

## ADMINISTRATION & FINANCE



### **Registrations**

Currently our registrations for the 2012/2013 season are:

Online financial - 29063

Total payments received at LANSW - 24153

### **Registration Rebates - Reminder**

A reminder that a rebate of \$5 per registration will be paid back to centres, for all registrations recorded on the IMG database as active and financial, AND with fees paid to the office by 31 October 2012.

### **Constitution**

The LANSW board, buoyed by the near success of the amended constitution ballot at this year's AGM in Ulladulla (where 72% of delegates voted in favour), and fully recognising that this issue is too operationally critical to delay again until July 2013 (our next AGM), recently approached the NSW Office of Fair Trading about a suitable mechanism for earlier resolution of this matter. The upshot is that Fair Trading have now approved of a postal ballot to afford maximum centre participation in the vote. This will enable a much earlier resolution of the current constitution impasse and give each and every affiliated centre a cost neutral opportunity to vote.

There are very specific rules as to how the ballot is conducted and we intend to faithfully follow these. An electoral roll is being established to ensure all eligible voters are identified and registered before the postal ballot takes place.

This is a very critical vote for both the LANSW and its constituent centres – the principal beneficiaries of the proposed new constitution. Centres should be aware that the new modern and flexible constitution now to be voted upon very much puts their interests first in the future control and operation of the LANSW. This is both deliberate and in line with what the NSW Government was expecting to be the case when the new legislation was enacted.

### **2013 Centre Grant Scheme**

Applications are now open for the 2013 Centre Grant Scheme. To download an application form, click [here](#). Applications close 31 December 2012.

### **Country Athletes Support Program – Applications Now Open**

Applications are again being taken for the LANSW Country Athletes Support Program. The Country Athletes Support Program is designed to assist talented young athletes from country areas of NSW to access Little Athletics competitions held in

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26 LANSW centres have already registered for Pinkletics - will your centre join them?

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the Sydney metropolitan area. Athletes eligible to apply for the Country Athletes Support Program must be: ten years of age or older as at 30 September; of a state level standard in at least one event; a permanent resident of NSW and live more than 200km radial distance from the old Sydney GPO.

For further information and an application form click [here](#).

### **Pinkletics**

Pinkletics 2012 is an initiative of the McGrath Foundation and Little Athletics Australia encouraging Little Athletics centres nationally to turn pink in support of the McGrath Foundation.

All proceeds on the day will be donated to the McGrath Foundation to raise money to place McGrath Breast Care Nurses in communities right across Australia, as well as to increase breast awareness in young Australian women.

Being a charity, The McGrath Foundation need to be able to ensure that they are able to cover the costs of the Pinkletics 2012 Team Kit, so if you don't raise \$500, to fulfil their charitable licensing agreement they will invoice you the remaining amount. Don't worry though, there are so many easy ways to fundraise and they will give you support around this to help you reach your target!

To register for Pinkletics 2012 please visit [mcgrathfoundation.com.au](http://mcgrathfoundation.com.au).

### **“Tracking our Progress” Annual Centre Assurance Survey**

Thank you to the 26 centres who made the effort to complete the “Tracking our Progress” annual centre assurance survey. The information gathered will be beneficial as we improve our understanding of successful centre practices and can highlight and share these with others. At the same time it will also provide better information to Little Athletics NSW on ways to improve our support to centres.

The challenge of recruiting and retaining new families in our sport is a significant one but if we can extend the average stay of three years we will improve our growth trajectory.

Results are currently being analysed with the responses split into three categories based on centre size, i.e. smaller centres (up to 150 athletes), medium sized centres (151-350 athletes) and larger centres (above 350 athletes). Results will initially be shared with the participating centres and then with the broader membership, and the shared information on centre performance will largely focus on better practice ideas which are delivering successful results.

## CHAMPIONSHIPS & OFFICIALS



### **Association/Key Officials Seminar**

The LANSW Key Officials Seminar was held on Sunday 16 September. There were approximately 50 officials in attendance.

