



RUN FOR FUN

3 World Championships 25 NSW Little Athletes!

During the months of July and August, three World Athletics Championships are taking place in three different countries, with a total of 25 former (and even current) Little Athletics NSW members taking part!

The first of these meets was the **IAAF World Youth Championships** which were held in Donetsk, Ukraine from 10-14 July. Australia took a team of 20 athletes, seven of which had come through the ranks of Little Athletics in NSW. The Australian team finished 9th overall on the points table, with a fantastic 12 top 8 finishes.

Big congratulations to former Northern Suburbs Little Athlete, **Mackenzie Little**, who won the gold medal in the javelin with a new PB throw of 61.47m. Also finishing in the top 8 was **Alysha Burnett** (Northern Districts LAC), who finished 5th in the heptathlon and **Tai Denicaucau** (Springwood LAC) who finished 5th in the discus and 23rd in the shot. Joining Tai in the shot was **Tina Lemi** (Winston Hills LAC) who finished in 37th. **Molly Blakey** (South Eastern LAC) came 3rd in her semi-final of the 400m, just missing a spot in the final; **Costa Kousparis** (Cranebrook LAC) finished 18th in the hammer; and **Audrey Kyriacou** (Randwick Botany LAC) finished 20th in the long jump.



Mackenzie Little

Starting less than a week later was the **International Paralympic Committee Athletics World Championships** in Lyon, France from 19-28 July. The 36-strong Australian team came home with 30 medals and finished 4th overall on the medal tally. Three members of this team are/were members of Little Athletics in NSW. A massive congratulations goes to current Wagga Little Athlete, **Carly Salmon**, who at just 14 years of age came home with a bronze medal in the 200m (T35) and an Australian record in the 100m (T35) where she finished 5th. **Nicole Harris** (St George LAC) finished 6th in the shot put (T20) and **Taylor Doyle** (Girraween LAC) 9th in the long jump (T20).

Just completed in Moscow, Russia (10-18 August) was the **IAAF World Championships**. Australia sent a team of 46 athletes, one-third of which had come through Little Athletics in NSW.

The former LANSW members that represented Australia in Moscow are: **Jane Fardell & Martin Dent** (marathon); **Benn Harradine & Dani Samuels** (discus); **Brandon Starc** (high jump); **Fabrice Lapierre** (long jump); **Ian Rayson** (50km walk); **Ben St Lawrence** (5000m & 10,000m) & **Lara Tamsett** (10,000m); **Joshua Ralph** (4x400m relay); **Josh Ross** (200m & 4x100m relay) and **Tim Leathart, Isaac Ntiamoah, Jarrod Geddes & Nick Hough** (4x100m relay).

On behalf of everyone involved in Little Athletics across NSW, we offer our congratulations to each and every athlete.

July/August 2013

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- Muscle Pain And Soreness After Exercise
- Coaching Clinics
- Introducing Rohan Bright

A WORD FROM THE PRESIDENT...

NEIL SANDALL

Well here we are again at the start of another Little Athletics season. And what a landmark occasion it is as we celebrate the 50th season of this uniquely Australian originated sport for youngsters. It began in Geelong, Victoria in 1964 and is now operating in all states and territories with a record 103,000 participants in the recently concluded 2012/13 season.

So as all our NSW centres begin taking registrations and commencing centre competition over the coming weeks, remember that you have 50 years of successful sporting history and experience behind you. I wish all centres a successful season and I hope you can successfully retain the majority of your new members from 2012/13.

As we are now one month past our successful Taree AGM/Conference, I also hope your participating centre delegates or observers gained valuable operational insights from either the conference keynote speakers or from their centre peers at the breakout sessions.

My thanks also go to those who supported my election as President of LANSW at the Taree AGM. This is a great honour and I promise to do my best for LANSW and our sport.

Talks are continuing between the Australian Sports Commission, Athletics Australia and Little Athletics Australia on the possibility of working towards a merged single entity governance model to bring us into line with all other major sporting bodies in Australia. Whilst it is still early days, I note recent developments which suggest this type of "administrative consolidation" is occurring in other sports around us. Just recently, the Touch Football Federation and the National Rugby League agreed to merge so that the former will in future have access to the sponsorship and development resources of the NRL. This development significantly extends the NRL's footprint.

