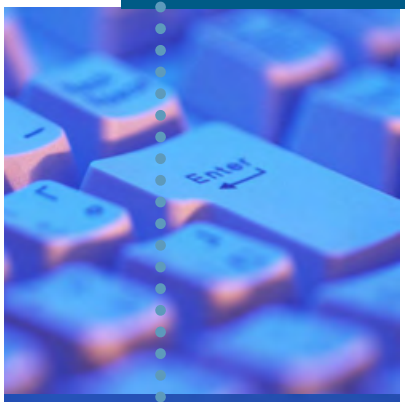
Little Athletics NSW

NEWSLETTER - April 2012

ADMINISTRATION & FINANCE



Appointment of Coaching & Development Administrator

Following interviews of potential candidates, we are pleased to advise that Isabel Menton has been appointed to the position of Coaching & Development Administrator. Isabel commenced employment with the LANSW on 2 April 2012. Welcome Isabel!

Annual Reporting

Annual reporting season will soon be upon us and centres are again reminded of the need to furnish appropriate financial and annual reporting data to LANSW as well as NSW Fair Trading, promptly following Annual General Meetings. Click here for memos relating to the submission of these reports and a copy of the Annual Summary of Financial Affairs form.

Call for Discussion Items

Centres are hereby invited to submit Discussion Items for the LANSW 2012 Annual Conference to be held in Ulladulla on 21 & 22 July 2012. Discussion Items are to be in writing and signed by the president and secretary of the centre after the proposed item has been approved by the executive of the centre. Each item is to contain an explanation as to the reasons behind the submission of the item. Proposed Discussion Items are to be received at the LANSW office by Friday 1 June 2012. Click here to view memo.

Nominations for the LANSW Board of Management & Returning Officer

Nominations are being sought for the following positions on the LANSW Board of Management, which will be declared vacant at the 2012 Annual General Meeting.

i) Membership Development Director
ii) Championships/Competition Director
iii) Resources Director

Nominations are also called for the position of returning officer.

Nominations to the board and for returning officer are open to any adult person who has been proposed by an affiliated centre. Each nomination must be in writing and signed by the nominee, as well as the secretary and the president/chairperson of the proposing centre.

Nominations and resume are to be received at the LANSW office by Friday 1 June 2012 and must be addressed to the Returning Officer. Click here for further information and position descriptions.

ADMINISTRATION & FINANCE

Registration fees for the 2012-13 season will be $48 per athlete.

Outstanding centre numbers need to be returned to the office as a matter of urgency.

Operational Action Plan

The LANSW Operational Action Plan for 2012/2013 has been endorsed. Click here to view a copy of the plan.

2012/2013 Budget & Registration Fees

The 2012/2013 LANSW budget has been approved. To view the full budget, click here.

The budget has been formulated based on a $3 increase to registration fees (i.e. the registration fee will be $48 (incl. GST) per athlete, with a potential rebate of $5 per athlete. The rebate will apply for all registrations recorded online as active and financial, AND with fees paid to the office by the 31 October 2012.

Gala Day Dates for Calendar of Events

LANSW will again be producing a 'calendar' which 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 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 11 May 2012. Click here to access the form for submission of dates.

Constitution Review

The expanded Constitution Committee met again on 30 March to tackle the remaining issue on which a compromise position suitable to all was still to be reached. Following lengthy discussion a satisfactory compromise position was achieved and the final drafting of the new constitution is currently being completed.

The committee is also intending to undertake a review of the regulations as drafted in 2011.

'Tracking Our Progress' Centre Assurance Scheme

As reported last year, a number of centres participated in a piloting of the proposed LANSW centre assurance scheme, now titles 'Tracking Our Progress'. Following amendments made as a result of the pilot, the final document is now available and ready to complete along with the usual end-of-season reporting.

Click here to view a copy of the document. The document will be sent via email to all centre secretaries in a word format for easy completion. Completion of the report is not an overly arduous task but will reap rewards in terms of highlighting successful centre practices which can be shared across the organisation.

