

## ADMINISTRATION & FINANCE

### Registrations

Registrations currently stand at 37,109.

We need registrations to be finalised for the summer competition centres. Any unused registration numbers should have been returned to the LANSW office. If your centre has not returned final registrations and unused numbers, please do so as a matter of urgency.

### Centre Annual General Meetings

A reminder that centres are to conduct their Annual General Meeting for the 2014/2015 season by the end of May 2015. The Annual General Meeting will include the presentation of committee reports; the adoption of the annual report and balance sheet of the centre; along with the election of the committee for the coming year. Following the Annual General Meeting, centres are required to submit to the LANSW, a copy of the minutes of the AGM, a copy of the annual report (including reports from at least the president, secretary, registrar and treasurer) and a copy of the audited centre accounts and financial statements. Please click [here](#) to view a sample of a financial statement and annual report.

### McDonald's Little Athletics Scholarships

Congratulations to the following athletes who were nominated by their respective zones for consideration as a recipient of a McDonald's Little Athletics Scholarship:-

Aiden Harvey	Kurri Kurri	Teghan Barklay	Wollongong City
Kate Pianta	Tamworth	Leia Varley	Finley
Jack Churchwell	Coffs Coast	Harrison Wade	Ryde
Katie Smee	Raymond Terrace	Caitlyn Hicks	Winston Hills
Sarah Luxford	Springwood	Isabelle Lhotka	Liverpool City
Caitlin Reeves	Bathurst	Chyna Tavai-Williams	Bankstown Sports
Bradley Simmons	Narromine	Britney Moon	Eschol Park
Godfrey Okerenyang	Koorinal Wagga	Tamsin Colley	South Eastern
Samantha Peace	Shoalhaven		

The winners were announced during the opening ceremony of the State Track & Field Championships at Sydney Olympic Park, on 21 March. The four winners who each received a \$500 scholarship were: Samantha Peace, Tamsin Colley, Chyna Tavai-Williams and Aiden Harvey.

Thanks are extended to McDonald's for their ongoing support in the provision of these scholarships.

## ADMINISTRATION & FINANCE

### Gala Day Dates for Calendar of Events

LANSW will again be producing a calendar for the 2015-2016 season. The calendar will outline dates for gala days, championship events, camps, coaching courses, etc. A sufficient quantity of this calendar will be supplied to all centres for distribution to families at the time of registration. In order to include as many events as possible, centres and zones are requested to provide information regarding local activities, gala days, etc.

To allow time for compilation and printing of the calendar, all information must be received at the LANSW office no later than **Friday, 1 May 2015**. Click [here](#) to access the form for submission of dates.

### Central Tablelands & Mid South Coast Zone Coordinators

Calls for nominations for zone coordinators for both the **Central Tablelands & Mid South Coast Zones** have been requested from centres within these zones. A copy of the nomination forms can be found [here](#). The closing date for nominations is 8 April 2015.

Thanks are extended to Veronica Amor for her contribution to LANSW as the Central Tablelands Zone Coordinator over the past year.

### Volunteer of the Year

A reminder that nominations for the LANSW Volunteer of the Year are now open. Nominations must be made by a Little Athletics centre and passed by the executive of that centre.

To be eligible for the award, volunteers must:

- be a member of a Little Athletics centre (e.g. committee member, financial member or parent)
- have been undertaking a role within the Little Athletics centre for at least five years
- not have received any financial gain from their involvement with Little Athletics

Nominations for this year's award will close on **Friday, 22 May 2015**. The Volunteer of the Year award will be presented at Little Athletics NSW Annual Conference, which will be held in Wagga Wagga on 18 & 19 July 2015. Nominations can be made by downloading and completing a copy of the nomination form, [here](#).

### One Sport: The Future Course: Independent Review of Athletics in Australia

As many people would be aware, the Independent Review of Athletics in Australia, called 'One Sport - the Future Course' has been released. Although it is 58 pages long and contains 16 recommendations, we encourage everyone with an interest in athletics to take the time to read the review findings and recommendations. A copy of the review can be downloaded [here](#).

