



RUN FOR FUN

What is a skills clinic?

What is a skills clinic?

LANSW operates coaching clinics at various venues throughout the state for registered athletes (clinics are age specific), athletes who want to develop their athletic skills or those who just want to "come & try."

These clinics are beneficial to anyone, regardless of their ability, and aim to provide interested athletes with access to affordable quality coaching in running, jumping and throwing. These clinics will ensure that participants identify the sport of athletics with fun, enjoyment, friendship, improvement, learning, personal achievement and positive experiences!

What type of skills clinics can be conducted?

There are two specific clinics conducted*:

- Junior Clinic (U9-U11) - This is a three hour or half day clinic where all athletes rotate between 3 x 50 minute event (run/jump/throw) coaching sessions. Generally, the events will be sprints, long jump and shot put (hurdles, high jump and discus can however replace an event). The focus is the fundamental skills of each event.
- Senior Clinic (U12-U17) (coach availability dependent) - This is a three hour or half day clinic where participants register for a specific event or event group. Clinic sessions are specifically designed for the older athlete.

Generally both junior and senior clinics are conducted on the same day at the same venue.

* Some areas may not be able to support two separate clinics, therefore a general all-ages rotation clinic can be offered.

What are the benefits of a skills clinic?

Skill Development

- Develop athletics skills and increase learning opportunities for all participants
- Develop athletic skills prior to the school or Little Athletics seasons

Community Service

- Provide a school holiday activity (clinics are generally conducted during school holidays)
- Opportunity for kids to "have a go" at Little Athletics and be active in a safe, non-threatening environment
- Promote the local centre and the sport of Little Athletics
- Raise interest about athletics in the local community

Education and Learning

- Observation and learning opportunities for parents, guardians and novice coaches

How can I get a skills clinic at my Little Athletics centre???

Little Athletics NSW gets asked this question all the time. Skills clinics are open to all centres. As the saying goes "... you'll never know unless you ask!" All a centre has to do is ask. Contact your local Little Athletics representative and encourage them to enquire.

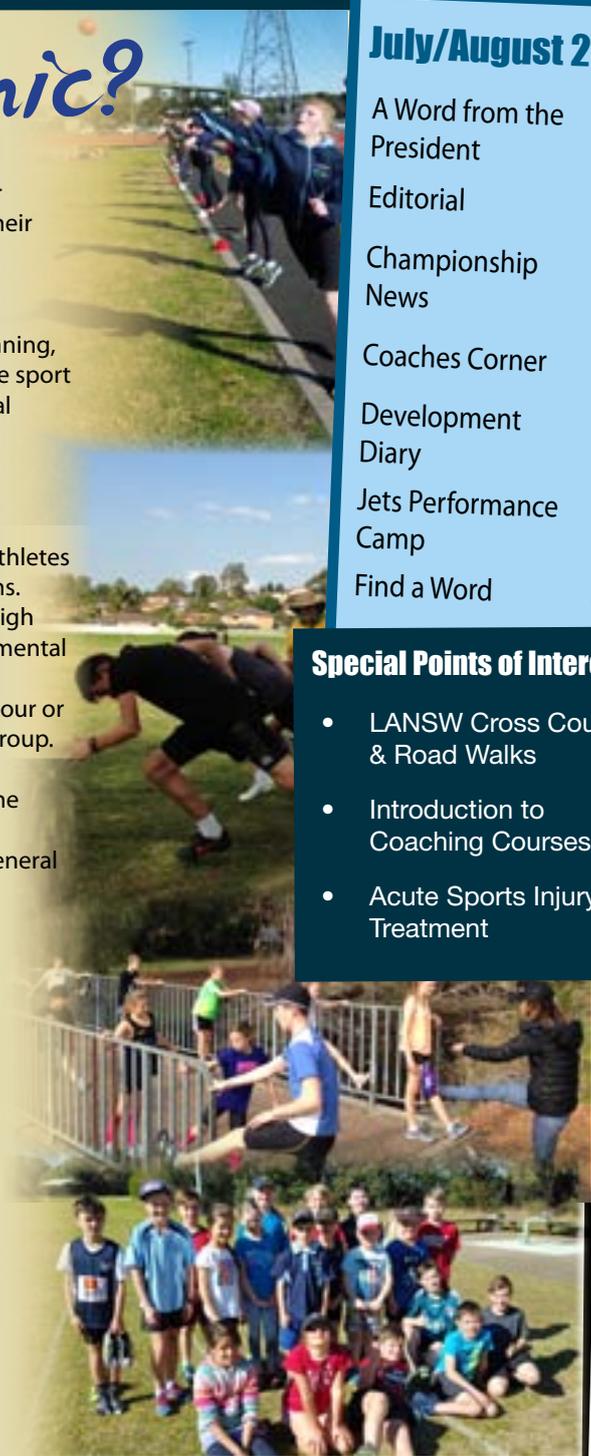
For regional centres, zone tours are generally organised, meaning several centres within an area hold a clinic during the same week. Thus, the more centres within the zone that ask, all the more reason to tour your area. There are some local requirements for the centre to be successful in being considered to be a clinic host (clinics cannot always be guaranteed) but again, all the centre has to do is ask. For more information contact Little Athletics on 9633 4511 or admin@lansw.com.au