Centre Number Reconciliation

A reminder to all centres to return all unused registration numbers (except winter competition centres) immediately, before centre AGM's take place and the numbers become more difficult to trace. Centre numbers have to be accounted for in our audit. If you do not agree with our figures of your used and returned numbers you need to contact the LANSW office now to finalise the matter. Click here to view a list of outstanding numbers

ADMINISTRATION & FINANCE

The IGA docket competition closes on 4 May - get your dockets in now!

Regional Conferences (Country Seminars)

It is proposed that the regional conferences (country seminars) for 2012 will be held at:-

- Wellington
- Narrandera
- Armidale
- Port Macquarie

Preferred dates and venues will be discussed with the relevant centres and zone coordinators.

Growth Focus Group

The Growth Focus Group is underway with information being exchanged between members and a meeting is planned for Thursday 12 April to discuss focus points and set tasks/guidelines to achieve them.

Volunteer of the Year

Application forms for the 2012/2013 Volunteer of the Year are now available in the Centre Login section of the website. Nominations will close on Friday 25 May 2012.

If you have someone in your centre who is deserving of this award, please make sure that they are nominated.

IGA Docket Competition

A reminder to centres that the submission of dockets for the IGA Docket Competition closes soon. In order to be considered in the final tally, dockets must be received by IGA no later than the end of the first week in May (i.e. by 4 May). Dockets are to be sent to IGA at PO Box 446, Main St Blacktown NSW 2148. Don't forget there is a $15,000 prize pool available.

CHAMPIONSHIPS & OFFICIALS

State Track & Field Championships

State Championships were conducted over the weekend of 23, 24, 25 March at Sydney Olympic Park in ideal weather conditions. For the first time 24 athletes competed in each event (at the 2011 championships we had 18 in each event). Through conducting some track and field events on the warm-up track, the program finished in comparable time to that of last year. We had photofinish on both tracks and a total of 60 state records were broken and set (50 track and 10 field).

The state team of 11 girls and 11 boys from the Under 13 age group were selected by our state selectors from the athletes' achievements at the State Championships and they are now all looking forward to the Australian Little Athletics Championships in Hobart on Saturday 21 April. Our 4 Under 15 Multi-Event athletes will also be competing in Hobart and they were selected on their performance at the State Multi-Event last month at Cessnock.

Well done and thank you to all the officials and centre helpers who made this years' championships such a great success. Without our volunteers it would be very hard to conduct these carnivals.

CHAMPIONSHIPS & OFFICIALS

Thank you to the hard working officials who helped make the 2012 State Championships a huge success.

Special thanks go to those who assisted in the non glamour roles like front gate, equipment and marshalling.

What does it take to run a carnival of this size? Heaps of volunteers. Our main source of helpers are LANSW officials (those in grey shirts) who are parents of current and (mainly) former athletes who volunteer to work in particular areas at most LANSW carnivals. There were 112 LANSW officials signed in on Friday, 118 on Saturday and 129 on Sunday. Many of these were on duty from when the gate opened (6am on Saturday and Sunday) until the end of each days activities. In addition, duties were allotted to centres to cover 65 positions on Friday, 76 on Saturday and 92 on Sunday.

Whilst the majority of centres who were allocated duties fulfilled their obligations there were a number who did not or did not complete the sign on form, these included:

Eastern Suburbs	Emu Plains	Cessnock	Campbelltown
East Maitland	Hawkesbury	Green Valley	Cardiff
Tuggerah	Lake Illawarra	Port Stephens	Raymond Terrace
Werrington			

Part of Duties

Liverpool	Prospect	Shoalhaven	St Georges Basin
Blacktown	Cherrybrook	Randwick Botany	

State Records

The following is a list of state records set during the 2011/2012 season. A full updated listing of state records will be posted in the competitions section of the website shortly.