LANSW and ANSW have distributed a joint statement in response to the release of the report, in a similar way that we provided a joint submission to the review panel. A copy of the joint statement can be found [here](#).

---

Centres are requested to submit dates and information about gala days and local events scheduled for next season, for inclusion in the printed LANSW calendar.

---

## ADMINISTRATION & FINANCE

### **Appointment to Athletics NSW Board – Kerry O’Keefe**

LANSW CEO, Kerry O’Keefe, has recently been appointed to the board of Athletics NSW. Kerry accepted the position after confirming that the LANSW board was comfortable with the appointment. It is hoped that this appointment will be an important link between our respective organisations, forging stronger collaboration and growth opportunities across all levels of the sport.

### **Position Vacant - Regional Athletics Support Officer - Dubbo**

We are currently advertising for a Regional Athletics Support Officer that will be located in Dubbo at an office at the new Barden Park athletics facility. This is a full-time position that will look after the Dubbo and Western Plains area, in conjunction with Athletics NSW and the Dubbo City Council. A copy of the position description can be found [here](#). Applications can be sent to the Little Athletics NSW office and close on Friday, 24 April 2015.

## CHAMPIONSHIPS & OFFICIALS



### **State Multi-Event 2015**

On 7-8 March, 757 athletes competed at SOPAC (Sydney Olympic Park Athletics Centre) for the 2015 State Multi-Event. Many of these athletes had not competed at that venue before and, from all accounts, were very impressed. We did unfortunately have a larger than normal drop off from the total entries received.

The athletes were able to enjoy various activities in between their events, such as slippery slides, basketball hoops, obstacle course, face painting and temporary tattoos. We also had an AFL stall and a massage stall.

A special thank you must go to all the parents who came forward to act as Athlete Controllers for the weekend. They did a fantastic job of looking after the young athletes. Thanks also to our many volunteer officials.

### **State Track & Field Championships**

State Championships was held on 20-23 March at SOPAC. Friday night was cold and windy, Saturday and Sunday had sunshine and rain. Nearly 2,600 athletes performed to the best of their ability on the day. Many of these young athletes were competing at SOPAC for the first time! Congratulations and well done!

On the Monday evening following the championships, the State Team to compete at the Australian Little Athletics Championships, was selected. Our team consists of 22 U13 athletes plus 4 U15 athletes. Good luck to all. We know you will do NSW proud in Perth on 26 April.

# CHAMPIONSHIPS & OFFICIALS

## Thank You

We want to thank all of our volunteer officials for all their help over the 2014-2015 season at all our championships! It is greatly appreciated, we look forward to working with you all again very soon.

## State Records

Congratulations to the following athletes who broke a Little Athletics NSW State Record at Region, State Multi-Event or State Track & Field: -

Venue	Name	Centre	Age	Event	Performance
Multi-Event	Jozef Cluff	Smithfield	U7 Boys	Discus	24.09m
State	Daniel Menin	Parramatta	U12 Boys	Javelin	40.48m
State	Tomysha Clark	Port Hacking	U12 Girls	High Jump	1.65m
State	Lianna Davidson	Kurrajong/Bilpin	U12 Girls	Javelin	34.42m
Region 5	Mia Hemsworth	Ku-Ring-Gai	U13 Girls	80m Hurdles	12.26
Region 5	Abbey Rockliff	Ku-Ring-Gai	U13 Girls	3000m	9:58.99
State	Bryn Lynch	Manly Warringah	U14 Boys	800m	2:02.30
State	Emily Schneider	Sutherland	U14 Girls	3000m	9:59.16
Region 5	Nicholas Frost	Parramatta	U15 Boys	Discus	64.26m
State	David Chen	Bankstown Sports	U17 Boys	Long Jump	7.16m
State	Jye Edwards	Albion Park	U17 Boys	800m	1:55.75
State	Jye Edwards	Albion Park	U17 Boys	1500m	4:04.06

A big thank you to all of our volunteer officials for their contribution and commitment over this past season!!

