



RUN FOR FUN



“WOW - What a Team!”

ASICS Australian Little Athletics Championships

Congratulations to the 2013 Little Athletics NSW State Team for its outstanding performance at the ASICS Australian Little Athletics Championships on Sunday, 28 April at the AIS Athletics Track in Canberra. In a true team effort:

- The Under 13 team won the Trevor Billingham trophy for overall point score.
- NSW team members achieved 16 personal best performances.
- In the 33 events on offer, the NSW team achieved 24 medals (9 gold, 10 silver and 5 bronze).
- The team achieved 49 Top 8 performances.

What a wonderful performance by a fantastic NSW team.

Right from the start of the day, it was very clear to everyone that that the NSW athletes were ready to perform for their team and their teammates. A tightly-bunched team warm up lap and a march past during which all team members were in step, were followed by a ferocious and very loud performance of the war cry in front of the grandstand which drew genuine applause and immediate respect from the spectators.

After an exciting build-up, the hard work and preparation over the last few weeks was about to be put to the test in what was is always a hectic, challenging, but immensely enjoyable and rewarding day of team competition.

Over the course of the day, nearly 200 athletes from the seven state teams, some of whom were competing in up to six events in six hours, performed their hearts out for their team and their teammates.

As stated above, the NSW Under 13 team won the point score trophy. The Western Australian team finished runners-up, with Victoria in third place.

A number of NSW team members recorded PBs, which is a wonderful accomplishment when performing at the highest level in Little Athletics.

There were many NSW team highlights and it would be unfair to single out one above another. Everyone contributed to the overall performance of the team, both on and off the track.

The 2013 LANSW State Team proved to be a fantastic group of young people who took the meaning of “TEAM” seriously and represented their state with pride. The team’s conduct was outstanding and the group attracted positive comments and compliments everywhere they went. The team members will have many special memories and a bond with their fellow team members that would have to be experienced to be understood.

Many thanks to the NSW parents, supporters and personal coaches whose support and cooperation assisted the team management in the task of building a strong, spirited and determined team which in turn helped to make the campaign such a memorable one. Thank you to the other State Teams for their sportsmanship and the spirit in which they competed. Finally a big thank you to the ACT Little Athletics Organising Committee and the volunteer officials who helped make the day such a great success.

May/June 2013

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- Coach of the Year
- Why recovery after exercise is important
- Fun at Little Athletics centres

A WORD FROM THE PRESIDENT...

NEIL SANDALL



Well here we are at the end of the 2012/13 Summer Season having completed our State Multi-Event and State Championships in March.

Again the weather in the lead-up to the Multi-Event in Orange was wet, although a little kinder to us during the weekend, except for the strong winds on Saturday. Fortunately the winds abated somewhat on Sunday.

Congratulations are due to Orange Little Athletics who hosted the Multi-Event. Their support efforts to Little Athletics NSW and our officials were much appreciated. Likewise, I congratulate the carnival officials and athletes for their sterling efforts over the entire weekend.

Three weeks later we held our three day State Championships at Sydney Olympic Park Athletics Centre. Other than some heavy rain before we started competition on Friday evening, the weather was generally much kinder to us.

This year we saw the first qualifying cohort from our new eight region structure participating, with the first two in each event at Region automatically qualifying. They were joined in qualifying by the next eight best event performers from across the Regions, rounding out a maximum of 24 qualifying athletes for each State event. We also introduced, for the first time, a fully-timed State carnival with no event calls but with pre-published call and event times highlighted on both our Championships website and in the event program.

My observation was that this timed carnival initiative worked well and the program on each of the three days of the carnival was largely completed as scheduled. Well done to our hard-working group of LANSW officials and rostered centre helpers for ensuring the event went so smoothly.

Next year we hope to introduce more atmosphere to the event through regularly announcing information to spectators on what is going on at the various events throughout the carnival, including highlighting memorable performances. Incidentally, there were over 30 Australian Best Performances at this year's State Championships.

Congratulations to those athletes who were selected in our State Team which competed at the ASICS Little Athletics Championships in Canberra recently. I hope you all enjoyed the compulsory pre-event team camps experience and subsequently performed to your expectations at this prestigious event.

Well by now centres will be holding their AGM's and presentation days and I hope for all that these prove to be highly successful. My best wishes go to the centre officials charged with the planning of these events and I also congratulate those receiving awards and any new people standing for centre office.

