



RUN FOR FUN

ASICS & SODASTREAM ARE OFFERING SOME GREAT COMPETITIONS FOR LITTLE ATHLETES.....read on!

Little Athletics Australia sponsors, ASICS and SODASTREAM, are both conducting competitions for members across Australia, with some GREAT prizes on offer.

SODASTREAM are calling all mums and dads to enter the draw to WIN a magical family trip for four (two adults and two children aged 12 and under), to DISNEYLAND, valued at over \$10,000. A fantastic pool of other prizes can also be won including 25 bikes, 25 SodaStream product packs, and 10 Village Cinema double passes.

To enter, go to www.sodastream.com.au/disneyland. Registrations close 31 March 2013 (only one registration per person) and the winner will be notified by 10 April 2013.

Make sure that you register now to win.



Asics are also offering a family trip to the USA, with the winner of their competition receiving a trip for a family of four to watch the 2013 Los Angeles Marathon, as VIP guests of ASICS.

To enter the ASICS competition, you need to create a 30 to 60 second video about why you love athletics and post it to the ASICS Australia Facebook page. Video entries must star a registered Little Athletics member and feature ASICS shoes being worn.

This competition commences on 17 September 2012 and closes on 6 December 2012, and is open to all registered Little Athletics members. More information will be available at www.asics.com.au/sports/kids.

Details of both these fantastic competitions can also be found in the 2012/13 Little Athletics Achievement Book.

With such fantastic prizes on offer make sure that you put yourself in the running to win. Remember, you have got to be in it to win it!

Thanks to ASICS and SODASTREAM for their support of Little Athletics and for making these great competitions available.



Sept/Nov 2012

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- Coaching Camps & Clinics

A WORD FROM THE PRESIDENT...

DERECK FINEBERG



Well, as we head into September, centres will have been hard at work preparing for the new season, especially rego days. We all hope that the publicity gained from the Olympics will generate an increase in registrations for this coming season.

During the July-August timeframe, as usual, our development officers have been busy conducting many school visits and I'm sure these too will result in more athletes and families joining our sport.

It is important to remember – if you are going to attract more athletes, you must make sure you are ready to handle them and to make their experience in Little A's a pleasant one. This is especially true for newcomers. We all know how important first impressions can be.

Our annual conference took place in July in Ulladulla and it included many discussions, workshops, presentations and practical sessions. I hope that all delegates attending, especially the 'newbees', found it productive and they met many new friends.

During August, myself, our Membership Development Director Trevor Hinwood, Chantelle Grills and Alvin Umadhay from the office attended the first of our country seminars. This one was held in Narrandera and will be followed by others in various country locations involving other members of the board of LANSW and staff. It was extremely successful and the centre personnel who attended made a positive contribution.

I want to wish all our centres good luck with the upcoming season and I hope you have sufficient helpers to make it all a success. I know the LANSW office has been sending a lot of information about many important items. I encourage you all to make yourselves aware of them so you can gain the assistance for both centre and families.

Cheers

Dereck Fineberg (OAM)
PRESIDENT

editorial



With the excitement of the Olympics now over, how was your Olympic experience? My household spent hours watching the events and came away with a sense of excitement for the upcoming LA's season. Were you inspired by the efforts of all the Olympians? Being an athletics family we were particularly thrilled with the success of the Track and Field competition. Athletics is arguably the only truly global sport (did you hear of some countries you never knew existed), where both rich and poor nations from all over the world compete to the highest levels. To see 80,000 spectators at every session cheering wildly and providing all athletes with fantastic support, gave us hope for the future of athletics as a sport. I hope your families and centre athletes were equally as inspired and take that enthusiasm into the new season.

To just make the Olympics is a great achievement, but it's interesting to note how the athletes and the public receive the results. To me, Australia's Track and Field athletes performed exceptionally well both on and off the track. Their expectations were realistic, they spoke well when interviewed and most importantly, showed great excitement at making the next round or achieving a personal best. The emphasis on medals so apparent in some of the higher profile sports was happily 'missing' at the athletics track. I hope all Little Athletes watching noticed this.

In many respects it comes down to expectations. The public and country feel good when our athletes achieve medals. Their expectations are high and when we don't win medals debate arises as to why. Lack of funding is often mentioned or in some instances lack of opportunity.

