

ADMINISTRATION & FINANCE

2015 LANSW AGM and Annual Conference – Wagga Wagga

A reminder that the 2015 LANSW AGM and Conference is being held at the International Hotel, Wagga Wagga on 18 & 19 July 2015. All centres are encouraged to send delegates to these important and informative meetings. Centres are asked to complete the attendance form [here](#) or in the centre information section of the website and return to the office along with relevant payment, by **Friday, 19 June 2015**. To view a copy of the conference flyer and agenda, click [here](#).

Registrations

Registrations for 2014-2015 are now at a total of 37,567 which represents a 3% decrease from last season.

All unused numbers should now have been returned to LANSW. Thank you to those centres who have already finalised their registration returns.

Click [here](#) to view the numbers listed as still outstanding for 2014-2015. Any outstanding numbers should now be returned as a matter of urgency. If you feel there is a discrepancy with the figures recorded for your centre, please contact Trish Bright at the LANSW office.

2015-2016 LANSW Budget

The 2015-2016 LANSW budget has been approved and can be downloaded [here](#). Centres should note that this budget has been formulated with no increase to registration fees for the fourth consecutive year. It is very unlikely however that we will be able to keep fees at this level beyond the coming season. It should also be noted that the budget shows a deficit of approximately \$190,000, which is being funded largely from a surplus in the 2014-2015 financial year.

2015-2016 LANSW Registration Fees

The LANSW registration fee for the 2015-2016 season will remain \$48 incl. GST per athlete, with a potential rebate of \$5 per athlete. The rebate will apply for all registrations recorded in the online IMG database as active and financial, AND with fees paid to the LANSW office, by 31 October 2015.



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Online Registration Updates

As the 2014-15 season has now ended, and to avoid any registrations being submitted online in error, prior to the opening of online registrations for next season, LANSW has removed the 'register here' button from our website. If all centres could disable any links from their own websites, it will help alleviate some early registration problems.

Once your centre has confirmed registration fees and registration dates for 2015-2016, login and start updating your online registration fee types. IMG will again be updating the age dates, financial end date and age validations dates, across all centres and you will be notified once this has been completed. You will also be able to update the tabs for invoice and receipt.

If you have any problems with the IMG online registration system, please contact Trish Bright at the office.

Centre Reports & Affiliation

Centres are required to hold their AGM (Annual General Meeting) by 31 May each year and then forward copies of the AGM Minutes, Annual Report (president, secretary, treasurer and registrars reports) and Financial Statements to the LANSW office. If you have already held your AGM, please forward these reports now. A reminder also, that centre affiliation forms, with payment, are due to LANSW by **31 May 2015**.

If affiliation details and reports are not received by 31 May, you may be in breach of 'Regulation 4 - Requirements for Affiliation of Little Athletics Centre's. Please click [here](#) to view the regulation.

Centre Constitutions

To date, there are about 25 centres that have provided LANSW with a copy of a new constitution, and many others that have advised they either just have, or are just about to adopt theirs. All centres that have had a new constitution adopted are asked to forward a full copy to LANSW, as soon as possible.

It appears that some centres have not properly reviewed the template and made all of the necessary alterations before accepting the document as their own constitution, and some will possibly have to make corrections by presentation of amendments to next year's AGM or to a Special General Meeting throughout the year. It is most important that centre committees take the time and care to thoroughly review the template, discuss and collectively decide which options they want to include, and make sure that they are totally aware of all that is contained within the document. Once passed, the centre must abide the constitution, so a committee must make sure that they know exactly what their constitution requires of them.

It also seems that some centres have not had their constitution correctly adopted by their membership and others are yet to send the required documentation to NSW Fair Trading. If you are unsure of the requirements, please contact Chantelle at the LANSW office for assistance.

A reminder that all centre reports and affiliation forms are to be forwarded to the LANSW by 31 May.