Our sport requires a high level of volunteer contributions from participating families and I can assure you that your collective contributions are precisely what make a difference to individual centre success and to the effective delivery of our sport to its participants.

Your board, in the meantime, continues its preparation for the Little Athletics NSW's Annual Conference in July and the rapidly approaching 2013/14 Season.

Yours in sport,

Neil Sandall
President

editorial

With the season having ended and Little Athletics NSW nearing a record number of registrations, the question being asked by many is, can we sustain a continued growth of registrations. History tells us that after an Olympic year registrations rise. History also tells us that most centres have 50% of their membership not register for the following season. Fundamentally if an athlete and their family have enjoyed the season they are more likely to re-register. The 64 million dollar question is what determines whether an athlete and their family stay involved with LA's?

If we look at previous research, athletes and families want:

1. An organised and approachable committee.
2. Good communication as to what is occurring.
3. A well timed and efficient program.
4. Programs that involve skills development as part of their competition.
5. Access to good coaching.

How many of the points above did your centre tick. It is important that centres review the way we do things to update and improve. Doing everything the same and not listening to what our membership wants is a recipe for registration numbers to decline. If your centre needs help, remember, staff at Little Athletics NSW are there to help. Please don't hesitate to call them.

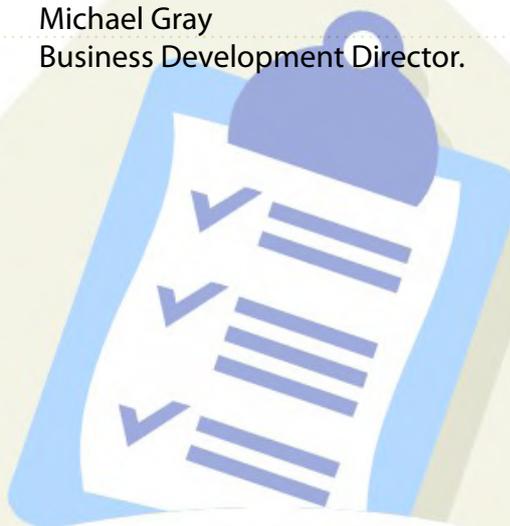
The flip side to retention of athletes is recruitment. How does your centre advertise registration days? Traditional methods like school flyers, newspaper ads and posters all form a part of our communication options but they can be time consuming and inefficient. Social media, club websites and emails reach more people, are cost efficient and enhance the transfer of information.

Now is the time to plan your centres recruitment strategy for next season. Having a clear plan and delegating responsibilities for this is important for future success.

Let's see if we can maintain a registrations increase for next season. It cannot be down without everyone working together.

Cheers

Michael Gray
Business Development Director.





The ROC

(The Rules of Competition)

Did you know.....

WHERE DO THE RULES OF COMPETITION COME FROM?

The IAAF is the international governing body for athletics. It has published a set of rules for international competitions. Athletics Australia (AA) adopts those rules with a few modifications for competitions within Australia.

Little Athletics Australia has made its own modifications to the IAAF and AA rules to make them more suitable for children, e.g. weights for throwing implements for each age groups. These rules are referred to as "Standard Rules". The State Little Athletic associations have agreed to use these modified rules as the basis for their championship events. There were some areas where each State was allowed to make their own modifications.

LANSW has included the Standard Rules and its modifications in their "Rules of Competition" (ROC).

HOW ARE RULES CHANGED?

Little Athletic centres may submit discussion items to change the ROC. The cut off date for submitting discussion items this year is Thursday, 6 June. These items are discussed at the LANSW Annual Conference held in July each year. Centres are given an opportunity to vote on the items. If the change is in respect of a Standard Rule, it would have to be referred to Little Athletics Australia for consideration and would require the approval of all states. If it is not a Standard Rule, it would be referred to the LANSW for adoption.

What is the ROC?

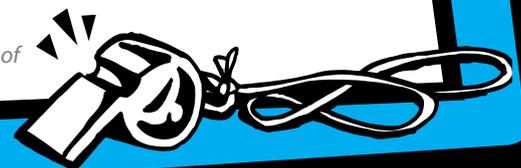
The ROC is the LANSW Rules of Competition. It contains the requirements for competition for LANSW carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC.