So what are the expectations of athletes doing Little A's? For some it is to make state, for others it is to achieve PB's or have fun with their friends. Whatever the expectations, it is important that centres cater for all levels of athlete and recognise this. Having a win at all costs attitude within a centre can turn off many athletes who are doing athletics for other reasons. Make sure your centre emphasises this on registration days and in the early part of the season to ensure that we are a sport inclusive of all athletes.

I hope everyone is enjoying the start of this season and hopefully it will be a bumper year as we enjoy the energy that has come from the Olympics.

Michael Gray
Business Development Director



The ROC

(The Rules of Competition)

Did you know.....

COMPETITION RULE CHANGES

The following are some of the rule changes supported at this year's annual conference:

1. State Relays U/17

U/17 Boys 4 x 100m and the U/17 Girls 4 x 100m events will now be conducted.

2. Centre Helpers State Track & Field Championships

The number of LANSW officials from a centre will be taken into account when allocating duties to centres, providing the LANSW official agrees.

3. Hurdle disqualification

New wording - "A competitor who trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance or in the opinion of the referee deliberately knocks down any hurdle by hand or foot, shall be disqualified. Except as provided in the preceding sentence the knocking down of hurdles shall not result in disqualification."

4. State Records – Multi Event

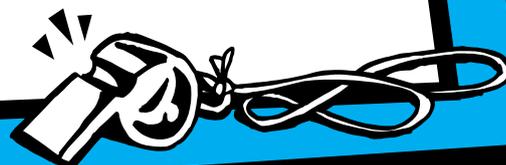
There will no longer be state records for overall point score at the State Multi-Event Championships.

What is the ROC?

The ROC is the LANSW Inc 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.



Championship News

Trans Tasman

The Trans Tasman Trials for all 2012/13 registered Under 11 and 12 athletes will be conducted on Sunday, 4 November 2012, at Flinders (Shellharbour), hosted by the Lake Illawarra centre.

Nominations for the trials close on Wednesday, 17 October 2012 at the LANSW office. All nomination information will be available shortly on the LANSW website.

Dates for the Trans Tasman tour are 7–16 January 2013 and the Challenge will be held at Campbelltown, hosted by Campbelltown Collegians LAC, on Sunday, 13 January 2013.

State Relay Championships

The State Relays will be held at SOPAC on Saturday and Sunday, 24 & 25 November. Juniors (U8 to U11) compete on the Saturday and Seniors (U12 to U17) compete on the Sunday.

Nominations for the State Relays close on Wednesday, 24 October at the LANSW office. Entry forms will soon be emailed to all centres and other information will be posted on the LANSW website.

State Multi-Event Championships

The State Multi-Event will be held at Waratah Sports Club, Orange, on Saturday & Sunday, 2 & 3 March 2013, for registered athletes in the U7 to U17 age groups.

Entries will close with LANSW on Wednesday, 6 February 2013. Online entries will be available this month on the LANSW website. It is advisable to enter early and also to book your accommodation. More information is also available on the website.

Online Officials Assessment

Little Athletics are pleased to now be able to offer our D Grade and C Grade officials exams online.

As the D Grade no longer requires practical assessment, once you have completed the online exam, you will be accredited. For C Grade, you will need to complete a practical assessment to finalise the accreditation.

We hope that this makes it easier for more members to achieve accreditation in Little Athletics events.

At this time, 155 people have registered within the system, with 405 actual exams attempted. Congratulations to all who have attempted these online exams.

Click [here](#) to access the Online Assessment site.



2013 STATE TEAM UPDATE



The 2013 ASICS ALAC (Australian Little Athletics Championships) will be held on Sunday 28 April, at the AIS Athletics Track, Canberra.

The 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. Past NSW team members include Dani Samuels, Jana Pittman and Melinda Gainsford-Taylor.

The Under 13 NSW team members are selected from their performances at the LANSW State Track & Field Championships. The Under 15 NSW team members are selected from their performances at the LANSW State Multi-Event Championships.

2013 State Team Program

- 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.
- The 2013 LANSW State Multi-Event Championships serve as the selection trials for the Under 15 team members. The 2013 LANSW State Track & Field Championships serve as the selection trials for the Under 13 team members.