Congratulations to all athletes. Well done!

## State Cross Country & Road Walk Championships

This year the State Cross Country and Road Walks are being held at Scheyville National Park, Scheyville (the same venue as 2013) and hosted by Kurrajong/Bilpin Little Athletics. The online entry login will be available soon, so keep looking at our website and don't forget to enter. Entry is only via online and will be \$10 per athlete. Entries close on Wednesday, 17 June. We will also accept late entries up until close of business on 24 June (at an increased cost of \$25).

## Jetstar Trans Tasman Tour - 2016

The dates for the Jetstar Trans Tasman Tour to New Zealand in 2016 are Thursday, 7 January through to Tuesday, 19 January, with The Challenge on Sunday, 17 January.

As previously advised there will be no selection trials for the 2016 Trans Tasman Tour, instead, all athletes must provide times and distances (that can be confirmed/verified) for each of their nominated events. The Trans Tasman selectors will then select the team and reserves based upon these performances. There will however still be a uniform fitting day on 1 November 2015 at the Holroyd Little Athletics Centre club rooms.

## 2016 Trans Tasman Tour Committee

Nominations are now called from interested persons who would like to become a member of the 2016 Trans Tasman Tour Committee. Nominations can be made by downloading and completing a copy of the nomination form [here](#) and returning it to the LANSW office by 5pm on **Friday, 24 April 2015**.

## CHAMPIONSHIPS & OFFICIALS

### 2016 State Multi-Event Championships

We are pleased to confirm that the 2016 State Multi-Event Championships will be held in Dubbo, at the new synthetic track at Barden Park. Thank you in advance to the Dubbo Little Athletics Centre and the Dubbo Council for their assistance with this event.

### Sydney 10 – Little Athletics NSW 2.5km Run

People of all ages and abilities will be able to run for fun with entries open for the Greater Building Society Sydney:10, which will take place on Saturday, 2 May, at Sydney Olympic Park. The day includes the Herbalife 10km event which doubles as the Australian Road Titles; The Greater 5km fun run, and the Little Athletics NSW 2.5km run for children and families. Each of the fun runs will start from Dawn Fraser Avenue and finish at the Sydney Olympic Park Athletic Centre via the tunnel used in the 2000 Olympics. Participants will see their results on the big screen as they finish.

The Little Athletics NSW 2.5km run is a perfect opportunity for mums and dads to join their kids in a fun, supportive family event, so we are asking centres to help us promote it. Entries are now open at [www.sydneyten.com.au](http://www.sydneyten.com.au). To take advantage of the early bird rate, participants must enter by 5pm on Friday, 17 April.

## DEVELOPMENT

### “Desire to Inspire” School Visits

I know the season has just finished, but it is now time to at least think about next season.

“Desire to Inspire” is fast-paced, educational, fun, inspirational, and motivational presentation to the school. This is a mass promotion initiative open to all Little Athletics centres and is a great opportunity to promote your centre to your local kids. A LANSW representative visits your suburb/town and delivers a highly motivated, inspiring, educational and fun presentation to a school. The aim is to inspire and motivate kids to be active through the Little Athletics “Be Your Best” attitude and to register with the local centre. This program is generally conducted in Term 3 (July-October) and planning needs to start now.

The 2015 “Desire to Inspire” School Visits Program registration is now open. As the name suggests, the aims of the visits is to inspire kids to get involved and be active through Little Athletics by:

- generating children’s interest and educating them about Little Athletics and being active.
- motivating children to register with their local centre.
- increasing the profile of Little Athletics within the wider community.
- creating a link between local centres and schools.