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 Track & Field Championships

Congratulations to all athletes who participated at the State Track & Field Champs at the end of March.

Extra congratulations go to the following athletes who now hold a LANSW State Record following their fantastic performance during the last season:

Age	Event	Name	Centre	Performance	
U7 Boys	50m	Lachlan Herbert	Ku-Ring-Gai	8.96	Equal
U7 Boys	100m	Kalani Vella	Albion Park	17.30	Equal
U8 Boys	400m	Ethan Oliver	Nth Districts	1.14.25	
U8 Girls	400m	Cayla Phillips	Manly Warringah	1.17.52	
U9 Boys	70m	Zachery Gardner	Manly Warringah	10.01	ABPe
U9 Boys	60m Hurdles	Austin Little	Northern Suburbs	9.58	ABPe
U9 Girls	70m	Grace Hewitt	Port Stephens	10.24	ABPe
U9 Girls	100m	Emily Parmaxidis	Bankstown Sports	14.40	ABPe
U10 Boys	70m	Jordan Metcalfe	Ryde	9.63	
U10 Boys	800m	James Constable	Ku-Ring-Gai	2.23.88	
U10 Girls	70m	Krystal Blackwell	Helensburgh	9.85	
U10 Girls	400m	Krystal Blackwell	Helensburgh	1.04.24	ABPe
U10 Girls	1100m Walk	Emma Blanch	Port Hacking	5.24.48	ABPe
U10 Girls	High Jump	Tomysha Clark	Port Hacking	1.47m	ABP
U11 Boys	800m	Luke Young	Macquarie Hunter	2.17.37	ABPe
U11 Boys	1500m	Luke Young	Macquarie Hunter	4.41.67	ABPe
U11 Girls	800m	Abbey Rockliff	Ku-Ring-Gai	2.22.70	ABPe
U11 Girls	1500m	Abbey Rockliff	Ku-Ring-Gai	4.47.05	ABPe
U11 Girls	60m Hurdles	Mia Hemsworth	Ku-Ring-Gai	9.71	ABPe
U12 Boys	100m	James Roach	Randwick/Botany	12.04	ABPe
U12 Boys	200m	James Roach	Randwick/Botany	24.59	ABPe
U12 Boys	800m	Joseph O'Connor	Maitland	2.14.59	ABPe
U12 Boys	1500m	Joseph O'Connor	Maitland	4.40.79	
U12 Boys	1500m walk	Harrison Mavin	Ku-Ring-Gai	7.06.59	ABPe
U13 Boys	400m	Jordan Doris	Eschol Park	53.79	ABPe
U13 Boys	800m	Jordan Doris	Eschol Park	2.10.24	
U13 Boys	3000m	Harrison Wade	Ryde	9.48.55	
U13 Girls	100m	Kristie Edwards	Manly Warringah	12.63	ABPe
U13 Girls	400m	Bernice de Jager	Macquarie Hunter	59.21	
U13 Girls	800m	Elizabaeth Chippendale	Gosford	2.16.55	ABPe
U13 Girls	1500m	Rose Davies	Adamstown/New Lambton	4.43.37	ABPe
U14 Boys	200m	Alec Nguyen	Bankstown Sports	22.90	
U14 Boys	90m Hurdles	Jarrod Twigg	Wollongong City	12.26	ABPe
U14 Boys	200m Hurdles	Alec Nguyen	Bankstown Sports	25.31	
U14 Boys	Shot Put	Tyrone Taukamo	Randwick/Botany	18.51m	
U14 Girls	800m	Alex Kerr	Balmain	2.16.23	ABPe
U14 Girls	1500m Walk	Jasmyn McDonald	Parramatta	6.46.25	ABPe
U14 Girls	80m Hurdles	Renee Elliot-Watson	Holroyd	12.35	
U14 Girls	Shot Put	Grace Robinson	St George	15.94m	ABP
U14 Girls	Javelin	Madeline Warbutton	Leeton	41.78m	
U15 Boys	200m	Teri Fragiadakis	Sutherland	22.57	ABPe
U15 Boys	1500m Walk	Tyler Jones	Wyong	6.20.78	
U15 Girls	100m	Ruby Ritchie	Manly Warringah	12.13	ABPe
U15 Girls	200m	Ruby Ritchie	Manly Warringah	24.28	ABPe
U15 Girls	400m	Jessica Thornton	Randwick/Botany	56.26	
U15 Girls	800m	Emily Hopper	Mosman	2.12.99	ABPe
U15 Girls	1500m	Emily Hopper	Mosman	4.35.36	ABPe
U17 Boys	200m	Anas Abu Gamaba	Blacktown	21.99	
U17 Boys	200m	Anas Abu Gamaba	Blacktown	22.00	Manual
U17 Boys	400m	Bryce Collins	Northern Suburbs	49.57	
U17 Boys	800m	Alex Seal	Wollongong City	1.56.42	
U17 Boys	3000m	David Gardiner	Northern Suburbs	9.04.07	
U17 Boys	3000m	Daniel Keene	Emu Plains	9.22.90	Manual
U17 Boys	Triple Jump	Emmanuel Fakiye	Nth Rocks/Carlingford	14.80m	
U17 Boys	110m Hurdles	Ivor Metcalf	Randwick/Botany	13.64	
U17 Boys	200m Hurdles	Bryce Collins	Northern Suburbs	23.86	
U17 Boys	Long Jump	Sebastian Acosta-Vazquez	Bankstown Sports	6.97m	