Name	Centre	Age	Event	Performance		Submitted to LAA for ABP
Alana Martin	Doonside	U7 Girls		4889 pts	E	
Nathan Calvelo	Ingleburn RSL	U8 Boys	200m	31.96s	E	
Emily Parmaxidis	Campbelltown Collegians	U8 Girls		5117 pts	E	
James Constable	Ku-Ring-Gai	U9 Boys	400m	1:06.51m	E	ABP - LAA
Blake Toohey	Sutherland	U9 Boys		5009 pts	E	
Krystal Blackwell	Helensburgh	U9 Girls	100m	14.52s	E	ABP - LAA
Krystal Blackwell	Helensburgh	U9 Girls	200m	29.77s	E	ABP - LAA
Rachel Tougher	Sutherland	U9 Girls	70m	10.49s	E	
Tomysha Clark	Port Hacking	U9 Girls	High Jump	1.39m		ABP - LAA
Luke Young	Macquarie Hunter	U10 Boys	800m	2:25.45m		ABP - LAA
Jack McFadden	Ku-Ring-Gai	U10 Boys		4837 pts	E	
Abbey Rockliff	Ku-Ring-Gai	U10 Girls	1500m	4:56.9m	Manual	
Abbey Rockliff	Ku-Ring-Gai	U10 Girls	1500m	5:04.91m	E	
Isabelle Lhotka	Revesby Workers	U10 Girls	70m	10.11s	E	
Abbey Rockliff	Ku-Ring-Gai	U10 Girls	800m	2:27.3m	Manual	ABP - LAA
Abbey Rockliff	Ku-Ring-Gai	U10 Girls	800m	2:27.81m	E	ABP - LAA
Amie Bowrey	Cherrybrook	U10 Girls		5138 pts	E	
Sam Gibson	Manly Warringah	U11 Boys	1100m Walk	5:18.97m	E	ABP - LAA
Thomas Smith	Hills District	U11 Boys	800m	2:20.86m	E	ABP - LAA
EJ Brown-Vaelua	Nepean	U11 Boys	Discus	40.45m		
Alex Willett	Manly Warringah	U11 Boys		4929 pts	E	
Edita Grinbergs	Manly Warringah	U11 Girls	1500m	5:02.01m	E	ABP - LAA
Edita Grinbergs	Manly Warringah	U11 Girls	400m	1:02.92m	E	ABP - LAA
Mariama McKern	Bowral	U11 Girls	60m Hurdles	9.73s	E	ABP - LAA
Edita Grinbergs	Manly Warringah	U11 Girls		4648 pts	E	
Kyle Bedford	Nepean	U12 Boys	1500m Walk	7:08.25m	E	ABP - LAA
Tyler Gunn	Gosford	U12 Boys	400m	57.61s	E	ABP - LAA =
Roert Dickinson	Ku-Ring-Gai	U12 Boys	800m	2:16.96m	E	ABP - LAA
Nicholas Frost	Nth Districts	U12 Boys		4698 pts	E	
Raquel Roukos	Doonside	U12 Girls	1500m Walk	7:01.30m	E	ABP - LAA
Kristie Edwards	Manly Warringah	U12 Girls	200m	26.04s	E	ABP - LAA
Chyna Tavai-Williams	Bankstown Sports	U12 Girls	60m Hurdles	9.48s	E	ABP - LAA
Mallory Bassett	Hornsby District	U12 Girls		4622 pts	E	
Alec Nguyen	Bankstown Sports	U13 Boys	100m	12.04s	E	

CHAMPIONSHIPS & OFFICIALS

Congratulations to those athletes who achieved a state record during the past season.