In conjunction with the seminar there was also:

- An EDM training session
- B Grade Exams
- A field recorders training session

### **Trans Tasman**

The Trans Tasman Trials for all 2012-13 registered U11 and U12 athletes will be conducted on Sunday, 4 November at Flinders (Shellharbour) hosted by the Lake Illawarra Little Athletics Centre.

Nominations close on Wednesday, 17 October 2012 at the LANSW office.

All nomination information is now available on the LANSW website.

Dates for the Trans Tasman Tour are from 7 – 16 January 2013 and the Challenge will be held at Campbelltown on Sunday, 13 January 2013.

### **Change of Date**

The Werrington Gala Day has been moved from Sunday, 11 November as stated in the LANSW calendar to Sunday, 18 November 2012.

### **State Relays**

A reminder that entries close for the State Relay Championships on Wednesday 24 October at the LANSW office.

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Reminder: Trans Tasman entries close on 17 October and State Relay entries close on 24 October!

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# DEVELOPMENT



## 2012 School Visits

Our school visit program is now complete! Statistics for our visits will be included in the next newsletter. All centres who hosted a visit will soon receive a feedback form. We would appreciate if all centres can take the time to complete this form to help us improve the program for next year.

## October School Holiday Clinics

We have just completed one of our busiest school holiday clinic schedules ever! Thank you to all centres who hosted a clinic. Across the holiday period we hosted 14 clinics, which were attended by more than 500 kids! Clinics were held in the North Coast, South Coast, Newcastle and Sydney metro areas. We are now in the process of scheduling clinics for 2013. If your centre is interested in hosting a coaching clinic please contact the LANSW office. Clinics are not only a great for your athletes but are also a handy fundraiser as host centres will receive a \$5 'kickback' for every child who attends the clinic. You also have the option of running a canteen on the day!

From next holidays we will be trialling some half day clinics for the U7 and U8 age groups. Please let us know if you would be interested in hosting one of these clinics.

## Multi-Event Coaching Clinics

The Multi-Event Coaching Clinic will be held at the Waratah Sports Club, Orange on 27-28 October 2012. Click for more information on the [Multi-Event Coaching Clinic](#).

## LANSW Charity Day - The Kids Cancer Project

Due to clashes with a number of other events we have postponed our charity day until later in the season. The new date will be confirmed soon. In the meantime, if you have any suggestions for the day we would love to hear them!

"The Kids Cancer Project is an Australian charity focused on finding cures for childhood cancer. Our aim is single-minded. To fund research programs dedicated to finding cures for childhood cancer. Ultimately, finding a cure is about saving children's lives and ending the heartbreak childhood cancer brings to so many families."

The proposed program for the day includes a coaching clinic in the morning and a family fun day picnic in the afternoon. We aim to have activities in the afternoon, including a band, celebrities, jumping castles etc. All proceeds made on the day will go directly the Kids Cancer Project. To ensure the highest possible fundraising opportunity, we are asking all involved to donate their time and efforts to the day... a big ask I know, but all for a worthy cause.

To ensure its success... we need your help. LANSW is seeking the assistance of any interested centre/individuals to help on the day. Cake stalls, craft stalls or any other talents you have. Please contact us for more details!

## Christmas Camp

This year's camp will be held from the 21 - 23 December 2012 at Blue Gum Lodge, Springwood. Camp features include:

- U9-U15 age groups only
- Five specialised athletic coaching sessions, of your choice, with nationally accredited coaches

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- Afternoon activities
- Saturday night Christmas disco (“pyjama” theme)
- “Kris Kringle” present sharing
- All meals, accommodation and activities are included

This camp is a great opportunity to meet lots of friends (or catch up with old ones) and have a fun weekend, in a safe and exciting environment, being active and “giving it a go”.

There is a \$155 ‘Early Bird’ special price if application/online registration and full payment is received by 1 November 2012. \$175 payable after this date. The closing date for camp registration is Sunday, 9 December 2012. Numbers are limited. Click for more information about the [Christmas Camp](#).