Championship News

U17 Boys	Javelin	Rhys Stein	Warradale	68.40m	
U17 Girls	3000m	Sarah Marvin	Winston Hills	10.26.1	Manual
U17 Girls	1500m Walk	Jasmine Dighton	Glenbrook	6.45.25	Equal
U17 Girls	Long Jump	Audrey Kyriacou	Randwick/Botany	5.84m	
Jnr Boys	4 x 100m Relay		Randwick/Botany	54.08	
Snr Girls	4 x 100m Relay		Manly Warringah	48.69	

NB. Athletes with a ABPe or ABP hold the Australian Best Performance in that event.

State Cross Country & Road Walks

Don't forget to register for the 2013 State Cross Country & Road Walks. If you were in the U7 to U17 age groups last summer, you can enter into the Cross Country and if you were in the U9 to U17 age groups, you can enter the Road Walks. Both events are being held at Scheyville National Park, Scheyville Road, Scheyville on Sunday, 7 July 2013.

Entries are via ONLINE only and are now being taken on the NSW section of the littleathletics.com.au website. They close on Wednesday, 19 June 2013 with an entry fee of only \$10. There is a late entry fee of \$25 for entries up to 26 June 2013. No entries will be taken after this time.

All relevant information can be found on the website in the Competitions section.

Following close of entries, centres will be sent a list of athletes from their centre who have entered. We will then require the name of a person who will act as Team Manager for the day.

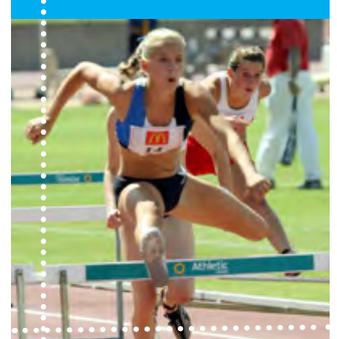
Gold, silver and bronze medals will be awarded in each event plus the first three athletes from each centre who cross the finish line will make up a centre team and will be awarded 1st, 2nd and 3rd placing.

State Multi-Event

Next seasons State Multi-Event will be hosted by Lake Illawarra Little Athletics Centre at Myimbarr Community Park, Flinders on Saturday & Sunday, 1 & 2 March 2014.

If you intend entering this event, please book your accommodation as soon as possible, as it is anticipated that there will be a huge entry.

Further information, including online registration, will be posted on the Little Athletics NSW website in the Competition section following our Annual Conference in July.



Ron Thompson is the 2012 Coach of the Year



Ron Thompson, someone who has coached young athletes on the South Coast for over thirty years, has been named the 2012 Australian Track & Field Coaches Association (NSW Branch) Little Athletics Coach of the Year.

The award was announced during a special presentation on Saturday, 23 March during the opening ceremony of the 2013 Little Athletics NSW State Track & Field Championships.

Ron, a Level IV coach and ATFCA member for many years, coaches throws, jumps, sprints and hurdles, and achieves success with his athletes in all of these fields.

Ron is known for his encouragement of children of all ages and is well-loved and well-known for his coaching. His dedication to his athletes is shown by the fact that he only takes off one week from coaching each year - for Christmas! Ron's coaching spans generations with some of his past athletes now bringing their own children to him for coaching.