Our intent is to keep you fully informed of the progress with the athletics merger consideration so that you are able to make an informed decision at our 2014 AGM on whether to become part of a new unified athletics governance body. As indicated by my predecessor and our now National President,



Dereck Fineberg, at our Taree Conference, this will eventually be a member decision and not one taken on your behalf by others.

It is at present a matter for the LAA Board to decide to commit to the signing of a Heads of Agreement. For the ASC, the signed Heads of Agreement will be interpreted as evidence that both AA and LAA are willing and committed to further investigate the case for a merger and the advantages this might offer – particularly in securing improved levels of participation funding direct from the ASC to support our sport's continuing growth. For their part, the ASC also believes a merged national governance body can still provide for the best elements of both Little Athletics and Senior Athletics to be retained and strengthened.

When more meaningful information about what we are considering is available, you have my assurance it will be provided to you.

In the meantime, continue enjoying the start up and rollout of the 50th season of Little Athletics in Australia.

Yours in sport

Neil Sandall

editorial

The choices our children have in relation to what sports they do are really quite varied. My daughter loves her athletics, hockey and triathlon and trains hard for all three. I often feel though as to whether we do the right thing in relation to how competitive we make these sports for our children. On three separate occasions over the past week, I have been asked if my daughter has either been picked up by a junior development program or joined a high performance squad for talented young triathletes. My daughter is 14! My wife and I have consciously encouraged our children to be involved in a range of sports in the hope of fostering a long term love of sport and physical activity. However, the repeated question did prompt me to think. Are we doing the right thing? Are we robbing her of opportunities?

So I did a little research into early specialisation and adolescent involvement in elite level sports. It's an easy topic to search and made for interesting as well as concerning reading. Here are some main points from a US paper (Stop Sports Injuries) I read;

- Half of all the sports injuries treated in children under the age of 14 are overuse injuries
- The rates of these injuries are climbing
- The average age of children afflicted is decreasing

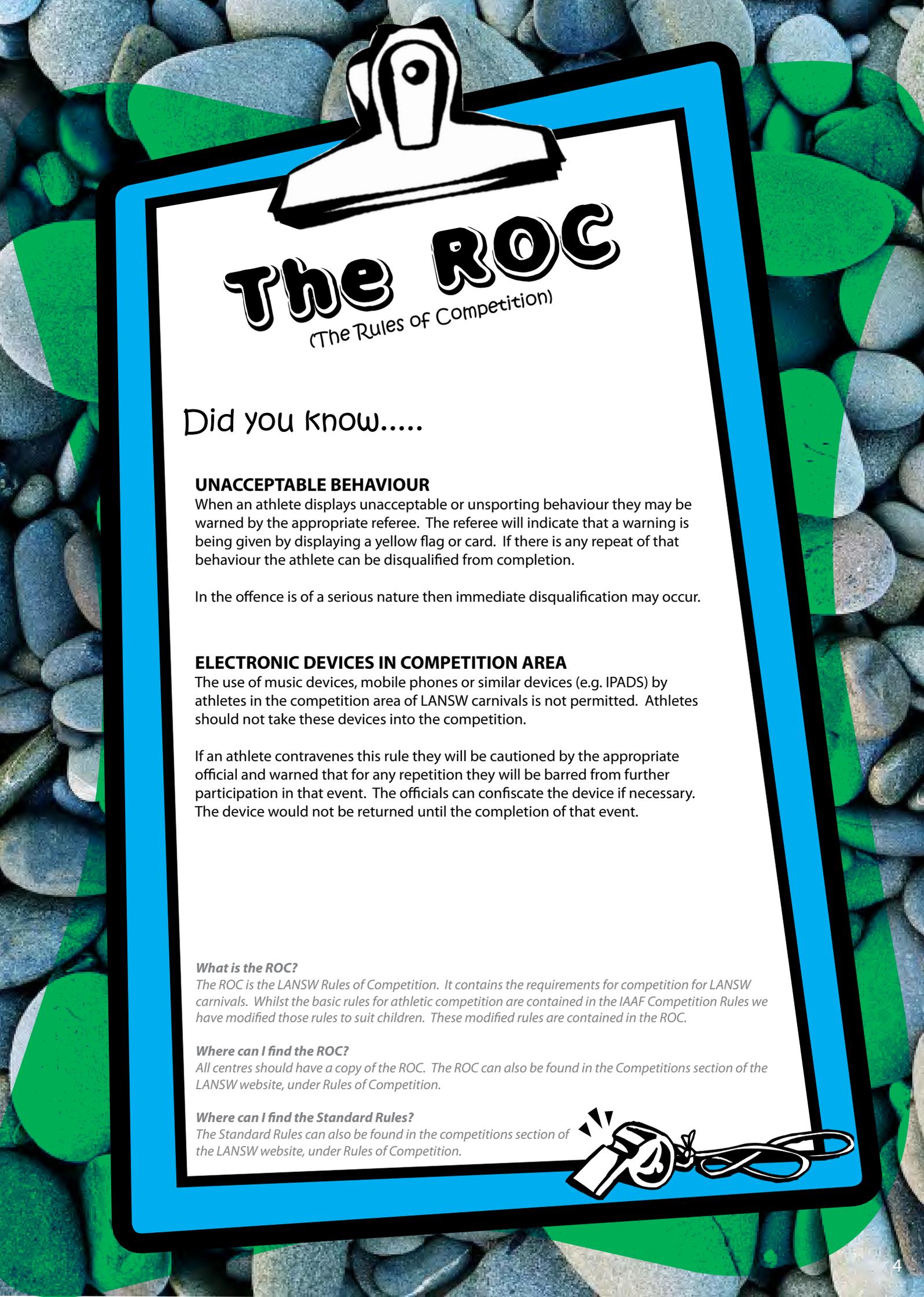
The authors of the paper go on to conclude that the rise of such injuries in youth sport is often a direct result of early specialisation.