Selection Policies & Other Team Information

The State Team Selection Policies, Selection Criteria, Team Code of Conduct, and other relevant information is published on the Little Athletics NSW website well in advance of the selection trials and is widely promoted throughout the Little Athletics community. It is the responsibility of potential team members, their parents/guardians and coaches to read and understand these documents and seek further clarification from Little Athletics NSW as required. Information is posted on the website as it becomes available so it is worthwhile to periodically return to the State Team section of the website to check for updates.

Team Selection & Announcement

The Under 15 team members are selected in the days following the LANSW State Multi-Event and are informed of their selection via a phone call from a team selector as soon as their selection has been confirmed. Once all Under 15 athletes have been advised of their selection, their names are posted on the website. The Under 13 team is finalised on the Monday evening following the LANSW State Track & Field Championships and all team members are contacted by phone by a team selector by 9pm on that evening. The Under 13 team is posted on the website as soon as possible after the team has been confirmed.

Further Information

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.



COACHES CORNER



With the hype of the 2012 London Olympic Games still lingering and many children wanting to be the next Usain Bolt or Sally Pearson, the 2012/13 Little Athletics season looks promising. Whilst our kids have these grandeur dreams of replicating their heroes, we as parents know the reality and have to deal with it once our kids discover that being Usain and Sally requires a little “hard work” (rather a lot of hard work!). It is up to us as parents to support our kids in all aspects to ensure that they stay positive, stay enthusiastic and continue to “be their best”. Whilst researching on the internet, we found this article to help assist parents in supporting their young athlete.

Young Athletes in Sport - Five Tips For Parents

<http://www.podiumsportsjournal.com/2011/01/05/five-important-ways-sportsparents-can-best-encourage-young-athletes/>

January 5, 2011

By Dr. Haley Perlus

To best understand ways we can better support our child athletes, we would all do well to remember a few important facts. The number one reason your athletes participate in sport is to have fun. Of all the young people who participate in athletics, 90% are involved in some form of organized sport. These programs are increasingly emphasizing winning while the “fun” aspect is being neglected. Research in sport psychology continues to demonstrate that when your athletes have fun, they exert more effort. Effort directly influences their physical and psychological development, leading to performance enhancement.

Winning is inevitable in sport. The desire to be the best will never disappear, nor should it. That said, when the pressure to achieve high levels of performance is not balanced with the enjoyment of sport participation, your athletes are susceptible to emotional exhaustion that can lead to burnout or sport dropout. Too many athletes have suffered these consequences and have never truly realized their potential as an athlete as well as develop a lasting active and healthy lifestyle.

As a parent, you have the opportunity and responsibility to support your athletes through their participation in sport. Here are five key factors that will help you be a strong support system and influence a balanced focus on performance and enjoying the sport experience.

1. Focus on effort and support them in talking about what they're learning

Ask any professional and Olympic athlete and they'll tell you their main goal is to win. They will also tell you that the only way to be #1 is to focus on the process and exert 100% effort during competition and in their preparation. Effort is the only thing your athletes have complete control of. When only one athlete or one team can be the best in a specific competition, it's necessary to emphasize additional methods for measuring success. After training and competition, allow and encourage your athletes to share their technical and tactical improvements. These achievements will help them develop confidence and enjoy their sport participation. In turn, your athletes will develop a stronger focus on the process, leading to performance improvements.

2. Attend “significant” competitions AND “less significant” competitions.

Qualifiers and championships place a tremendous amount of pressure on your athletes. When you make more of an effort to attend the “bigger” events, you give your athletes one more reason to feel anxious. In addition to wanting to perform well for themselves and their team, they also want to please their mom and dad who took the time to come and watch them compete. Being present at the less significant competitions as well as the significant ones will help to provide your athletes with a sense of stability and balance across the season. It will also communicate to them that you attend competitions because you enjoy watching them compete and not because you care only about the season's results.

3. FIND qualified coaches – and then – ALLOW them to coach

It is your responsibility to ensure your athletes have coaches who are caring, knowledgeable, experienced and fun. Once you have found suitable coaches, allow the coaches to fulfill their roles. Athletes are very perceptive. When they believe you don't trust their coaches, it makes it difficult for them to follow instruction. If an issue does arise, ask yourself, will intervening mid-season be advantageous or damaging to my athletes? Sometimes, it may be better to let the season play out. Then, in preparation for the next season, you can get involved to ensure your athletes are given the best opportunity to succeed.