A comment made about Ron by those who nominated him for this award express some great qualities of a Little Athletics coach: "He never expresses anything negative in regards to his or other athletes and promotes good sportsmanship by demonstrating it, no matter what the occasion . . . All in all he is a great bloke, a great ambassador for Little A's and a great coach."

Ron is a worthy recipient of the Little Athletics Coach of the Year Award and is a great asset to the sport.

Coach of the Year Honour Roll since 1998

An outstanding group of individuals have been presented with the Coach of the Year award over the years. A list of past winners is below.

Year	Winner
1998	Norbert Maciejewski
1999	Angela O'Brien
2000	Marilyn Pearson
2001	Don Hodgekiss
2002	Samantha Peck
2003	Joe Ebejer
2004	Warren Martin
2005	Ray Russell
2006	Gary Micallef
2007	Don Hodgekiss
2008	Tony Russell
2009	Ed Batten
2010	David Bruce
2011	Astrid Lepelaar
2012	Ron Thompson



COACHES CORNER

What a great season for Little Athletics NSW with high registration/participation numbers, two new centres with many more enquiries, a successful new State Championship qualification process with more athletes competing at State, 50+ new state records and topping everything off, the U13 NSW State Team winning the Trevor Billingham trophy at the ASICS Australian Little Athletics Championships. It has been a "busy" season. Don't forget to look after yourself and have a little wind down before next season.

For many athletes the athletics season continues with the busy school season and winter cross country. It is important that athletes take a little time out, to rest and recover. As the winter athletic season begins, it is even more vital that athletes fully recover after exercise in order to:

- Decrease the chance of injury especially overuse injuries.
- Increase the possibility of peak performance.

Following last month's article about warming/cooling down, many people asked me for some simple recovery techniques. The article below will give you a few tips which many of you may want to investigate...



Why Recovery After Exercise Is Important

<http://sportsmedicine.about.com/od/sampleworkouts/a/After-Exercise.htm>

Recovery after exercise is essential to muscle and tissue repair and strength building. This is even more critical after a heavy weight training session. A muscle needs anywhere from 24 to 48 hours to repair and rebuild, and working it again too soon simply leads to tissue breakdown instead of building. For weight training routines, never work the same muscles groups two days in a row.

10 Ways To Recover Quickly After Exercise

There are as many methods of recovery as there are athletes. The following are some of the most commonly recommended by the experts.

1. **Cool Down.** Cooling down simply means slowing down (not stopping completely) after exercise. Continuing to move around at a very low intensity for 5 to 10 minutes after a workout helps remove lactic acid from your muscles and may reduce muscles stiffness. Warming up and cooling down are more helpful in cooler temperatures or when you have another exercise session or an event later the same day.
2. **Replace Fluids.** You lose a lot of fluid during exercise and ideally, you should be replacing it during exercise, but filling up after exercise is an easy way to boost your recovery. Water supports every metabolic function and nutrient transfer in the body and having plenty of water will improve every bodily function. Adequate fluid replacement is even more important for endurance athletes who lose large amounts of water during hours of sweating.
3. **Eat Properly.** After depleting your energy stores with exercise, you need to refuel if you expect your body to recover, repair tissues, get stronger and be ready for the next challenge. This is even more important if you are performing endurance exercise day after day or trying to build muscle. Ideally, you should try to eat within 60 minutes of the end of your workout and make sure you include some high-quality protein and complex carbohydrate.
4. **Stretch.** After a tough workout, consider gentle stretching. This is a simple and fast way to help your muscles recover.

5. **Rest.** Time is one of the best ways to recover (or heal) from just about any illness or injury and this also works after a hard workout. Your body has an amazing capacity to take care of itself if you allow it some time. Resting and waiting after a hard workout allows the repair and recovery process to happen at a natural pace. It's not the only thing you can or should do to promote recovery, but sometimes doing nothing is the easiest thing to do.
6. **Perform Active Recovery.** Easy, gentle movement improves circulation which helps promote nutrient and waste product transport throughout the body. In theory, this helps the muscles repair and refuel faster.
7. **Have a Massage.** Massage feels good and improves circulation while allowing you to fully relax. You can also try self-massage and foam roller exercises for easing tight muscles and avoid the heavy sports massage price tag.
8. **Take an Ice Bath.** Some athletes swear by ice baths, ice massage or contrast water therapy (alternating hot and cold showers) to recover faster, reduce muscle soreness and prevent injury. The theory behind this method is that by repeatedly constricting and dilating blood vessels helps remove (or flush out) waste products in the tissues. Limited research has found some benefits of contrast water therapy at reducing delayed onset muscle soreness (DOMS).

