

ADMINISTRATION & FINANCE

Online Registrations



All centres are reminded that they **MUST** offer members the opportunity of registering and paying online for this season. This simply means that individuals will have the ability to use this means of registration if they so choose. A reminder that registrations made online with a credit card payment are not to be included on the Registration Receipt form; these registrations are reported directly to the LANSW from IMG STG. The online registration system is now active on the LANSW website and an email has been sent to all existing members.

Athletics Roadshow – ANSW (Athletics NSW) and LANSW



This year, LANSW and ANSW will be holding a combined centre/club development initiative coined 'The Athletics Roadshow'. This initiative is aimed at improving centre/club capacity and capabilities, by providing relevant training and new innovative skills to centres/clubs in a variety of different ways. The roadshow puts volunteer administrators from both the 'junior' centres and 'senior' clubs together, to share knowledge and improve efficiencies in our sport. Presentations will involve practical coaching activities, Little Athletics coaching clinics, officiating workshops, coaching courses, updates on strategic development and One Sport strategy, IMG training and the ability for centres/clubs to interact, discuss issues and develop relationships. The first two sessions of the roadshow are scheduled for 19-20 September in Dubbo and 25-27 September at Sydney Olympic Park. Click [here](#) to register for Dubbo, and click [here](#) to register for Sydney Olympic Park.

Risk Management Advisory Committee

Expressions of Interest are called for the Risk Management Advisory Committee for the next two years.

Click [here](#) to download a copy of the memo and the committee guidelines.

Expressions of Interest close on **Wednesday, 9 September**, at the LANSW office.

Athlete Assistance Program

Via the Athlete Assistance Program we can provide a discount or waive the registration fees for some athletes each year. It is hoped that by offering the Athlete Assistance Program, the LANSW can help to overcome the financial obstacles that prevent some young people from participating in our sport in NSW. Any persons applying for financial support under the Athlete Assistance Program need to make a clear statement indicating the reasons for their application, and be able to verify the claim of financial hardship. They must possess a Centrelink concession card. The program can provide up to a maximum of \$200 per athlete for registration fees and/or centre uniform and/or running shoes. Applications are assessed on a case by case basis, based upon the demonstrated need for funding assistance and the funding assistance sought. For details and an application form, click [here](#).

ADMINISTRATION & FINANCE

2015 Annual General Meeting and Conference

The 2015 LANSW Annual General Meeting and Conference was held in Wagga Wagga on the weekend of 18 & 19 July 2015, with over 170 members in attendance. Thank you to everyone who attended for a great weekend of interaction that served as a great learning opportunity.

A copy of the presentations and reports from the meetings can be found [here](#).

For those members who attended the conference in Wagga Wagga, we would really appreciate your feedback with regard to the conference operation and topics, and value your suggestions for future conferences, workshops and guest speakers. Please take the time to fill out the Little Athletics NSW Conference Survey, which you can find [here](#).

Next year's Little Athletics NSW AGM and Annual Conference is being held in Bathurst on the weekend of 16 & 17 July 2016. We hope to see as many members as possible there – so save the date!

Pre-Season Advertising & Promotion

Marketing Mechanics has been engaged as an advertising and marketing consultant to LANSW and has already been assisting with our pre-season advertising, including:

- Development of a new television commercial (with both a 30 second and 15 second version). A big thanks is extended to the Inner West and Balmain centres for assisting with the provision of a venue, equipment, kids and parents, at very short notice and in the off-season. To view a copy of the commercial, click [here](#).
- Regional TV advertising on the Prime 7 Network from 20-29 August.
- Sydney metropolitan secondary TV advertising (Gem, GO, Eleven) from 20-29 August.
- Scripting and booking of a radio advertisement that aired on TripleM and 2Day FM from 17-30 August.
- Creation of a Facebook fan site and Facebook bonus. Our post about the opening of registrations reached some 53,000 people!

The 2016 LANSW AGM & Conference is being held in Bathurst on 16 & 17 July 2016. Lock this date into your diaries now!

CHAMPIONSHIPS & OFFICIALS



Key Officials Seminar

The 2015 Key Officials Seminar will be held on 13 September 2015 commencing at 1pm at Holroyd Sports Ground. This year's seminar will be a joint ANSW (Athletics NSW)/LANSW seminar.

The main agenda items will be:

- New officiating levels
- Rule changes for 2015/2016
- Mentoring
- New policies
- Workshop sessions

There will be two practical sessions, EDM setup and track protocols, held simultaneously in the morning, commencing at 10.30am.

NOTE: This is not a basic rules seminar and is aimed at existing officials not intending officials.

Please contact Diane Levy at the Little Athletics NSW office for further information or to advise if you wish to attend.

Wanted "LANSW" Officials

LANSW conducts a range of championship events each season, including State Track and Field, State Relays, State Multi-Event and State Cross Country and Road Walks.

These championships can only be successful with the help of voluntary members of LANSW. Most of the technical positions at these championships are filled by a dedicated group of officials who nominate early in the season to officiate at some or all of these championships. Any positions not filled by these LANSW officials are then allocated to centres to fill.

LANSW is seeking additional officials to join the LANSW officials list

- There are technical and non-technical positions available
- Some positions do not require accreditation e.g. call room, administration, some field positions.

If you wish to nominate please contact Diane Levy at the Little Athletics NSW office.

State Relays

Centres with less than 150 registrations in the U8 to U15 age groups can now enter Section 1 OR Section 2, plus Section 3, Section 4 and Section 5. In the past, if they entered Section 5 they were ineligible to enter any other section. State Relay information will be sent to all centres shortly. A new entry form is currently being created to make it much easier for centres.