Please advise your eligible members.

## Skill Development

We have had fantastic feedback from centres incorporating skills activities into their regular program. In case you missed it in the last newsletter, there are some links to great resources below. Do you have a success story? We would love to hear it! Send us a story about how your centre has successfully incorporated skills development. We will share stories and tips next newsletter!

### Books:

- Great Ideas for Group Games (available for purchase from the Little Athletics Office or [online](#))
- Run! Jump! Throw! The Official IAAF Guide to Teaching Athletics (available for purchase from [Australian Track & Field Coaches Association](#) or [SEAL](#))
- Beginning Athletics - What to teach and coach (available for purchase from [Australian Track & Field Coaches Association](#))
- Australian Track and Field Association ITC Manual (available for purchase from [Australian Track & Field Coaches Association](#))

### Websites:

- IAAF Kids Athletics (downloadable) - [www.iaaf.org/development/kids/index.html](http://www.iaaf.org/development/kids/index.html)
- Athletics Play Manual (downloadable) [www.ausport.gov.au/\\_\\_data/assets/pdf\\_file/0004/477769/Athletics\\_Play\\_manual\\_v1.0\\_-\\_28\\_9\\_10.pdf](http://www.ausport.gov.au/__data/assets/pdf_file/0004/477769/Athletics_Play_manual_v1.0_-_28_9_10.pdf)
- Developing Fundamental Motor Skills-Sport New Zealand [www.sportnz.org.nz/en-nz/young-people/Ages-5-12-Years/Developing-Fundamental-Skills/](http://www.sportnz.org.nz/en-nz/young-people/Ages-5-12-Years/Developing-Fundamental-Skills/)

## Skills Videos

Did you know that there are a number of short videos available from the Little Athletics Australia website to help you with your Little Athletics experience? All these videos can be viewed directly from the website and the categories covered are: “Getting Started”, “Coaching” and “Officiating”. The videos provide practical ideas/instruction on a variety of aspects of Little Athletics. I highly recommend that everyone watches these short clips.

Early bird registration for the Christmas Camp closes on 1 November!

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Centres are asked to please promote all coaching and development activities to their members.

JETS membership is still open. Athletes using a performance from last season must apply before 21 October 2012.

To view:

1. Go to [littleathletics.com.au](http://littleathletics.com.au)
2. Highlight "Education and Training"
3. Click "Video Resources"
4. Choose your category

## 2012-2013 JETS Program Update

Applications for the 2012-2013 JETS Program continue to be taken. At the end of September the squad boasted approximately 120 members.

The new JETS members-only section on the website is now active and JETS members can access the treasure trove of information that will regularly be updated and expanded. The items available there already include the goal overview planning sheet, ideas for performance testing and some "golden tips" from the JETS coaches.

Those interested in learning more about the program or becoming a JETS member should simply go to the Little Athletics NSW website and click on the JETS logo on the left-hand-side of the homepage. Questions may also be directed to the Little Athletics NSW office via phone or email.

### Qualifying for JETS

Some important points about JETS qualification are:

- The annual JETS qualifying period is 1 October to 30 September. Performances done between 1 October 2011 to 30 September 2012 should be compared against the standards of the age group that the athlete was registered in during the 2011-2012 season. Performances that the athlete does from 1 October 2012 must be compared against the standards of the age group in which the athlete is registered for the 2012-2013 season.
- All applications using qualifying performances achieved between 1 October 2011 and 30 September 2012 must be received by Little Athletics NSW by 31 October 31 2012. The new qualifying period begins on 1 October 2012.
- If an athlete qualifies after 1 October 2012 they may immediately apply for the 2012-2013 program however the full membership fee will still apply, regardless of any JETS events that may have already taken place. Alternatively, the application may be deferred until the 2013-2014 JETS program.

Please note that all 2011-2012 JETS members have to re-qualify and re-apply to become JETS members in 2012-2013. Membership does not carry over.