My small bit of research reassured me that we are in fact doing the right thing for our daughter. It also assured me that LANSW is doing the right thing by the children who compete each season. I'm pleased to be involved in a sport that, through its practises, actively encourages young competitors to participate in a variety of events and keep specialisation and high intensity, high volume training for when they're a bit older.

As we approach the new season, it may be a point for us all to keep in mind.

Michael Gray
Business Development Director





The ROC

(The Rules of Competition)

Did you know.....

UNACCEPTABLE BEHAVIOUR

When an athlete displays unacceptable or unsporting behaviour they may be warned by the appropriate referee. The referee will indicate that a warning is being given by displaying a yellow flag or card. If there is any repeat of that behaviour the athlete can be disqualified from completion.

In the offence is of a serious nature then immediate disqualification may occur.

ELECTRONIC DEVICES IN COMPETITION AREA

The use of music devices, mobile phones or similar devices (e.g. IPADS) by athletes in the competition area of LANSW carnivals is not permitted. Athletes should not take these devices into the competition.

If an athlete contravenes this rule they will be cautioned by the appropriate official and warned that for any repetition they will be barred from further participation in that event. The officials can confiscate the device if necessary. The device would not be returned until the completion of that event.

What is the ROC?

The ROC is the LANSW Rules of Competition. It contains the requirements for competition for LANSW carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC.

Where can I find the ROC?

All centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LANSW website, under Rules of Competition.

Where can I find the Standard Rules?

The Standard Rules can also be found in the competitions section of the LANSW website, under Rules of Competition.



Championship News

State Cross Country & Road Walks

The 2013 LANSW State Cross Country & Road Walks were held at Scheyville National Park, Scheyville on Sunday, 7 July. It was a very cold winter morning early, but when the sun came out, it ended up being a lovely sunny day. Athletes and officials were even able to take their jumpers off in the late morning! Thanks must be extended to members of the Kurrajong Bilpin Little Athletics Centre, for their assistance with the organisation prior to and on the day.

Entries received were 782, with 743 in the run and 192 in the walk. Athletes from 88 Little Athletics centres took part in the day, including athletes from as far away as Ballina in the north and Gilgandra in the west.