Alec Nguyen	Bankstown Sports	U13 Boys	200m	23.91s	E	ABP - LAA
Matthew Eaton	Cherrybrook	U13 Boys	800m	2:10.35m	E	
Alec Nguyen	Bankstown Sports	U13 Boys		4559 pts	E	
Chloe Walters	Macquarie Hunter	U13 Girls	1500m	4:46.86m	E	ABP - LAA
Jasmyn McDonald	Parramatta	U13 Girls	1500m Walk	6:53.08m	E	ABP - LAA
Chloe Walters	Macquarie Hunter	U13 Girls	800m	2:17.15m	E	ABP - LAA
Grace Robinson	St George	U13 Girls	Shot Put	14.95m		ABP - LAA
Jordan Shelley	Cherrybrook	U14 Boys	100m	11.44s	E	ABP - LAA
Liam Henderson	Wollongong City	U14 Boys	1500m	4:19.46m	E	ABP - LAA
Tyler Jones	Wyong	U14 Boys	1500m Walk	6:23.30m	E	ABP - LAA
Jarrod Cullen	Canterbury	U14 Boys	200m	23.17s	E	ABP - LAA
Jarrod Cullen	Canterbury	U14 Boys	400m	50.97s	E	ABP - LAA
Josh Dever	Randwick Botany	U14 Boys	800m	2:02.90m	E	ABP - LAA
Mitchell Burton	Sutherland	U14 Boys	Shot Put	15.84m		ABP - LAA
Mitchell Burton	Sutherland	U14 Boys		4806 pts	E	
Molly Blakey	South Eastern	U14 Girls	100m	12.46s	E	ABP - LAA
Jessica Thornton	Randwick Botany	U14 Girls	200m	24.63s	E	ABP - LAA
Molly Blakey	South Eastern	U14 Girls	400m	56.02s	E	ABP - LAA
Emily Hopper	Mosman	U14 Girls	800m	2:17.48m	E	ABP - LAA
Susie Seitaridis	Lake Illawarra	U14 Girls	80m Hurdles	12.44s	E	
Emma Ralphs	Hills District	U14 Girls	Javelin	40.95m		ABP - LAA
Susie Seitaridis	Lake Illawarra	U14 Girls		4977 pts	E	
Alex Seal	Wollongong City	U15 Boys	1500m	4:11.98m	E	ABP - LAA
Alex Seal	Wollongong City	U15 Boys	3000m	9:11.43m		
Jack Collett	Gosford	U15 Boys	800m	1:58.14m	E	ABP - LAA
Matthew Rees	Kurri Kurri	U15 Boys	Javelin	52.60m		ABP - LAA
Jessica Hull	Albion Park	U15 Girls	1500m	4:37.01m	E	ABP - LAA
Jasmine Dighton	Glenbrook	U15 Girls	1500m Walk	6:54.74m	E	ABP - LAA
Jessica Hull	Albion Park	U15 Girls	3000m	10:00.06m	E	
Alina Tape	Sawtell-Toormina	U15 Girls	800m	2:13.07m	E	ABP - LAA
Katrina Hunt	Northern Suburbs	U15 Girls	90m Hurdles	12.66s	E	ABP - LAA
Alysha Burnett	Northern Districts	U15 Girls	Javelin	42.18m		ABP - LAA
Joshua Kentwell	Wollongong City	U17 Boys	1500m	4:07.47m	E	
Anas Abuganaba	Blacktown	U17 Boys	200m	22.21s	E	
Joshua Kentwell	Wollongong City	U17 Boys	3000m	9:09.74m	E	
Ben Gordon	Eastern Suburbs	U17 Boys	800m	1:57.13m	E	
Tyson Davis	Manly Warringah	U17 Boys	Javelin	61.67m		
Liam Carney	Forster/Tuncurry	U17 Boys	Long Jump	6.91m		
Tepai Moeroa	Doonside	U17 Boys	Shot Put	17.89m		
Rhys Stein	Warradale	U17 Boys		5191 pts	E	
Kate Spencer	Ryde	U17 Girls	1500m	4:42.9m	E	
Amy Bettiol	Manly Warringah	U17 Girls	1500m Walk	6:45.25m	E	
Melissa Farrington	Nth Suburbs	U17 Girls	200m Hurdles	27.1s	E	
Kate Spencer	Ryde	U17 Girls	3000m	10:06.42m	E	
Kate Spencer	Ryde	U17 Girls	800m	2:12.59m	E	
Taylah Sengul	Nepean	U17 Girls	Shot Put	16.29m		
Taylah Sengul	Nepean	U17 Girls	Discus	48.65m		
Katrina Blackett	Kurrajong Bilpin	U17 Girls	Javelin	42.75m		
Alison Ruse	Jamison	U17 Girls	Triple Jump	12.10m		
Melissa Farrington	Nth Suburbs	U17 Girls		5369 pts	E	
	Manly Warringah	Jnr Girls	4 x 100m Relay	55.3s	Manual	equal
	Manly Warringah	Jnr Girls	4 x 100m Relay	54.62s	E	
	Randwick Botany	Snr Girls	4 x 100m Relay	49.10s	E	