How to use contrast water therapy: While taking your post-exercise shower, alternate 2 minutes of hot water with 30 seconds of cold water. Repeat four times with a minute of moderate temperatures between each hot-cold spray. If you happen to have a spa with hot and cold tubs available, you can take a plunge in each for the same time.

9. **Get High Quality Sleep.** While you sleep, amazing things are taking place in your body. Optimal sleep is essential for anyone who exercises regularly. During sleep, your body produces Growth Hormone (GH) which is largely responsible for tissue growth and repair.
10. **Avoid Overtraining.** One simple way to recovery faster is by designing a smart workout routine in the first place. Excessive exercise, heavy training at every session or a lack of rest days will limit your fitness gains from exercise and undermine your recovery efforts.

Listen to Your Body for a Faster Recovery

The most important thing you can do to recovery quickly is to listen to your body. If you are feeling tired, sore or notice decreased performance you may need more recovery time or a break from training altogether. If you are feeling strong the day after a hard workout, you don't have to force yourself to go slow. If you pay attention, in most cases, your body will let you know what it needs, when it needs it. The problem for many of us is that we don't listen to those warnings or we dismiss them with our own self talk ("I can't be tired, I didn't run my best yesterday" or "No one else needs two rest days after that workout; they'll think I'm a wimp if I go slow today.").



Freaky Fact:

Usain was born with a condition called scoliosis, or curvature of the spine, which means that one of his legs is half an inch shorter than the other.



Quote:

You and your opponent(s) want the same thing. The only thing that matters is who works the hardest for it.

When do you need to use sun protection?



This may seem a strange topic at this time of year but don't be fooled by cooler weather or by cloud cover. You are still at risk of sunburn when training or competing in autumn and spring! When ultraviolet (UV) levels are three and above the sun's rays are strong enough to damage your skin and put you at risk of skin cancer.

How can you check what the UV levels are today?

You might have noticed something different about our [Little Athletics NSW](#) webpage. Underneath our sponsors' logos, you can now check the UV Alert to see if you need to use sun protection. Simply change the location to your local area and you can see the current UV forecast, the times you need to use sun protection and the weather conditions.

Once the season starts again, we recommend that coaches, members and spectators regularly use this tool to check the local UV levels and weather online before coming to an event or competition. To make this easier, we encourage you to add the same free [SunSmart UV Alert Widget](#) to your own clubs' internet page. Once it's added to your page, it updates automatically each day from the Bureau of Meteorology.

To check the UV levels while on the go, you can also download the simple, free Cancer Council [SunSmart app](#) for iPhone and Android.



How to protect your members, coaches, spectators and officials from UV radiation?

Where possible, avoid scheduling events or competitions when UV levels are at their highest (11am-3pm during daylight saving and 10am-2pm in non-daylight savings times). Even outside these times, the UV levels can still be very high, so always check the UV Index and promote appropriate sun protection (shade, SPF 30+ sunscreen, hats, longer-style clothing, and sunglasses).



JETS Program Update

JETS Keeps Climbing Higher

JETS membership continues to grow even with the completion of the summer season, now being at a record high of 193 members. A number of athletes have recently joined so that they have access to the 2013 JETS Performance Camp, being held in July at the Sydney Academy of Sport.

Stellar Coaching Line-Up for Bankstown JETS Clinic!

As well as JETS members, Little Athletics NSW is inviting athletes in the Under 12 to Under 17 age groups who are not JETS members but who competed in these age groups at the Little Athletics NSW State Track & Field Championships during 22-24 March, the opportunity to attend the next JETS Coaching Clinic, alongside members of the JETS program.