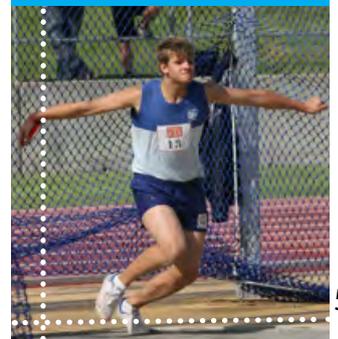
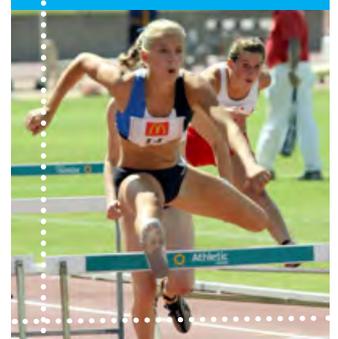
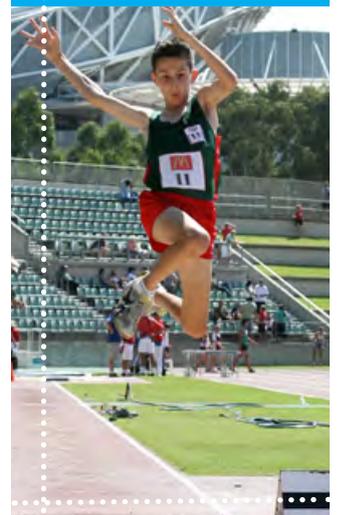
With the drop off, the actuals were 634 in the cross country events with 141 in the road walks. Many athletes competed in both.

Winners in the Cross Country events were: -

BOYS		GIRLS	
U7	Kalani Vella Albion Park	Mia Toohey	Sutherland
U8	Wil Brennan Mosman	Imogen Stewart	St George
U9	William Constable Ku-Ring-Gai	Jessica Bird	Ku-Ring-Gai
U10	James Constable Ku-Ring-Gai	Phoebe Litchfield	Orange
U11	Angus Beer Balmain	Abbey Rockliff	Ku-Ring-Gai
U12	Benjamin Bishop Cherrybrook	Emily Schneider	Sutherland
U13	Harrison Wade Ryde	Rose Davies	Adamstown New Lambton
U14	Joshua Phillips Ku-Ring-Gai	Jessica Guo	Sutherland
U15	Ben Thomson Hills District	Ashleigh Rankin	Sutherland
U17	Daniel Keane Emu Plains	Georgia Winkup	Cherrybrook

Winners in the Road Walk events were: -

BOYS		GIRLS	
U9	Lachlan Rigney Wyong	Elizabeth McMillen	Manly Warringah
U10	Bayden Little Cherrybrook	Allanah Pitcher	Gosford
U11	Hayden Blaskett Manly Warringah	Paige Rigney	Wyong
U12	Dylan Richardson Gosford	Samantha Brown	Hornsby District
U13	Kyle Bedford Nepean	Raquel Roukos	Doonside
U14	Aidan Kerr Ku-Ring-Gai	Jasmyn McDonald	Parramatta
U15	Tyler Jones Wyong	Rhiannon Minett	Bankstown Sports
U17	Eric Morey Maitland	Jayde Hill	Nambucca District





2014 STATE TEAM UPDATE

Preliminary Dates & Commitments

The Australian Little Athletics Championships (ALAC) is a one-day event held every year, hosted by each State or Territory on a rotational basis. All States and Territories, apart from the Northern Territory, are represented at the championships.

The ALAC encompasses the Australian Teams Championships for Under 13 athletes and the Australian Multi-Event Championships for Under 15 athletes.

Selection in the Little Athletics NSW State Team is considered a great honour and a major highlight of Little Athletics involvement.

The 2013 ASICS ALAC will be held on Saturday, 3 May at the Lakeside Stadium in Melbourne, Victoria.

The selection policies for both the Under 13 Team and the Under 15 Team to compete at this event will soon be available on the Little Athletics NSW website.

The proposed 2014 LANSW State Team Program is:

- **Team Camp 1:** Friday, 11 April 2014 to Sunday, 13 April 2014 (Sydney Academy of Sport & Recreation, Narrabeen)
- **Team Camp 2:** Friday, 25 April 2014 to Sunday, 27 April 2014 (Sydney Academy of Sport & Recreation, Narrabeen)
- **Team travels to Melbourne:** Thursday, 1 May 2014 (Team will travel and be accommodated together)
- **ASICS Australian Little Athletics Championships:** Saturday, 3 May 2014, 8am to 5pm, Lakeside Stadium, Melbourne
- **Team returns to Sydney:** Sunday, 4 May 2014

Please note:

- The LANSW 2014 LANSW State Multi Event Championships serve as the selection trials for the Under 15 team members. The 2014 LANSW State Track & Field Championships serve as the selection trials for the Under 13 team members.
- 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, 11 April 2014 at the Sydney Academy of Sport & Recreation, Narrabeen, which coincides with the start of Team Camp 1.