July/August 2015

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Special Points of Interest...

- LANSW Cross Country & Road Walks
- Introduction to Coaching Courses
- Acute Sports Injury Treatment



A WORD FROM THE PRESIDENT...

NEIL SANDALL



Well in the last wintery month we have conducted our only winter championship, the State Cross Country & Road Walks at Scheyville National Park in North Western Sydney and held our AGM/Annual Conference in Wagga Wagga. Both were quite successful undertakings and I extend my appreciation and that of my fellow directors to the many volunteers and our staff who helped make both highly successful ventures.

I would like to thank all of the delegates who voted for my return as your LANSW President for what I have publicly announced will be my final two-year term in this important leadership role. You have my assurance I will continue to give my all in these two years, but I think after what will then be my 12th successive year on your board, admittedly in three different roles, it will then be time I stepped down so we can introduce some new blood, with fresh ideas to the LANSW leadership team. It will be my task over these two years to help identify potential successors as your President.

In the meantime, you have my assurance that I will continue to give my full attention and best endeavours in continuing to work effectively with the current board to ensure LANSW continues to prosper as a major junior sports brand and family fun and fitness offering.

At this year's conference we heard an inspiring "keynote address" from a highly successful Australian Para-Olympian, Katrina Webb, whose theme was about "turning silver to gold"; actually kept the entire conference audience enthralled from start to finish. From my observations of the overall program, it proved to be a well-accepted and highly participatory program, which delegates seemed quite happy to be involved in.

Conference is our key annual planning event and the very best opportunity for our members to interact directly with board and staff to help further the progress and continued success of Little Athletics in this state. If your centre wasn't represented at this year's conference, might I suggest you give it serious thought for next year, as the networking opportunities, as well as the chance to learn what your fellow centres are doing to encourage athlete retention etc, is a great development opportunity missed.

At this year's conference we outlined some significant changes going forward, not the least being that we are undertaking a governance review to ensure our current board and staffing structure is appropriate in our contemporary environment; a move to an altered Annual Conference regime where from next year we move to a rotation system of a two-day AGM/Conference at a rotating country venue every even year (next year in Bathurst at a venue to be advised) and a shorter one-day AGM/Conference in the odd years in Sydney. Both will still feature networking and social gathering opportunities. We believe this reflects contemporary time constraints on our many volunteers as well as helping centres more readily meet the costs of delegate attendances at biennial rather than annual country conferences.

It also offers more ready opportunities for more centres to access conference, with a shorter, but still full one-day format in a Sydney venue every second year and a rotating country venue under the longer two-day format every other year. The first of the one-day Sydney formats will be in 2017 and every odd-year thereafter. Your board certainly hopes this arrangement improves conference participation opportunities for the widest possible number of centres in the years ahead.

Till next time,

Neil Sandall
President

editorial



Volunteers are the life blood of Little Athletics and without their input the sport would not exist. Unlike team sports, many more people are needed to run an athletic competition and, with people more time poor, attracting volunteers is difficult.

As registration time looms committee members are often faced with a lack of time to do all the little things needed before the season begins. Many people cannot afford to make an ongoing commitment but a request for someone to do one particular task that has a finite time span, will often be favourably received. Being valued for their initial assistance will sometimes result in people becoming more involved.