State Cross Country and Road Walk entries are now open and can be made online via the LANSW website

State Cross Country and Road Walk Championships

Entries are now open on our website for the next championships, the Cross Country and Road Walks. A visit to the venue setting the various courses for both events, will take place later this month.

Trans Tasman

Nominations are now called for the 2013 Trans Tasman Tour Committee and close on Friday 25 May. See the competitions, championships section of the website for details.

The Auckland team will be arriving on Monday 7 January and the tour will conclude on Wednesday 16 January.

Nominations have also now been called for centres or zones to host the Trans Tasman Trials for the NSW team, which will be held on Sunday 4 November.

DEVELOPMENT

JETS Coaching Clinics

The final two JETS coaching clinics of the 2011-2012 program are planned for Sunday, 20 May (Bankstown) and Sunday, 17 June (Illawong).

Athletes in the Under 12-17 age groups who are not JETS members but who competed in the 2012 State Track & Field Championships are invited to participate in the Bankstown JETS coaching clinic for a fee of $25.00.

Athletes in the Under 11 age group who competed in the 2012 State Track & Field Championships are invited to participate in the Illawong JETS coaching clinic for a fee of $25.00.

Applications for the 2012-2013 JETS program will be available in August 2012.

JETS Coaching Camp

JETS members have a once-only opportunity to be part of the inaugural JETS Performance Coaching Camp at the Sydney Academy of Sport & Recreation at Narrabeen.

The camp will take place on Friday, 13 July to Sunday, 15 July 2012. A fantastic program is being organised with the highlights of the camp including:

- Intensive small group coaching by JETS and state team coaches.
- The unique opportunity for athletes to receive TWO sessions of coaching in EACH of their two chosen events.
- Performance enhancement workshops including strength and conditioning for young athletes and a speed, agility & quickness practical.
- Use of the Academy's athletics track, indoor sport stadium and indoor heated pool.
- Lots of fun and opportunities for social interaction.

This is a members-only coaching camp. More than half the available vacancies have already been filled.

School Holiday Coaching Clinics

GWS Coaching Clinic

1. Under 8 – 11 Junior Clinic: Tuesday, 10 April 2012

2. Under 12 – 17 Senior Clinic: Tuesday, 17 April 2012

- Athletes will select two specialist training sessions from the full range of events.
- All athletes will also take part in a workshop.
- The cost of the clinic is $30.00.
- Athletes are to bring their own food and drink.
- Closing date: Wednesday, 11 April 2012 at 5.00pm.

If you would like to attend the senior clinic, simply register online or download, complete and return the application form, with full payment, to Little Athletics NSW by the closing date.

DEVELOPMENT

Applications are still being taken for the April school hoiday clinics.

Requests for school visits prior to the 2012-13 season will close on Friday 25 May.

Enquiries can be directed to the coaching & development officers by phoning 02 9633 4511 or by emailing admin@lansw.com.au.

Western Coaching Clinic
1. Young & District LAC
When: Wednesday, 18 April 2012
Where: Gus Smith Oval, Trafalgar Street, YOUNG

2. Parkes LAC
When: Thursday, 19 April 2012
Where: North Parks Oval, Alexandria Street, PARKES

The cost for the clinic is now $25.

These clinics are open to all interested athletes, eligible for the U9 to U17 age groups, (registered or unregistered with a Little Athletics centre).

Speed for Sport Clinic

A speed for sport clinic will again be conducted just prior to the Annual AGM & Conference in Ulladulla. This will once again be a short sharp clinic focussing on speed, agility and quickness. This will be an “open” clinic for athletes aged 8-17yrs. More details to come.