For the most up-to-date LANSW State Team information, go to the NSW section of the Little Athletics website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or admin@lansw.com.au.



My Time in Little Athletics

By Dylan Gunn

Dylan Gunn lives in Forbes, a town located in the Central West of NSW, approximately 4.5 hours' drive from Sydney. He completed work experience with the Little Athletics NSW Coaching & Development staff during 24-28 June 2013.

I've been a member of Forbes Little Athletics for seven years now. I joined in the Under 10's and am now going into my final year of the Under 17's. During my time there I have recognized my specialty as being sprints.

I had no idea I was any good at athletics or was even fast until my first ever school athletics carnival. For all I knew I was going into my race about to come last but instead placed third and qualified for the next stage. At my next carnival I was competing against a lot of kids who obviously trained and had a genuine interest for athletics. Despite having never competed in a serious carnival before and having an extreme case of nerves, I actually came second, having beaten the others from my school. This was when I first started to develop my interest in athletics. After being eliminated in all my events at the next stage I was asked to fill in for a member of the relay team that had made it away to state. I didn't realize how much of a big deal it was for me to have been chosen to join the relay team until someone explained I was two years younger than the rest of them. I certainly had no idea how much of a big deal state was. Despite my relay team not even making the finals I left having found myself in love with competing and liking the idea of athletics.

It was when I turned nine that I decided to join Little Athletics. It was at about Year 5 at school when instead of just placing first or second, I actually started breaking records and winning awards. I had even started making finals at state. I had started to really mature as an athlete. For the next few years until the Under 13's, I only competed on the Friday nights having no idea that Little Athletics held their own competition quite similar to the school one.

In the Under 13's, I had entered for the first time in my Little Athletics zone competition. I found that I really enjoyed Little Athletics and was making it to state for that as well. I've never done any real training and I haven't ever had a real coach before so the fact that I was making finals at state was a huge deal for me.

In my later years I have been winning awards at my club like 'age champion' and 'overall male club athlete' awards. Though I love the feeling of winning, out of all the things I have done in Little Athletics the most rewarding thing has been the odd occasion when a younger athlete at my club has asked for help or for me to train with them. Joining Little Athletics has been one of the best decisions I have ever made. The fun and friendly environment is suitable to athletes of any skill level and makes for an exciting experience. The memories and lessons will last a lifetime and I would strongly encourage anyone to try this amazing sport. I look forward to completing my final year of Little Athletics and can't wait for whatever's next.



COACHES CORNER

I was recently at my daughter's athletics carnival, and was cornered by a parent and she asked: Parent: "My daughter was training for the first time last Monday (carnival day was Friday) and she was absolutely fine the day after albeit a little tired, but by Wednesday she was very very sore. Her muscles still feel really tight. What's happened to her?"

Besides me wanting to tell her that having your daughter train for the first time 3-4 days before a carnival wasn't the best idea in the world my response was:

Me: "I'd be worried if she was sore, feeling sharp pains during or especially days after training, as this may indicate an injury. The fact she is still suffering from soreness and tight muscles it is probably due to what is called DOMS. This usually happens. The possible lack of warm up, insufficient warm down and post exercise recovery can bring about DOMS".

Parent: "What's DOMS?"

Me: "Delayed Onset Muscle Soreness" (followed by a detailed conversation).

The conversation then continued for the next half hour. I then realised that some of the issues that I take for granted as common knowledge... is not always common.

Therefore, please find below an article explaining DOMS. Enjoy the read... Alvin.



Muscle Pain and Soreness After Exercise

Tips for dealing with delayed muscle soreness after exercise

By Elizabeth Quinn

<http://sportsmedicine.about.com/cs/injuries/a/doms.htm>

Delayed onset muscle soreness (DOMS) describes a phenomenon of muscle pain, muscle soreness or muscle stiffness that occurs in the day or two after exercise. This muscle soreness is most frequently felt when you begin a new exercise program, change your exercise routine, or dramatically increase the duration or intensity of your exercise routine.

Although it can be alarming for new exercisers, delayed onset muscle soreness is a normal response to unusual exertion and is part of an adaptation process that leads to greater stamina and strength as the muscles recover and build hypertrophy.