New parents, with no previous experience in athletics, sometimes find the idea of assisting with the regular competition confronting. A 'Getting Started' course can give them enough information to assist at events and can be run in the first few weeks. Many centres simply walk parents around the venue and use an experienced committee person to explain the basics of each event.

Importantly, make sure your volunteers feel valued and that their assistance has been appreciated.

Championship News

State Cross Country & Road Walk Championships

The 2015 LANSW State Cross Country & Road Walks were held at Scheyville National Park, Scheyville on Sunday, 5 July. When officials and competitors started to arrive, it was a very chilly 0 degrees, but the temperature had increased to a respectable level for a winters day by the time of the first gun. Thanks must be extended to members of Kurrajong Bilpin Little Athletics Centre, for their assistance with the organisation prior to and on the day.

The total number of competitors registered for the day was 786 and with 666 of these actually braving the cold, frosty morning. 602 athletes competed in the cross country in the morning with some of them backing up in the road walks. A total of 136 athletes competed in the afternoon road walks.

Athletes from 90 Little Athletics NSW centres took part, with athletes travelling from as far away as Coffs Coast LAC in the north and Koorungal Wagga LAC in the south.

Thanks are again extended to our small band of officials, especially those who braved the very chilly morning to assist with athlete check in and marshalling. Congratulations to all athletes on your performances.

Winners in the cross country events were: -

BOYS

U7	Kobe Stewart	Illawong
U8	Will Kay	Ku-Ring-Gai
U9	Kalani Vella	Albion Park
U10	Nicholas Hyde	Mosman
U11	Bili Robertson	Canterbury
U12	Patrick Cantlon	Sutherland
U13	Angus Beer	Balmain
U14	Sam Griffiths	Douglas Park
U15	Harrison Wade	Ryde
U17	Luke Gorman	Manly Warringah

GIRLS

Gemma McIntosh	Ku-Ring-Gai
Jassmin Daymond	Edgeworth
Mia Toohey	Sutherland
Imogen Stewart	Illawong
Nicola Hogg	Mosman
Maeve Goehner	Glenbrook
Abbey Rockliff	Ku-Ring-Gai
Emily Schneider	Sutherland
Mackenzie Penn	Tuggerah Lakes Mingara
Matilda Offord	Camden

Winners in the road walk events were: -

BOYS

U9	Harry Banks	Balmain
U10	Dylan Daly	Wyong
U11	Tom Jessep	Port Hacking
U12	George Davis	Ryde
U13	Hayden Blaskett	Manly Warringah
U14	Harrison Mavin	Ku-Ring-Gai
U15	Ryan Thomson	Colyton St Clair
U17	Tim Martin	Coffs Coast

GIRLS

Izabella Dunne	Hills District
Ellie DeCelis	Illawong
Hannah Bolton	Tuggerah Lakes Mingara
Renee Hardy	Kurrajong Bilpin
Hannah Mison	Koorungal Wagga
Samantha Brown	Parramatta
Amy Henry	Port Hacking
Jasmyn McDonald	Parramatta





COACHES CORNER

Article supplied by work experience student Chris Ius (U15)

Acute Sports Injury Treatment

<http://www.healthline.com/health/sports-injuries/treatment#Overview1>



Part 1 of 5: Overview of Acute Sports Injury Treatment

Muscle injuries are painful and one of the quickest ways to sideline a good player. No matter what sport you play or how you managed to hurt yourself, the treatment and time it takes to heal from an acute sports injury are often the same.

Muscle injuries are caused by suddenly stretching a muscle beyond its level of elasticity. This can occur on a sports field or in your own backyard. The good news is that you don't need a professional trainer to properly treat minor ligament, tendon, or muscle injuries. You just need to know some basic information on how to treat and rehabilitate the injury.

Part 2 of 5: Immediately After an Injury

There are a few things you can expect within the first few hours of an injury, and some basic things you can do to jumpstart the healing process.

Other than the immediate pain, you also might experience swelling and bruising. The initial sharp pain will give way to a throbbing ache. The area is likely to be extremely sensitive to movement and will usually be fairly tender to touch as well. Normal use will be hindered or impossible for at least the first few hours.