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Preparing for the New Working With Children Check

A reminder that LANSW is requiring all centres to fulfil the obligations and responsibilities of the new WWCC (Working With Children Check) from the commencement of the 2015/2016 season. As outlined during the WWCC seminars last year, there are some tasks that need to be completed by a centre before implementation can occur (e.g. endorse two WWCC 'delegates'; complete online employer registration; identify and document child-related and non-child-related roles within the centre; identify and document applicable exemptions; confirm verification procedure; create verification record; implement measures to ensure the committee regularly monitors compliance). All centres need to ensure that the documents and records required to verify compliance, are completed and/or in place, before their season starts. Please contact the LANSW office staff if you require any guidance or assistance.

Working With Children Check – Interactive eLearning Program

The Office of the Children's Guardian has recently launched an interactive eLearning program to assist employers (which includes centres) to better understand the WWCC (Working With Children Check). The first module, 'Understanding the new Working With Children Check', contains information and short videos explaining the key processes in the WWCC system such as: how to register online; what is considered child-related work; exemptions; how to verify workers; what records you need to keep, etc. We encourage people looking after the WWCC requirements for their centre, to work through this module, and confirm that they understand their obligations as an 'employer' under the new WWCC.

For more information and to access the eLearning program click [here](#).

General Meetings/Member Forums

Given that interest from centres for metropolitan based general meetings/forums has been very low for several years now, it has been decided that only one meeting/forum will be held this season and this will take place at the start of the season (August/September). There will no longer be a second meeting in February, as it seems centre personnel are just too busy with championship related tasks at that time of year.

Jetstar Partnership

Now in the second year of their partnership, Jetstar are continuing to look for additional ways to activate their partnership at the local level and there are some great local initiatives in the works. We can confirm that a shoe bag will be supplied again this season for all registered members, and everyone will also be receiving a cap. Additionally, LAA (Little Athletics Australia) is providing us with funds from the Jetstar sponsorship, so that we can do an increased amount of advertising throughout the peak registration period!

We can also confirm that the new seasons Jetstar patches are reduced in size and a smaller 'crop top' version is available. The new patches are however, orange, meaning that unfortunately, last season's white Jetstar patches will need to be replaced.

Has your centre prepared itself for the introduction of the New Working With Children Check requirements?

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Marketing Strategy and Marketing Plan

In order to maximise the return on investment for our marketing budget, including the funds being provided through the national body, we will be engaging a marketing/advertising consultant to help develop a marketing strategy for LANSW, along with a plan to support the strategy. This will assist us to increase both our advertising reach and effectiveness. It is hoped that a well-designed marketing strategy, and a plan that provides a coordinated approach to marketing, promotion, advertising, media, merchandising, licensing, branding, and communication, will result in both an increase in membership and the development or expansion of other revenue sources such as licensing and merchandising.

Regional Television Advertising

We will continue to utilise television advertising as a means of advertising in country NSW in the lead up to the new season. A schedule for the two week period commencing 16 August, is currently being negotiated with Prime TV across the various regional markets.

A new LANSW television commercial will be developed for this year's campaign, as the previous one has been used for the past 4 years and recent sponsorship changes also need to be reflected.

Mid South Coast, Lake Macquarie and North East Metropolitan Zone Coordinators

Congratulations to Howard Vander Vord on his election as the new Mid South Coast Zone Coordinator. We thank Howard for stepping up to this role and look forward to working with him.

Unfortunately, Danielle Henderson (Lake Macquarie Zone) and Nick Skye (North East Metropolitan Zone) have both during the past month resigned from their positions as zone coordinators. Thanks are extended to both Danielle and Nick for their contributions over the past twelve months. Nominations have been called to fill the casual vacancies, with a closing date of Friday, 5 June for the Lake Macquarie Zone and Thursday, 25 June for the North East Metropolitan Zone.

2017 ALAC Convenor

The 2017 ALAC (Australian Little Athletics Championships) are being hosted by LANSW and will be held in Sydney on either 22 or 23 April 2017. To head up the organising committee for the championships, LANSW is pleased to advise the appointment of Simon Nicola, to the role of 2017 ALAC Convenor.