This sort of muscle pain is not the same as the muscle pain or fatigue you experience during exercise. Delayed soreness is also unlike the acute, sudden and sharp pain of an injury such as a muscle strains or sprain that occurs during activity and often causes swelling or bruising. The delayed muscle soreness of DOMS is generally at its worst within the first two days following a new, intense activity and slowly subsides over the next few days.

What Causes Muscle Soreness After Exercise?

Delayed onset muscle soreness is thought to be a result of microscopic tearing of the muscle fibres. The amount of tearing (and soreness) depends on how hard and how long you exercise and what type of exercise you do. Any movement you aren't used to can lead to DOMS, but eccentric muscle contractions (movements that cause muscle to forcefully contract while it lengthens) seem to cause the most soreness.

Examples of eccentric muscle contractions include going down stairs, running downhill, lowering weights and the downward motion of squats and push-ups. In addition to small muscle tears there can be associated swelling in a muscle which may contribute to soreness.

What Is the Best Treatment for Muscle Soreness After Exercise?

There is no one simple way to treat delayed onset muscle soreness. In fact, there has been an ongoing debate about both the cause and treatment of DOMS. In the past, gentle stretching was one of the recommended ways to reduce exercise related muscle soreness, but a study by Australian researchers published in 2007 found that stretching is not effective in avoiding muscle soreness.

So does anything work to reduce delayed-onset muscle soreness? Nothing is proven 100 percent effective, and although some people have found the following advice helpful, it's best to try a few things to see what works for you. Ultimately, the best advice for treating DOMS is to prevent it in the first place.

Using a Foam Roller After Exercise May Help Reduce Soreness

One technique I've used with some success to reduce my own muscle soreness is to use a foam roller regularly as a part of my cool down. This has been particularly helpful for me after a long, high intensity bike ride or after I start a new type of exercise or a new weight training routine.

Tips for Dealing with Muscle Soreness After Exercise

If you do find yourself sore after a tough workout or competition, try these methods to deal with your discomfort. Although not all are backed up with research, many athletes report success with some of the following methods.

- Use Active Recovery This strategy does have support in the research. Performing easy low-impact aerobic exercise increasing blood flow and is linked with diminished muscle soreness. After an intense workout or competition, use this technique as a part of your cool down.
- Rest and Recover If you simply wait it out, soreness will go away in three to seven days with no special treatment.
- Try a Sports Massage Some research has found that sports massage may help reduce reported muscle soreness and reduce swelling, although it had no effects on muscle function.
- Try an Ice Bath or Contrast Water Bath Although no clear evidence proves they are effective, many pro athletes use them and claim they work to reduce soreness.
- Use R.I.C.E. The standard method of treating acute injuries, if your soreness is particularly painful.
- Perform Gentle Stretching Although research doesn't find stretching alone reduces muscle pain or soreness, many people find it simply feels good.
- Try Yoga There is growing support that performing Yoga may reduce DOMS.
- Listen to Your Body Avoid any vigorous activity or exercise that increases pain. Allow the soreness to subside thoroughly before performing any vigorous exercise.
- Warm Up completely before your next exercise session. There is some research that supports that a warm-up performed immediately prior to unaccustomed eccentric exercise produces small reductions in delayed-onset muscle soreness (but cool-down performed after exercise does not).
** If your pain persists longer than about 7 days or increases despite these measures, consult your physician.
- Learn something from the experience! Use prevention first.

Tips to Help Prevent Muscle Soreness After Exercise

While you may not be able to prevent muscle soreness entirely, you may reduce the intensity and duration of muscles soreness if you follow a few exercise recommendations.

- Progress Slowly The most important prevention method is to gradually increase your exercise time and intensity. See the 10 percent rule if you need some exercise progression guidelines.
- Warm Up thoroughly before activity and cool down completely afterward.
- Cool Down with gentle stretching after exercise.
- Follow the Ten Percent Rule When beginning a new activity start gradually and build up your time and intensity no more than ten percent per week.
- Hire a personal trainer if you aren't sure how to start a workout program that is safe and effective.
- Start a new weight lifting routine with light weights and high reps (10-12) and gradually increase the amount you lift over several weeks.
- Avoid making sudden major changes in the type of exercise you do.
- Avoid making sudden major changes in the amount of time that you exercise.

Certain muscle pain or soreness can be a sign of a serious injury. If your muscle soreness does not get better within a week consult your physician.