Proposed Clinics in 2012

Thank you to the centres that replied to the clinic requests. There is no guarantee that every request will be fulfilled, however, this will used to identify areas of need with the possibility to conduct coaching tours. Proposed clinics at this stage are: Kempsey, Wauchope, Forster, Wellington, Lake Illawarra, Greater Western Sydney, St Georges Basin and more to be confirmed.

North West Athletics Super Clinic Tamworth has Changed

It has been confirmed that this clinic has now changed from the July school holidays to early mid October. It is proposed that the clinic will be conducted over a weekend and hosted by Tamworth LAC. There are also plans to run a coaching course in conjunction with the clinic. Keep an eye on our website for more details.

School Visits

It’s an Olympic year, so why not “piggyback” on the enthusiasm and excitement. Here is an opportunity for Little Athletics NSW to promote YOUR centre to YOUR local schools. Become involved in the 2012 School Visit Program. Schools are already planning for the second half of the year, and so should you. Requests are now being taken and online registration/registration forms are available. Don’t miss out. The school visit period has now extended to the end of term three. If you would like more information, please contact Alvin Umadhay at the LANSW office.

Athletes with a Disability at Centre Level

The coaching and development staff has fielded several enquiries about centre achievement award point scores for athletes with a disability. If your centre has an achievement award point score system for athletes with a disability please let us know! All details can be sent to Darren Wensor via email dwensor@lansw.com.au.

DEVELOPMENT

ATFCA NSW Branch Little Athletics Coach of the Year Award

Astrid Lepelaar, a coach who has been instrumental in the recent growth and success of Orange Little Athletics Centre, has been named the 2011 Australian Track & Field Coaches Association (NSW Branch) Little Athletics Coach of the Year.

The award was announced during a special presentation on Saturday, 24 March, during the opening ceremony of the 2012 Little Athletics NSW State Track & Field Championships.

Little Athletics NSW congratulates Astrid. She is a worthy recipient of the Little Athletics Coach of the Year Award and is a great asset to the sport.

2012 State Team

The first state team camp took place 30 March – 1 April at the Sydney Academy of Sport & Recreation, Narrabeen. It was a huge success with the team quickly showing that were developing into another great NSW team.

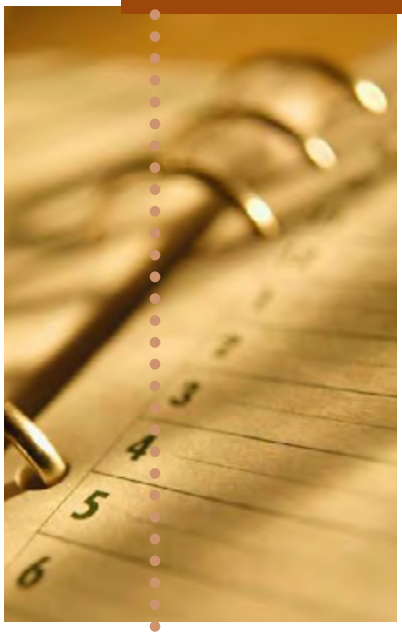
State team camp will be held 13-15 April, again at the Academy.

The team leaves for Hobart on 19 April and competes on Saturday, 21 April.

A Call for Coaches

LANSW is currently looking for interested accredited coaches to become part of our casual coaching team. Opportunities include coaching in schools and at school holiday clinics. For more information contact Alvin Umadhay or Darren Wensor at the Little Athletics office.

DATES FOR THE DIARY



April

10th	Greater Western Sydney Coaching Clinic - Junior
13th-15th	State team camp 2
17th	Greater Western Sydney Coaching Clinic - Senior
21st	Australian Little Athletics Championships - Hobart

May

2nd	Board meeting

June

2nd-3rd	Zone coordinators meeting
4th	Board meeting
20th	Entries close for State Cross Country & Road Walks

July

1st	State Cross Country & Road Walks
4th	Board meeting
20th-22nd	AGM & Annual Conference
27th	Olympic Games begin