Simon has been involved with the Winston Hills LAC since 1998; he joined the committee in 2000 as Track and Field Officer, then moved to Secretary and then found his niche as Championships Officer in 2002. Simon has held this role for 12 years (over two separate periods), and is also in his second term on the LANSW Championships Advisory Committee. Simon became an accredited sprints and jumps coach in 1999 and in 2008 started coaching Special Olympics athletics (intellectually disabled), leading to many roles including NSW athletics coach for the national games and assistant athletics coach for the Asia Pacific Games. Simon is also a qualified track umpire (LANSW and ANSW); he is the treasurer for the North West Metropolitan Zone; and one of our team members for the photo finish system.

We thank Simon for accepting this role and look forward to working with him over the next couple of years as he leads us to a successful ALAC in April 2017.

Thank you to Simon Nicola for taking on the role of convenor for the 2017 Australian Little Athletics Championships being held in Sydney.

CHAMPIONSHIPS & OFFICIALS



Championships/Competition Advisory Committee

Expressions of Interest are hereby called for persons to join the LANSW Championships/Competition Advisory Committee. The members of this committee will provide assistance and feedback to the LANSW on a range of championship and competition related matters. Appointment would be for a term of one year, with the ability to reapply in June/July 2016, for an additional two year term. Expressions of interest are to be forwarded to Diane Levy at the LANSW office by **Wednesday, 1 July 2015**.

Click [here](#) to view a copy of the memo calling for expressions of interest and the Championships / Competition Advisory Committee Guidelines.

LAA (Little Athletics Australia) – Changes to Standard Events and Standard Rules

At the recent LAA Conference in Perth, there were a number of motions relating to the LAA standard events and standard rules that were passed and therefore must be implemented in all states and territories from the coming season. All of these changes will be reflected when the LANSW Rules of Competition book is next updated (August/September 2015).

The following changes are highlighted as very significant for LANSW, its centres and members:

- The 400g javelin is now a standard event for the U11 age group and must therefore be offered at the 2015-2016 Zone, Region and State Championships.
- Commencing from the 2016-2017 season, the scissor technique will be the only high jump technique that is allowed to be used at any level of competition for athletes in the U10 age group and below. (i.e. only the U11 age group and above will be able to use the fosbury flop technique). In order to transition to this requirement, LANSW will introduce this rule for U9 athletes in the coming season (2015-2016).
- By the beginning of the 2019-2020 season, high jump competition at any level can only be conducted utilising high jump mats that meet the following minimum specifications:
 - Scissor mats – 5m x 3m and a minimum height of 150mm
 - Flop mats – 5m x 3m and a minimum height of 400mm (however it is recommended and preferred that mats have a height of at least 500mm)

In the case of the rule regarding the compulsory use of the scissors technique in high jump, further clarification will be provided on what the approved scissor technique is and how the specific rules are to be applied.

State Track & Field Championships – Timed Finals for 800m Events

It has been decided that all 800m events at the State Track and Field Championships will now be conducted as timed finals which will be seeded with the 12 fastest athletes in the same heat (i.e. the times from across two seeded 800m races determine the medal winners and overall places for each age group). This decision was made in the best interest of the athletes, with too many middle distance events to comfortably fit into a 2½ day program.

CHAMPIONSHIPS & OFFICIALS

Change of Date for State Relay Championships

Traditionally, the LANSW State Relay Championships have been held on the fourth weekend in November. In 2014, this was 22 & 23 November, meaning there was another weekend available at the end of November (the week following State Relays). In 2015, because 1 November is a Sunday, the fourth full weekend moves back to 28 & 29 November.

Given that all zones must now be held before Christmas, it has been agreed that the State Relay Championships will now be held on the second last weekend in November, whether this be the third or fourth weekend, to allow zones the option of holding their championships on the last weekend. This means that the date of the 2015-2016 State Relays will now be 21-22 November 2015.