# DEVELOPMENT

Centres and schools have described the program as:

- “A wonderful mix of listening, humour and active participation”
- “Great emphasis on being your best, not the best”
- “Informative – very practical demonstrations”

This program is open to all centres and the best thing about the program is that it's FREE; there is no financial cost to the centre at all. The World Championships will be held in August this year, right in the middle of the school visit period, so take advantage of the hype that will be generated during this time.

For more information or to register online, click [here](#).

## Run Jump Throw Coaching Clinics

Now we are entering the 'off' season, LANSW centres can still request to be a clinic host. Little Athletics NSW Run, Jump, Throw clinics are designed specifically to cater for juniors (U8-U11) and seniors (U12-U17) in two separate clinics as follows:

### JUNIOR CLINICS

Athletes in the U8-U11 age group attend a morning junior clinic. These clinics are skills based. Sprints, long jump and shot put are the three main events that most athletes will participate in at their school carnivals and will therefore be the focus of these clinics.

- **Juniors will be held from 9.00am - 12.00pm**
- Open to anyone in the U8-U11 age groups
- Athletes rotate around all three events of sprints, long jump and shot put

### SENIOR CLINICS

Athletes in the U12-U17 age group will have event group specific coaching. In these three hour clinics, athletes can only choose one event group from sprints, jump or throws. Participants will rotate within their chosen group eg. Participants in jumps will be coached in long jump AND triple jump.

- **Senior clinics will be held from 12.45pm - 3.45pm**
- Open to anyone in the U12-U17 age groups
- Athletes to pick one event group only:
  - Sprints Clinic: (Focus – e.g. Developing Speed, Agility and Quickness)
  - Jumps Clinic: (Focus – e.g. Long Jump and Triple Jump)
  - Throws Clinic: (Focus – e.g. Shot Put & Discus)

LANSW are currently accepting expressions of interest for centres wishing to host a clinic. If your centre would like to host a clinic or want more information please contact the Little Athletics NSW office.

## Winter Teen Athletics May - July 2015

Winter Teen Athletics will kick off on Friday, 1 May 2015 and will take place at Barton Park, Parramatta every third Friday evening across the winter months (May - July). Little Athletics NSW and Athletics NSW members registered in the U12- U18 age group for the 2014-2015 season are encouraged to take part in this great initiative hosted by the Northern Metropolitan Zone and Parramatta Athletics Club.

We are looking for centres wishing to host a coaching clinic throughout 2015. If you want a clinic in your area, contact LANSW.

## DEVELOPMENT

The events that will be covered over these evening sessions are shot-put, discus, javelin, long jump, triple jump, sprints and middle distance. Other events may be available upon request, so please contact the centre directly prior to the evening session. Each athlete is required to pay \$2 to register on the evenings that they choose to attend, and athletes are instructed to attend in their centre/club uniform.

In the spirit of athletics being a community sport run by volunteers, each car load of athletes is expected to provide at least one parent helper to ensure the night runs efficiently. The sessions are scheduled between 6:30pm- 8:30pm, and the BBQ and canteen will be open each night.

For further information, please refer to the Parramatta Little Athletics Centre Website at [www.plac.org.au](http://www.plac.org.au) where you can find the contact details for this event series.

### Winter Teen Series Dates:

1 May 2015  
 22 May 2015  
 12 June 2015  
 3 July 2015  
 24 July 2015

## DATES FOR THE DIARY



### April 2015

6th-8th State Team Camp 1 - Sydney Academy of Sport, Narrabeen  
 17th-19th State Team Camp 2 - Sydney Academy of Sport, Narrabeen  
 26th Australian Little Athletics Championships - WA Athletics Stadium

### May 2015

3rd Sydney 10 - Sydney Olympic Park  
 30th-31st Zone Coordinators Workshop - Parramatta RSL

### June 2015

17th Closing date: State Cross Country & Road Walks

### July 2015

5th State Cross Country & Road Walks - Scheyville National Park  
 18th-19th AGM & Annual Conferene - Wagga Wagga