### JETS Events Calendar

Events for the 2012-2013 JETS program that have already been confirmed are:

- JETS Coaching Clinic 1: Sunday, 21 October 2012, Sydney Olympic Park Athletic Centre, 12.30pm – 4.30pm
- JETS Coaching Clinic 2: Sunday, 11 November 2012, Sylvania Waters Athletics Track, 12.30pm – 4.30pm
- 2013 JETS Performance Camp: 12-14 July 2013, Sydney Academy of Sport & Recreation, Narrabeen

Other events are currently being planned. Keep an eye out for details.

Centre committees are asked to help make their Under 12 – Under 17 members aware of this fantastic opportunity via the JETS program.

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Four Introduction to Coaching Courses are still to be held this season. This is a great course for the beginner coach.

The 2013 ASICS Australian Little Athletics Championships will be held on 28 April 2013 in Canberra.

## Coach Education Courses

Two Introduction to Coaching Courses were conducted during September, involving nearly 30 novice coaches. One course was hosted by the Wakehurst Club at Narrabeen on Sunday, 16 September; the other course occurred at Griffith on Sunday, 22 September.

For a current calendar of coach education courses, go to the Little Athletics NSW website and click on the "Coach Education Courses" button on the left-hand-side of the homepage.

In this section, be sure to check out the new Athletics Coach Accreditation e-brochure which explains the new coach accreditation framework.

### ITC Courses coming up: ([online](#) registration available)

21 October 2012 - Glenbrook  
 28 October 2012 - Narrabeen  
 3 November 2012 - Bathurst  
 18 November - Raymond Terrace

## 2013 State Team

The 2013 ASICS ALAC will be held on Saturday, 28 April at the AIS Athletics Track, Canberra, ACT.

The proposed 2013 LANSW State Team Program is:

**Team Camp 1:** Friday, 5 April 2013 to Sunday, 7 April 2013 (Sydney Academy of Sport & Recreation, Narrabeen)

**Team Camp 2:** Friday, 19 April 2013 to Sunday, 21 April 2013 (Sydney Academy of Sport & Recreation, Narrabeen)

**Team travels to Canberra:** Friday, 26 April 2013 (Team will travel and be accommodated together)

**Australian Little Athletics Championships:** Sunday, 28 April 2013, 8am to 5pm, AIS Athletics Track, Canberra

**Team returns to Sydney:** Monday, 29 April 2013

Please note:

- Team members are required to attend all scheduled team activities including both pre-championship camps.
- A Parent/Guardian of each team member is required to attend a state team introductory session with their son/daughter on Friday, 5 April 2013 at the Sydney Academy of Sport & Recreation, Narrabeen, which coincides with the start of Team Camp 1.

Centres are asked to make their Under 13 and Under 15 members aware of the state team opportunities.

The 2013 State Team Selection Guidelines will soon be available on the website. For all enquiries, please contact the Little Athletics NSW office via phone or email [dwsensor@lansw.com.au](mailto:dwsensor@lansw.com.au).

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### A Call for Coaches

LANSW is still looking for interested accredited coaches to become part of our casual coaching team. Opportunities include coaching in schools, on weekends and at school holiday clinics. For more information, contact Alvin Umadhay or Darren Wensor at the Little Athletics NSW office. All coaches who work for Little Athletics NSW will be required to undergo a Working with Children background check.

## DATES FOR THE DIARY



### October

17th	Closing date for Trans Tasman Trials
20th	North West Athletics Super Clinic, Tamworth
21st	Country Seminar - The Westport Club, Port Macquarie JETS Coaching Clinic 1 ITC - Glenbrook North West Athletics Super Clinic, Tamworth
24th	Closing date for State Relay Championships
27th	Country Seminar - Wellington Soldiers Memorial Club, Wellington
27th-28th	Multi-Event Super Clinic, Orange

### November

3rd	ITC - Bathurst
4th	Trans Tasman Trials
11th	JETS Coaching Clinic 2
17th-18th	Hunter Zone Championships
18th	ITC - Raymond Terrace
24th-25th	State Relay Championships
30th - 2nd Dec	Australian All Schools Championships