CHAMPIONSHIPS & OFFICIALS

Coaches Areas will be introduced at all LANSW State Championships, but are **ONLY** for use by athletes in the U12-U17 age groups.

Coaches Areas at LANSW Championships

It has been agreed that designated 'coaches areas' now be provided for field events at LANSW State Championships (State Relays, State Multi-Event and Track & Field). Each field event will have a coaches area located in the spectator area close to the event, which will be marked by witches hats (or similar). Athletes in the U12-U17 age groups **only**, will be permitted to approach that area to talk to their coach. It should be noted that it will be the responsibility of the individual athlete (not the event officials) to ensure that the athlete crosses the track safely and does not miss a trial because they have left the immediate competition area to talk to their coach.

High Jump Rules and Scissor Mat Specification

The following rule will apply for the conduct of all U9 high jump events (compulsory use of the scissor technique):

It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:

- i. The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off);
- ii. The head of the competitor is not below the buttocks when the buttocks clear the bar; and
- iii. The competitor's lead foot touches the mat before any other part of the body.

It is also now confirmed that 300mm is the maximum allowable height for a scissor high jump mat. Therefore, for U9 high jump events (compulsory scissor technique), scissor mats with a height of no less than 150mm and no more than 300mm, must be provided. Mats adhering to these specifications must be used at all Zone, Region and State Championships from the 2015/2016 season and at all centre competitions by the 2019/2020 season. It is strongly recommended however, that centres also provide mats to these specifications from the coming season where possible.

Qualifying Times for State Championships (3000m and 1500m Walks)

The following qualification times will now apply for progression to the State Championship for the 3000m and 1500m walk events (i.e. athletes must achieve these times at region, in order to progress to state):

Qualifying times to State Championships for the 3000m

U13	13:30 min
U14	13:00 min
U15	12:30 min
U17	12:00 min

Qualifying times to State Championships for the 1500m Walk

U12	11:00 min
U13	10:45 min
U14	10:30 min
U15	10:15 min
U17	10:00 min

With the introduction of the compulsory use of scissors for the U9 high jump, a rule advising what constitutes a 'valid' scissor jump has now been introduced.

DEVELOPMENT



Coaching Education Courses – ITC (Introduction to Coaching)

As presented at the zone coordinators workshop, LANSW is trialling an ITCC rotation every two years with pre-determined venues.

The aim is to identify a central centre within an area to host a course and cover most of NSW within two years. This will provide the opportunity for centre personnel, older athletes, athlete's parents/guardians, volunteers, and any other interested person (e.g. teachers, other sporting coaches) to attend an ITCC.

The below centres have been identified as first year hosts. For those zones that do not have a centre listed below you will have a centre hosting an ITCC next year.

Venue	Date	Presenter
Emu Plains	Sunday, 13 September 2015	Glen Howell
Maitland	Sunday, 20 September 2015	Kerry Smith
Sylvania	Sunday, 20 September 2015	Glen Howell
Northern Suburbs	Sunday, 27 September 2015	TBA
Parramatta	Sunday, 11 October 2015	Glen Howell
Narromine	Saturday, 17 October 2015	Ernie Sluiter
Gosford	Sunday, 18 October 2015	Kerry Smith
Canterbury	Sunday, 18 October 2015	TBA
Manly Warringah	Sunday, 25 October 2015	Kerry Smith
Bankstown	Sunday, 1 November 2015	TBA
Kiama	Sunday, 8 November 2015	Glen Howell
Coffs Coast	Saturday, 14 November 2015	TBA

Please note:

- These will be the venues for this year only. However, if successful and with the approval of the zone coordinator, these centres may be the hosts again in two years.
- The ITCC is advertised as 'open' to everyone.
- If you have any questions or concerns, please contact the Little Athletics office

JETS Program

The 2014/2015 JETS program ended with a very successful JETS Performance Coaching Camp, held 10-12 July at the Sydney Academy of Sport & Recreation at Narrabeen. The camp attracted 34 JETS members, one third being from regional centres. Thanks to Manly Warringah Little Athletics for allowing the use of some of their equipment for the coaching sessions.

From this point on, Youcef Abdi takes over the coordination of the JETS program from Darren Wensor, who has looked after the program for the last five years. All enquiries about the program should be directed to Youcef via Little Athletics NSW office.

Tamworth Coaching Clinic Weekend

Little Athletics NSW, the New England Zone and Tamworth Little Athletics Centre will cooperate to conduct a coaching weekend on 24 & 25 October. The weekend will consist of a junior (U9-11) clinic on the Saturday and a senior (U12-17) clinic on the Sunday. An Introduction to Coaching Course will be conducted on the Saturday alongside the clinic.

More information will be available soon.

DATES FOR THE DIARY



September 2015

- 13th Key Officials Seminar - Holroyd
- 19th-20th Athletics Roadshow - Dubbo
- 25th-27th Athletics Roadshow - SOPAC
- 27th-30th Little Athletics Australia U15 National Camp - AIS, Canberra

October 2015

- 2nd-4th Australian Track & Field Coaches Association Congress - Adelaide, South Australia
- 8th-11th NSW All Schools Championships - SOPAC
- 14th-15th PSSA Athletics State Championships - SOPAC
- 21st Closing Date: State Relay Championships
- Closing Date: Trans Tasman
- 24th Little Athletics Australia Roll of Excellence - Sydney