Freaky Fact:

No high jumper has ever been able to stay off the ground for more than one second.



DEVELOPMENT DIARY



A Hot Time on the Track during Winter

The action was heating up on the track during the winter school holidays. After a week of heavy rain, LANSW conducted two very successful skills clinics, one at Port Hacking, the other at Winston Hills. In fact, three days prior to the Port Hacking clinic, the long jump pits resembled a swimming pool and the local ducks paddled out on the field. One parent describing the scene as the "Sylvania Waters Athletic Track Pond".



However, the total opposite occurred on both clinic days with sunshine, blue skies and not a cloud in sight. The "fine weather gods" were smiling on us with a total 162 athletes attending the clinics. Many of the participants were registered Little Athletes and surprisingly quite a few of them were being introduced to Little Athletics for the first time. All the feedback from the athletes, parents and coaches was very positive. One athlete said "How am I going to remember all this?" (this was after the first two sessions with another four remaining).

Spring clinics are currently being organised with the proposed venues being: Girraween, Canterbury, St Georges Basin, Kiama, Parramatta, Griffith, Temora, Blacktown, Kurri Kurri and more. Keep checking our website for confirmed clinics.

"Desire to Inspire" School Visits... Coming to a Town near You



This is one of the busiest periods for the Development Team. We are currently away on the state-wide school visit program called 'Desire to Inspire'. The team is travelling to the far reaches of the state, as well as many Sydney metropolitan schools, representing a range of Little Athletics centres.

The "Desire to Inspire" visit is a fast-paced educational and fun presentation to schools. The aim is to inspire and motivate kids to be active with the Little Athletics "Be your Best" attitude and to register with their local centre. This is also a great opportunity to remind previous members that the season is about to begin and to once again register with their centre.

Tamworth, Home of Country Music... but also the home of the North West Athletics Super Clinic.

The annual North West Athletic Super Clinic at Tamworth is on again. The two day coaching clinic will be held on 22-23 September 2013.

This clinic is open for anyone between the ages of 8-16yrs, of any standard, to come and register. This is a great opportunity to get some expertise coaching from nationally accredited coaches. It will also help in preparation for any upcoming athletics carnivals, the new Little Athletics season or just improving overall skills in a fun, safe and positive environment. The coaching team comprises of both Sydney-based and local coaches, including LANSW Coaching and Development staff Darren Wensor & Alvin Wensor.

For more information contact Little Athletics NSW or visit our website. You can also contact Sport and Recreation Tamworth direct on 6766 1200.





JETS Program Update

JETS Hits 200!

During June 2013, the number of JETS members hit the 200 mark – the first time that this has occurred in the program's four-year history. The final figure for the program now stands at 204 members.

Bankstown JETS has all the right ingredients

Lots of athletes, an amazing list of coaches and great weather - these were some of the ingredients that resulted in a very successful JETS coaching clinic at Bankstown, held Sunday, 19 May at The Crest Athletics Centre.

Enjoying perfect weather conditions, nearly seventy athletes in the Under 12-17 age groups had the chance to work with what was one of the best coaching line-ups ever seen at a Little Athletics coaching clinic.

Each athlete participated in two 75 minute coaching sessions of their choice, and also a 20 minute Q & A session with the coaches in an event group of their choice.

The feedback from the athletes and parents included:

"Great coaches with fun training sessions." (Athlete)

"The events were really good and I learnt a lot." (Athlete)

"Great clinic today." (Athlete)

"I loved it!" (Athlete)

"Professional and informative." (Parent)

"Approachable coaches." (Parent)

"Well organised, on time, qualified coaches, great advice." (Parent)

"Great coaches! Great venue! Great time!" (Parent)

"Excellent day, coaches were exceptional." (Parent)

"Calibre of coaches fantastic – great to get one-on-one training." (Parent)

JETS returns to The Ridge

For the third successive year The Ridge Athletics Track, home to Illawong Little Athletics, has hosted a fantastic end-of-season JETS coaching clinic.

Held on Sunday, 16 June the clinic attracted nearly sixty athletes, made up of both JETS members and Under 11's who had competed at the 2013 State Track & Field Championships.

Each athlete participated in two seventy-five minute coaching sessions of their choice, and also a twenty-minute workshop during which the coaches each gave their top tips for performing well in the event /s that they were coaching on the day.