There is an easy way to remember how to immediately begin treating that painful pulled muscle. **R.I.C.E.** is an acronym that many sports trainers and athletes use as a reminder of what to do for sports injuries. It stands for rest, ice, compression, and elevation.

Rest

Rest is the most effective way to start the healing process after an injury. A sprained muscle is weak and vulnerable to further injury, especially in the first few hours.

Ice

The benefits of ice are most significant within the first day or two of injury. Applying ice to a new injury will help relieve pain and prevent swelling by decreasing blood flow to the area. Placing a cold pack or a bag of frozen veggies in a towel will protect your tender skin from getting too cold. It's possible to give yourself frostbite, so never place the ice bag directly on bare skin. Apply the ice for 15 to 20 minutes at a time and allow your skin to return to normal temperature in between icing.

Compression

An elastic bandage wrapped firmly around an injury can further prevent swelling and ease pain by keeping the area somewhat immobilized. The bandage doesn't necessarily always keep you from moving, but it can remind you to keep from moving it. If a wrapping causes tingling or numbness in the extremity, remove it and rewrap the area more loosely. The bandage should not be so tight that it causes discomfort or interferes with blood flow. Even gentle compression can help keep fluid away from the area of injury.

Elevation

Propping an injury above the level of your heart helps fluid drain away from the injured area and reduces swelling. If you can't elevate an injured area to a level above the heart, try to keep it at the same level or close to it. If, you suffered an injury to the buttocks or hips, try lying down with a pillow or two below your buttocks or lower back to help lift the area of injury.

Part 3 of 5: A Day Later

The day after suffering an injury is often the most painful. Swelling will likely be at its worst a few hours to a couple of days after the injury occurred. Bruising will continue for the first few hours and can be quite extreme by the next day, turning the entire area a deep purple or black.

The R.I.C.E. treatment method is appropriate for the first 48 to 72 hours after an injury. During this time, you should keep the area wrapped with an elastic bandage if possible, elevate it when you can, and apply ice every few hours. If pain is severe, an over-the-counter anti-inflammatory like aspirin or ibuprofen can help. Acetaminophen is effective for pain and fever but not for inflammation.

It's important that during the first three days of a sports injury you don't apply heat to the area, as heat can increase circulation and worsen swelling.

Part 4 of 5: Three Days to a Week Later

Sports injuries usually enter the healing process after about 72 hours. You will notice less pain, sometimes only noticing tenderness when you move the joint or prod the area. Swelling will usually subside after the first three days, and bruises will start to fade. The changing colours of the bruise reflect the breakdown of blood that was trapped in the skin as a result of the injury.

Once the swelling has gone down, you can begin to alternate heat packs with ice. Applying heat will help circulate blood to the injured area, which delivers oxygen and nutrients to help the healing process. Both ice and heat can help with pain, and many trainers recommend alternating ice with heat every few hours.

You can also remove the compression bandages and begin to gently exercise the area. Start slowly with light stretches, never pushing it to the point of pain. You'll notice your range of motion increasing a little more each day. Keep stretching and moving for the first few weeks until you are comfortable with normal use and exercise. Immobilization is bad for injured parts of the body that are a few days old or more because it can cause stiffness. You want to start moving the injured part, or walking with a normal gait, as soon as possible after injury.

Part 5 of 5: After a Month

The first few weeks are the most painful, but you may notice some pain and tenderness for several weeks to a few months after an injury. This is normal, and you can use heating pads or ice to relieve pain. Medicated sports cream can also help with the discomfort. This type of cream is available at almost any pharmacy.

After the first month, there should be no swelling and any bruises will have faded away. If you notice swelling or discoloration after four weeks, you should visit a doctor to make sure there are no additional problems. Severe pain after the first few weeks is also reason to have the injury further evaluated.

Continue to stretch and exercise the area even after the symptoms have subsided. A muscle or joint that has been injured once is more vulnerable to additional injuries. Exercise can reduce the risk of repeat injuries. In addition, proper stretching and moderate exercise can help prevent injuries of all kinds. As long as the injury heals appropriately, you should be able to return to your regular workout routines.

