW State Track & Field Championships come under consideration for selection in the 2015 NSW State Team to compete in the ATC (Australian Teams Championships), also part of the ASICS ALAC in Perth on 26 April.

Whilst at the LANSW State Track & Field Championships, all Under 13 state finalists will be asked to complete and return a NSW Athlete Availability & Contact Form. On this form, the athletes' parents/guardians will need to fill in:

- The athlete's name;
- The athlete's centre;
- Whether or not the athlete is available for State Team selection;
- The preferred phone number for the selectors to call on the Monday evening to inform the athlete of their selection;
- An alternative phone number;
- The parents'/guardians' names.

The form needs to be signed and returned to the Information Officer at the ground ASAP and by the end of the weekend.

The State Team Selectors will name 22 Under 13 athletes who, in their opinion, have the ability to gain maximum team points for NSW. The discretion of the selectors is absolute.

Under 13 team members will be advised of their selection via telephone by 9pm on the Monday following the LANSW State Championships. A Little Athletics NSW representative will contact all those selected in the team so it is essential that potential team members remain contactable up until 9pm.

The team will be formally announced on the LANSW website as soon as possible after all team members have been informed of their selection.

Requirements after selection – Under 15 & Under 13 team members

Following the selection of the athletes as set out in the selection policies, all members of the team will be required to comply with additional requirements as outlined in 2015 State Team Agreement – Conditions of Selection.

Where can I find more detailed information?

Go to the Little Athletics NSW website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. In this section you will find the latest State Team information including the full selection policies, conditions of selection and State Team member commitments.

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.



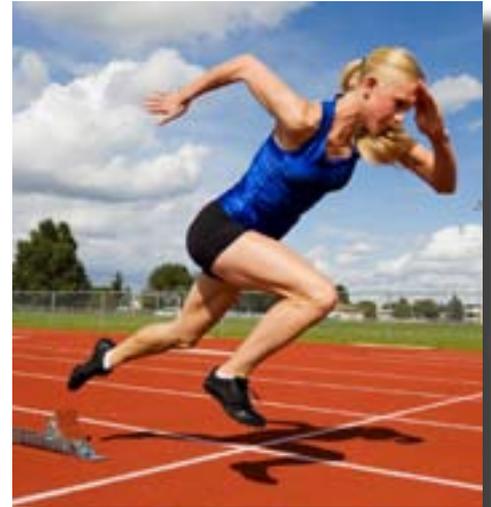
COACHES CORNER

The secret of fast runners: *SYMMETRY*

Scientists can predict the best sprinters among elite runners just by looking at their knees

BY ILIMA LOOMIS

https://student.societyforscience.org/article/secret-fast-runners-symmetry?utm_content=buffer292ca&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer



To be a swift runner you need strong muscles, a powerful heart, determination and — symmetrical knees? That's what scientists learned when they studied some of the world's top sprinters.

Science has shown that animals and people with more symmetrical bodies tend to be stronger and healthier than those who are a bit lopsided. But this is the first time researchers have been able to predict who will be the fastest runners just by measuring their knees.

"Among the very best sprinters in the world, knee symmetry predicts who's going to be the best of the best," says Robert Trivers of Rutgers University in New Brunswick, N. J. As an evolutionary biologist, he studies how organisms have adapted over generations to their environments.

His team published its new findings online November 17 in the journal PLOS ONE.

Trivers knew symmetrical knees could aid runners. In an earlier study, he showed that children who at age 8 had more symmetrical knees developed into the fastest runners by the time they were 22. Now he wanted to know why symmetry made such a difference in top athletes.

To find out, he brought a team of researchers to the island nation of Jamaica in the Caribbean. They measured the knees, ankles, and feet of 73 elite sprinters at the MVP Track and Field Club in Kingston. Jamaican Shelly-Ann Fraser-Pryce was among the athletes studied. She won Olympic gold medals in the 100-meter (328-foot) sprint in both 2008 and 2012.

KNEE MEASURE

Researchers measure the knees of elite sprinters from Jamaica. Scientists find evidence that symmetrical knees make running more efficient.

The researchers then took the same measurements from 116 local non-runners who were about the same ages and sizes as the elite athletes.

"Elite sprinters had more symmetrical knees than normal people," Trivers says. "Their ankles were also slightly more symmetrical." But their feet were not special. "It seems the feet are completely irrelevant," he concludes.

Then the researchers took a closer look at the athletes. They asked the club to give them the best times for each of the runners in their chosen events: the 100m, 200m, 400m, or 800m races. In every case, Trivers' group found, the very fastest runners had more symmetrical knees than their competitors. And runners who competed in the 100m event had the most symmetrical knees of all.

That's not so surprising. When people run down a track, their knees pump up and down, pushing them forward. Having symmetrical knees allows an athlete to run more efficiently. And unlike longer events, where the runner has to make two or more left-hand turns to corner around the track, sprinters have only a straightaway to speed down.

The study is important because it adds to long-term research about how symmetry affects our bodies over the course of our lifetime, says John Manning. He's an evolutionary biologist at Northumbria University in Newcastle-upon-Tyne, England. The new study also raises some interesting questions, he adds. For example: Do runners have symmetrical legs because of good genes, or because of all the time they spend exercising?

Trivers says his earlier study of children makes him think at least part of the answer comes down to the bodies our genes gave us. But he wants to find out more. He plans to return to Jamaica every two years to measure the athletes' knees and speed. His goal: to probe if — and how — those measurements might change over an athlete's career.

Indeed, he explains, "We're planning to do more work to find out if knees get more symmetrical with intense training."

After reading this article.....how many of you will take measurements of your knees???

Cherrybrook Little Athletics Centre

Kailyn Joseph recently participated in the School Sport Australia Athletics Championships in Tasmania. She took part in three events and won medals in all. Silver in shot put, bronze in discus and long jump.

She also received the Ann Clark Memorial Award for Excellence in sport in 2014 from the Parramatta Diocese. Well done Kailyn!



Balmain Little Athletics Centre

Here are some photos of Keela Callan (657) and her friend, Ruby-Rose Tapp (456). They have really enjoyed their Little Athletics days at King Georges Oval this season!



Find a Word



WATER SPORTS

- BODY BOARDING
- DIVING
- FISHING
- JET SKIING
- KAYAKING
- ROWING
- SAILING
- SCUBA DIVING
- SNORKLING
- SURFING
- SWIMMING
- WAKEBOARDING
- WATERPOLO
- WATERSKIING
- WINDSURFING
- YACHTING

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

CONGRATULATIONS

to U11 Little Athlete Ollie Davidson from Glenbrook 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 27 February 2015.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...

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