The details are:

Date: Sunday, 19 May 2013

Time: 9.00am – 1.00pm (Arrival 8.45am)

Venue: The Crest Athletics Centre, McLean Street, Georges Hall (Bankstown)

Cost: \$17 for JETS members; \$30.00 for non-JETS members

Closing: Monday, 13 May 2013

Coaches who have currently made themselves available include:

Peter Lawler OAM

Technical and strength coach to four Olympians and representatives at Commonwealth Games, World Cups, World Juniors and World Youth Championships

Petrina Price

Olympic, World Championships, World Indoor Championships, Commonwealth Games high jumper

John Atterton

Sprints, middle & long distance and cross country coach who has coached athletes to Olympic standard for 30 years.

Belinda Lavarack

Former nationally-ranked athlete in heptathlon and high jump

Mandy Robertson

National Junior Coach and Junior Development Coach for 34 years

Ian Hatfield

Coached Ryan Gregson to break a 19 year-old Australian 1500m record in 2010

John Sharpe

Coached Amy PejkoVIC to a World Youth Championships high jump silver medal; coached Ben Jaworski (World Junior Championships 100m and 200m)

Clare Maloney

Been nationally ranked in Heptathlons, Triple jump, High jump and competed at Open Nationals and Sydney Track Classics

David Bruce

Coach of numerous junior international representatives in the throwing events

To register, go to the Little Athletics NSW website, click on "Education & Training", then "JETS" and scroll down to the JETS Coaching Clinic Calendar where you may register online or download a registration form. (But remember: all non-JETS members MUST have met the above age group and performance criteria).

Come and try out a JETS Coaching Clinic hosted by Illawong Little Athletics!

Little Athletics NSW is offering a special invitation to athletes in the Under 11 age group who competed at the 2013 Little Athletics NSW State Track & Field Championships during 22-24 March!

A Little Athletics NSW JETS coaching clinic will be hosted by Illawong Little Athletics in June and we are reserving a limited number of places for athletes who meet the above criteria. The details of the clinic are:

Date: Sunday, 16 June 2013
Time: 11.00am – 3.00pm (arrival 10.45am)
Venue: The Ridge Athletics Track, Recreation Drive, off New Illawarra Road, Barden Ridge
Cost: \$17 for JETS members; \$30.00 for non-JETS members
Closing: Monday, 10 June 2013

JETS Coaching Clinics are usually only available to JETS members in the Under 12-17 ages groups, so make the most of this opportunity. Come along, join in the fun, meet new people and train alongside members of the JETS program under the supervision of JETS coaches. Parents of athletes are given the opportunity to watch the JETS coaches “up close” and learn from the coaching. Get in early to ensure you get your first event choices. All events will be covered. The clinic will be on a synthetic track and will provide great training for the school athletics season. Don't miss this clinic!

To register, go to the Little Athletics NSW website, click on “Education & Training”, then “JETS” and scroll down to the JETS Coaching Clinic Calendar where you may register online or download a registration form. (But remember: all non-JETS members MUST have met the above age group and performance criteria).

2013 JETS Performance Camp

The 2013 JETS Performance Camp will be held Friday, 12 July (2.00pm) to Sunday, 14 July (2.30pm) at the Sydney Academy of Sport & Recreation, Narrabeen. This camp is for 2012-2013 JETS members only. Registrations have opened and applications are now rolling in!

The inaugural JETS Performance Camp, held 13-15 July 2012, at the Sydney Academy of Sport & Recreation, proved to be a huge success.

The camp attracted 35 athletes in the Under 12 – 17 age groups, who by the look of the feedback forms received certainly gave the camp a huge “thumbs up”.

Apart from the four coaching sessions held at the Academy's athletics track, the program included a “Speed, Agility & Quickness” workshop, a “Strength & Conditioning for Young Athletes” workshop, a swim in the Academy's indoor heated pool, a relaxation/imagery session, a stretching session, as well as lots of games and fun activities.

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

“GREAT! Had heaps of fun.”

“Coaches were enthusiastic, helpful, kind, knowledgeable, cheerful.”

“It was great and I learnt a lot at this camp.”

“Thank you for providing a great camp.”

“The camp was fantastic.”

“It was a great experience and has helped me in so many ways.”

“I loved the constant activity and the coaching.”

“THANKS to the coaches. I loved it.”

“Great! Great venue!”

“I would like the camp to be longer.”

“All the coaches were awesome. They helped to make my skills better.”

“WOW! Better than I expected.”

“The coaching sessions were amazing.”