State Cross Country and Road Walk Championships

The State Cross Country and Road Walk Championships will be held at Scheyville National Park, Scheyville on Sunday, 5 July. The Cross Country Championship is open to any registered Under 7 to Under 17 athlete and the Road Walk Championship is open to any registered Under 9 to Under 17 athlete. Entry is via the Little Athletics NSW website and closes on **17 June** at a cost of \$10 per competitor for the day (not per event). Late entries close on 24 June and will be \$25 for the day.

Once again, no entries will be taken on the day, so register online now. Keep an eye out for course maps and other relevant information, which will be posted in the Competition section of the website, under Cross Country & Road Walks, as it comes to hand.

2016 State Multi-Event Championships

The 2016 State Multi-Event Championships are being held at the new Barden Park, Dubbo athletics facility. We're sure many athletes will want to trek to Dubbo to compete at this fantastic venue. Centres should advise their members to book their accommodation now if they are intending to enter this event, as there has been a great deal of interest to date.

State Team

Congratulations to our state team who competed admirably in Perth on Saturday, 26 April on a beautiful sunny day. Our U13 team came third behind Western Australia and Victoria in the overall pointscore. The Under 15 team also finished 3rd in the Multi-Event pointscore. Congratulations to the U13 team from Western Australia who won the overall pointscore for the very first time.

2016 Jetstar Trans Tasman Tour Committee

The committee for the 2016 Jetstar Trans Tasman Tour is as follows:-

Chairman/Tour Manager	Heather Mitchell
Secretary	Sally Richardson
Girls Team Manager	Marian Bennett
Boys Team Manager	Ron Budd
Uniforms	Maria McConville
Public Relations	Sue Stafa
Souvenirs	Claire Yeo

Entries for the State Cross Country and Roadwalks close on 17 June. Don't miss out!

CHAMPIONSHIPS & OFFICIALS

National Primary Games – Tamworth – 11 & 12 July 2015

The inaugural National Primary Games (NPG) are being held in Tamworth on 11-12 July 2015. Presented by the Northern Inland Academy of Sport and hosted by the City of Tamworth, the National Primary Games is a two-day festival of sport for 11 and 12 year olds (Years 5 and 6) from across the country.

The core values of the NPG are inclusivity, enjoyment, friendship in sport and sportsmanship, all of which are celebrated through the Spirit of the Olympics. The Australian Olympic Committee (AOC) is supporting the NPG and they will be providing high profile athletes as special guests for the festival of sport, as well as other high profile performers to entertain the participants and their families at a special function on the Saturday night.

There are fifteen sports involved in the inaugural NPG, including athletics, with registration open to both boys and girls. The athletics program will consist of 6 events (100m, 200m, 800m, long jump, shot put and discus) and will be conducted as a multi-event competition, with all athletes participating in all events and scoring points accordingly. Entries can be submitted by schools or sporting clubs (Little Athletics centres) and close on 14 June 2015. More information and registration forms are available [here](#). Anyone interested in volunteering as an official should contact the Tamworth Little Athletics centre who are hosting the athletics competition for the NPG.

Sydney:10

The Sydney:10 was held on 2 May, with Little Athletics NSW having naming rights to the 2.5km event. The weather on the day was not perfect, but the overall event still achieved a record number of entries. There were approximately 120 kids in the 2.5km event. Whilst this is not as many as we perhaps might have expected, it was still an increase from the previous year. The promotion that LANSW received as an event partner was very good and it is definitely something that we should continue to be involved in, especially given the fact that the event is growing each year in size and status. A report prepared by ANSW regarding the overall event, was provided to directors.

Well done to the Tamworth LAC for hosting the athletics component of the inaugural National Primary Games.

DEVELOPMENT



LAPS Program

LAPS (Little Athletics Program for Schools) is the official Little Athletics Australia coaching program for schools.