COACHING & DEVELOPMENT DIARY



Introduction to Coaching Courses

The Introduction to Coaching course is specifically designed for parents, beginner coaches, teachers and other interested people who want to teach beginner athletics. It is an "event specific" track and field course designed to give people the ability and confidence to coach basic level athletics to children aged 5-15 years. The 2015 Introduction to Coaching course dates have now been set. If you wish to attend one of these or want to find out more, click [HERE](#).

Venue	Date
Gunnedah	Saturday, 22 August 2015
Emu Plains	Sunday, 13 September 2015
Maitland	Sunday, 20 September 2015
Sylvania	Sunday, 20 September 2015
Northern Suburbs	Sunday, 27 September 2015
Parramatta	Sunday, 11 October 2015
Narromine	Saturday, 17 October 2015
Gosford	Sunday, 18 October 2015
Canterbury	Sunday, 18 October 2015
Manly Warringah	Sunday, 25 October 2015
Bankstown	Sunday, 1 November 2015
Kiama	Sunday, 8 November 2015
Coffs Coast	Saturday, 14 November 2015



2015 JETS PERFORMANCE CAMP

An Athlete's View

By Rosie Tozer – Wollongong City Little Athletics member

The JETS camp was one of the best experiences I have had. I learnt so much and it was definitely a worthwhile experience.

After being introduced to the coaches when we arrived, we headed down to the Academy pool to learn about the many types of recovery techniques, which help your body recover as quickly as possible, ready for your next training session or comp. First, we had a session with Christine McDermott, who taught us how to do self-massage using tennis balls and foam rollers. Ouch! She also taught us the importance of healthy food, healthy sleep patterns, and, as we were about to find out, how to use water to make our body feel better. After the talk, we headed down to the spas to try out some water contrast therapy. This included two spas, one hot and one cold and we spent a minute in each spa. Although the cold spa was so cold we couldn't stop shivering, everyone commented afterwards about how good their muscles felt!

The afternoon was finished off with a few "get to know you games", and a meditation session led by Darren. This session helped us to relax, by tensing and relaxing parts of our body. We also had to visualise ourselves in a really relaxing spot, and doing athletics. This session made me feel really relaxed and I found it to be a really useful technique in calming my mind.

The next morning we had our first training sessions. My two events that I had chosen to do were sprints and javelin. The sprints session was very tiring but also satisfying, as we knew that we had all worked hard. My next session was javelin. I learnt so much. While we were doing all this, our coaches were videoing us, so that in the evening they could help us correct our technique and point out things that we were doing wrong.



Following lunch, we had a swim in the pool, where Mandy gave us a recovery session for our sore legs and muscles after the morning's training. We also practised some self-massage and I found quite a few new sore spots. After that we split up into our training groups and the coaches helped us to spot things that we could improve on in the videos that they took during our training sessions.

Mandy instructed us through another meditation session, which, as with the last one, made us all feel very relaxed, tired and ready for bed.

In the morning, we again got up early and after breakfast headed back down to the track with our packed bags, slightly sad that the camp would soon be over. Although we were tired, that left no excuses for anyone to not try their best and we once again trained hard and learnt as much as we could from our coaches.

Sunday lunchtime arrived too quickly, and another great camp came to an end. I would recommend this camp to anyone. It is easy to make friends because everyone has so much in common and there is so much to do. It is also a good way to start learning about being a more-grown-up Little Athlete.

After saying our final goodbyes, it was time to go. Thankyou coaches for a really awesome experience!

Rosie Tozer – Wollongong City Little Athletics



Find a Word



PRECIOUS GEMS

- | | |
|-------------|------------|
| ALEXANDRITE | MOONSTONE |
| AMETHYST | OPAL |
| AQUAMARINE | PEARL |
| BLOODSTONE | QUARTZ |
| CHRYSOBERYL | RUBY |
| DIAMOND | SAPPHIRE |
| EMERALD | TOPAZ |
| ERUDITE | TOURMALINE |
| GARNET | TURQUOISE |
| KUNZITE | ZIRCON |

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

CONGRATULATIONS

to U9 Little Athlete **Henri Dehe** from
Woy Woy 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 31 August 2015.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...

Locked Bag 85, PARRAMATTA NSW 2124
(90-92 Harris Street, HARRIS PARK 2150)
Tel: (02) 9633 4511 or 1800 451 295
Fax: (02) 9633 2821
Email: admin@lansw.com.au
Website: littleathletics.com.au