“Thank you so much for putting your effort into the camp. I really enjoyed it.”

“Funnest, nicest & BEST coaches ever.”

“100/10”.

2013-2014 JETS Program

Applications for the 2013-14 JETS program will be available mid-2013.

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

CENTRE NEWS

Fun at Holroyd Little Athletics Centre

In its 43 seasons of competition, Holroyd Little Athletic centre has had its ups and downs, but still keeps on going strong.

Registrations are up this season, along with most other centres, and it is pleasing to note that once school went back, more than two thirds of our total registrations were back on Friday nights. I did a head count at coaching three weeks before the Region Championships and there were upwards of 130 athletes training under 10 coaches, in all disciplines (not just athletes in the Region but also athletes that simply enjoy training and the encouraging atmosphere on coaching nights).

Highlights of this season were the social nights as well as the competition. We held a fundraising lapathon with a Halloween theme which was embraced by most athletes, who arrived to the clubhouse decorated with spider webs, pumpkins, witches hats, bats etc. Pinkletics was a great success with the pink theme: hair, moustaches, cupcakes, tutus over other clothes and the club house once again decorated in pink balloons, ribbons and steamers. This night raised \$1226 for the McGrath Foundation. Once again we also held our family social night with games, rides and a healthy meal of hot chips, pizza, chicken and ice cream.

On the athletics scene we won the Holroyd Shield, which is contested annually between the Greystanes, Girraween & Holroyd centres. We also won the Garth Robinson Intercentre Challenge contested by centres in the MWMZ over three nights. It covers all age groups from U7-U17's competing in one jump, one throw and three track events on Wednesday nights set during the season. We were especially pleased to win this as Bankstown Sports centre held a narrow lead going into the last night.

We also had a good entry going into the Zone Championships with 93 athletes qualifying to Region of which 28 competed at State Championships, our best result ever with 2 gold, 5 silver & 4 bronze and one State record. We also had five athletes make the NSW Trans Tasman team.

What a big busy season we have had at Holroyd, hopefully next season will be bigger and better.

Maria McConville



Scamper 2012



Region Campbelltown - Girls having fun



Santa comes to Holroyd again



Pinkletics



Holroyd Trans Tasman Representatives



Social Night



2013 State reps



Registration

Fun at Manly Warringah Little Athletics Centre

U9 Boys (1 Dec 2012)

CENTRE NEWS



The ever patient Nigel the age manager of the U9 boys



Getting ready for the pack start of the 800metres U9 boys



SET....



GO!



Home straight, second lap 800ms U9 boys in PINK for breast cancer research fundraiser



More pink and more pain



WHOA! that was a huge discus throw!



Second pack start for 800ms

Fun at Douglas Park Little Athletics Centre



This is Hayden Ciguenza and he is a member of Douglas Park Little Athletics Centre. He was the under 7 age champion this year. His favourite event is the 200m and was consistently winning or placing in all events last season. He also loved long jump and the sprints - 50, 70 and 100m. He cannot wait to try hurdles next year. The under 7's boys were coached by Daniel Ciguenza and he was fortunate enough to have a lovely group of well mannered boys who turned out to be the best of friends, and what's most important is that they had so much fun. We hope to see them return next year.

Fun Days & Nights at Little Athletics



Hugh Smith from Balmain U7's



Jordan Heckenberg Bankstown Sports U8's .

Jordan ran in the fastest fan race at the Sydney Track Classic and loved the experience. He had a great night watching the senior athletes and picking his favorites. After the events, the winners would head towards the tunnel where Jordan would ask for their autograph. He came home with over ten, but the highlight for him was Shannon MacCann. He intensely watched her win the hurdles and was star struck when she was more that happy to have her photo taken with Jordan. What a great sport.

Find a word



AT HOME

- BOOKCASE
- CARPET
- CHAIR
- CLOCK
- CUPBOARD
- CURTAINS
- DOOR
- FIREPLACE
- LIGHT
- MIRROR
- RUG
- SHELVES
- SOFA
- TABLE
- TALLBOY
- TELEPHONE
- TELEVISION
- VASE
- WINDOW
- WALLPAPER

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

CONGRATULATIONS

to U13 Little Athlete **NATALIE NORRIS** from **MANLY WARRINGAH 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 24 June 2013.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



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Email: admin@lansw.com.au Website: littleathletics.com.au