Very positive feedback was yet again received from the athletes and parents. As usual, the high quality and approachability of the coaches was mentioned frequently.

Comments included:

"Great coaches." (Athlete)

"Excellent advice and tips from coaches." (Athlete)

"Experienced coaches that are very helpful." (Athlete)

"I liked the coaches and their advice." (Athlete)

"Coaches took time to help individuals" (Athlete)

"The coaches gave you positive feedback." (Athlete)

"The coaches were understanding and helpful." (Athlete)

"Approachable coaches." (Parent)

"The quality of the coaches and how approachable and friendly they are." (Parent)

"Skilled coaching." (Parent)

"Always a great team of coaches." (Parent)

JETS Camp Performs

Wow! What a great camp! The 2013 JETS Performance Camp held 12-14 July 2013 at the Sydney Academy of Sport & Recreation, Narrabeen, was a huge success and contained many highlights.

The camp attracted 49 athletes in the Under 12 – 17 age groups, which is almost a quarter of the JETS membership.

The weekend was a busy one! Apart from the four coaching sessions held at the Academy's athletics track, the program included a recovery workshop which included a self-massage practical, a workshop with a physiotherapist which dealt with common adolescent growth problems and injuries, a water workout in the Academy's indoor heated pool, two relaxation/imagery sessions, a stretching session, as well as lots of games and fun activities. Some photos from the camp have been posted on the Little Athletics NSW Facebook page.

Some of the comments received from the athletes about the camp include:

"Thank you so much for making this camp enjoyable."

"I really enjoyed the camp and there is nothing I would change."

"Great coaches helped so much. Thank you."

"The camp was great and added to my knowledge."

"The coaches were really nice and it was great fun."

"The camp was really fun and I met lots of friends."

"I really enjoyed this camp and can't wait to come back."

"I wish I could stay longer."

"The camp was awesome and I would love to come back."

"Made heaps of friends from all over NSW. Fun, fun, fun."

The JETS coaching staff was thrilled with the conduct and attitude of the athletes who certainly made the most of their time at the Academy. Thank you to all of the JETS members and JETS coaches in attendance who made it such a wonderful experience. Everyone left the camp with lots of new skills and knowledge, as well as some great new friends and memories.

Plans are already underway to conduct another JETS Performance Camp at a similar time next year.

2013-2014 JETS Program

Applications for the 2013-14 JETS program will be available in August 2013. One new feature of JETS membership is that those athletes who are not dual-registered with Athletics NSW will be provided with automatic dual registration for an additional fee of \$10.00.

JETS members must re-qualify and re-apply for membership of the 2013-2014 program. Membership does not automatically roll-over.

The 2013-14 JETS qualification standards are now available on the Little Athletics NSW website.



Introducing Rohan Bright

Rohan, from Mt Kuring-gai, was chosen as a member of the Australian Team for the World Dwarf Games that was held in Michigan, U.S.A. in August 2013.

Rohan, aged 15, has been competing in AWD (Athletes with Disabilities) athletics and swimming at state level for six years. He is a member of Northern Districts Little A's.

Due to his short stature, Rohan has been classified as a T/F 40 for athletics. In this class Rohan holds national records for 100m, 200m, 400m, discus and javelin for Track & Field. In swimming Rohan holds the national 50m breaststroke record for juniors in the S6 Class.



At the games, Rohan competed in the 60m, 100m, 200m, discus and javelin and also in the senior relay team. He received a silver medal in the discus and javelin, and a bronze in the 60m and 100m.

As well as his track and field events, Rohan also competed in swimming events at Michigan. As a junior at the games, he could only compete in 25m events, and qualified for freestyle, backstroke, breaststroke and butterfly and the team relay. He received three individual gold medals and also a gold for the relay.

Well done Rohan! You should be very proud of all your achievements.



Find a word



LANGUAGES

- AFRIKKANS
- DANISH
- DUTCH
- ENGLISH
- FLEMISH
- FRENCH
- GAELIC
- GERMIN
- GREEK
- HEBREW
- HINDI
- ITALIAN
- LATIN
- PERSIAN
- RUSSIAN
- SPANISH
- SWEDISH

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

CONGRATULATIONS

to U8 Little Athlete **KYAN UPSALL** from **URUNGA LAC** who won last edition's Find-a-Word!!

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