In NSW, LAPS involves Little Athletics NSW LAPS-accredited coaches conducting practical athletics sessions, at a school, for classes of school children during school hours. Most LAPS sessions are conducted at primary schools.

A typical LAPS coaching session will last between 30-60 minutes and involve a class of up to thirty students. Multiple sessions may be conducted at a school throughout a day. One event is usually coached per session. The events offered to schools include sprints, relays, long jump, high jump, shot put, discus, and sometimes hurdles.

LAPS is a fantastic opportunity for schools to help their students to prepare for upcoming school athletics carnivals and offer teachers professional learning opportunities. A strong Little Athletics coaching presence in the schools will benefit our sport and our young athletes.

LAPS is currently operating across Sydney, on the Central Coast, in the Hunter, the Illawarra, and the Ballina/Lismore area. We are keen to extend our reach to other areas of the state. To do this, we require two things: schools and suitable coaches.

If you have contact with any schools who you think may benefit from this program please encourage them to get in contact with us or forward their details to us to approach them. Also, if you are aware of any coaches in your area who you think may be suitable to work in our school program, encourage them to get in touch.

Any assistance that you can provide us is very much appreciated.

Contact the Little Athletics NSW Coaching & Development staff if you require any more information.

JETS Program

The 2014-2015 JETS membership currently stands at 159. Applications are still being taken, mainly from those individuals who are interested in attending the JETS Camp in July.

The members-only JETS Performance Camp will be conducted 10-12 July at the Sydney Academy of Sport & Recreation, Narrabeen. Registrations are already being received.

State Team

With the 2015 LANSW State Team campaign now completed, planning has begun for the 2016 State Team program. Details will soon be available.

DEVELOPMENT

2015 National Under 15 Camp

The U15 National Camp aims to develop and support young athletes who are showing a commitment to the sport and have reached the national standard.

Dates: Sunday, 27 September 2015 to Wednesday, 30 September 2015

Venue: Australian Institute of Sport, Canberra

Who: Each State Association is entitled to send a team of up to twenty athletes. NSW athletes can only apply for the camp if they have been invited by LANSW (Little Athletics NSW) to submit an expression of interest. Athletes will be selected from those who have applied based on their performances as Under 14 athletes at the 2015 LANSW State Track & Field Championships (for the individual events), and the 2015 LANSW State Multi Event Championships (for the multi-events), and compared against various state and national performance rankings and standards.

More information will be supplied as it becomes available. Contact the Little Athletics NSW office if you have any questions.

Introduction To Coaching (ITC)

Take your first step into “event specific” athletics coaching! All practical... No exam... No previous experience necessary! Learn from the Little Athletics experts!

An ITC is a course specifically designed for parents, beginner coaches, teachers and other interested people who want to coach/teach beginner athletics. It is a (event specific) track and field course designed to give people the ability and confidence to coach basic level athletics to children aged 5-15years.

The course covers; Coaching Young Athletes, Warm Up, Running, Relays, Hurdles, Walks, Shot Put, Discus, Javelin, High Jump, Long Jump and Triple Jump. The majority of the course is low intensity practical/physical activity, with some theory. To “see and do a skill” has proven more beneficial than theory alone.

Applicants must be 15 years or above.

For an information flyer click [here](#)

Course Dates:

Wagga Wagga

Date: Friday, 17 July 2015

Time: 10.00am - 4.30pm (Arrival 9.45am)

Venue: Jubilee Park, Corner of Bourke Street and Red Hill Road, Wagga Wagga

DATES FOR THE DIARY



May 2015

30th-31st Zone Coordinators Workshop - Parramatta RSL

June 2015

12th Winter Teen Athletics - Parramatta

17th Closing date: State Cross Country & Road Walks

July 2015

3rd Winter Teen Athletics - Parramatta

5th State Cross Country & Road Walks - Scheyville National Park

18th-19th AGM & Annual Conferene - Wagga Wagga

24th Winter Teen Athletics - Parramatta