4. ASK, even if you think you know the answer

Always ask your athletes how you can best support them throughout the season. Ask them what they would like you to say before, during and after training and competition. If you don't ask, you will say what you think is helpful and what worked (or works) for you. Your athletes may want something different. Even if they don't have an answer for you, the lines of communication will be open, making it more comfortable for your athletes to talk to you once they identify the best way you can support them.

5. DEMONSTRATE a positive attitude and a commitment to excellence

Every sport comes with victory and defeat. Be happy and enthusiastic when your athletes succeed. Allow them to express their feelings after a disappointing performance, but also help them see the positive side of the competition or focus on their efforts for the next day. Teach your athletes to lose with dignity and win with grace. ALWAYS REMEMBER that you are the most important role model for your athletes in sport and every life endeavor.

Skill Development (Resource "Great Ideas for group Games")

Here are a couple of skill development games to use at your centre, with your coaching group/friends.

High Jump Challenge



Aim

General high jump development.



Equipment

High jump landing mats, uprights and flexi bar, coloured tape, result sheet.



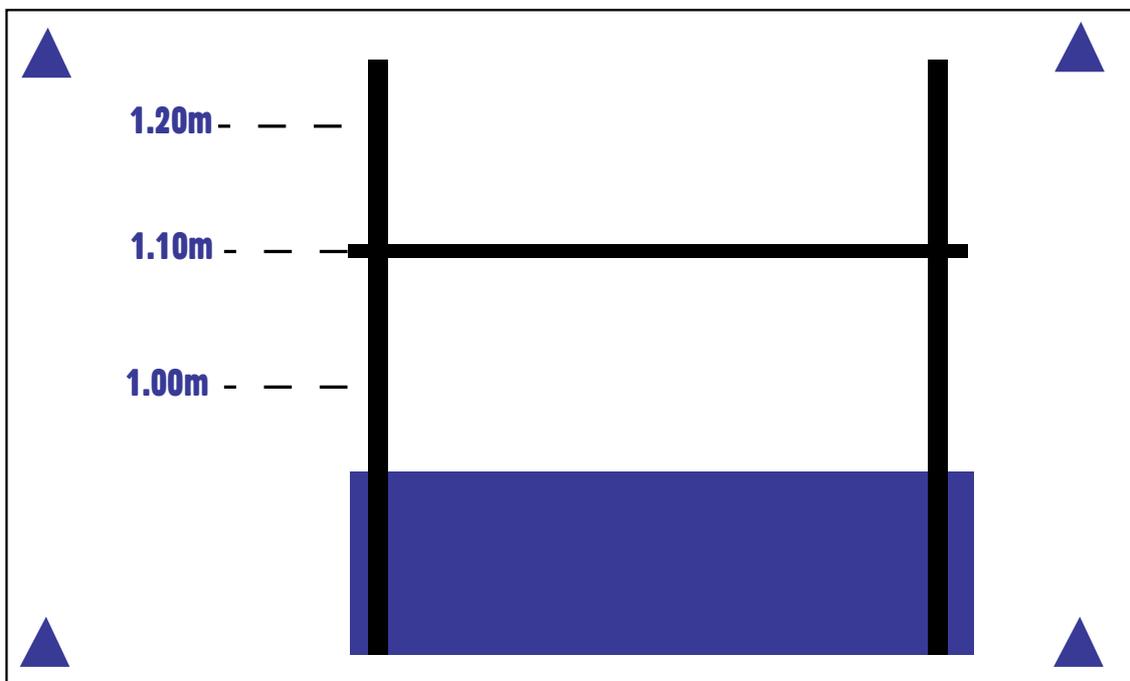
ORGANISATION

Mark high jump uprights with three standard heights eg. 1m, 1.10m, 1.20m. Organise the group into two teams. One team will jump in turn while the other team helps to officiate and record.



Description

This is a team competition during which players attempt to score points by clearing one of the standard heights. Eg. 1.00m = 5 points, 1.10m = 10 points, 1.20m = 20 points. Before jumping, each player nominates the height that they wish to attempt and the bar is moved accordingly. If they clear the bar, their team receives the relevant points. No points are recorded for a miss. Players may have as many turns as they like during their team's allocated time period eg. 2 mins / 3 mins / 4 mins etc for each team. Teams then change roles.



NOTE

The game can be played with all players using full run ups, 3 step approaches only, scissors only, standing jumps only, etc.

Skill Development

Discus Skittles



Discus release control.



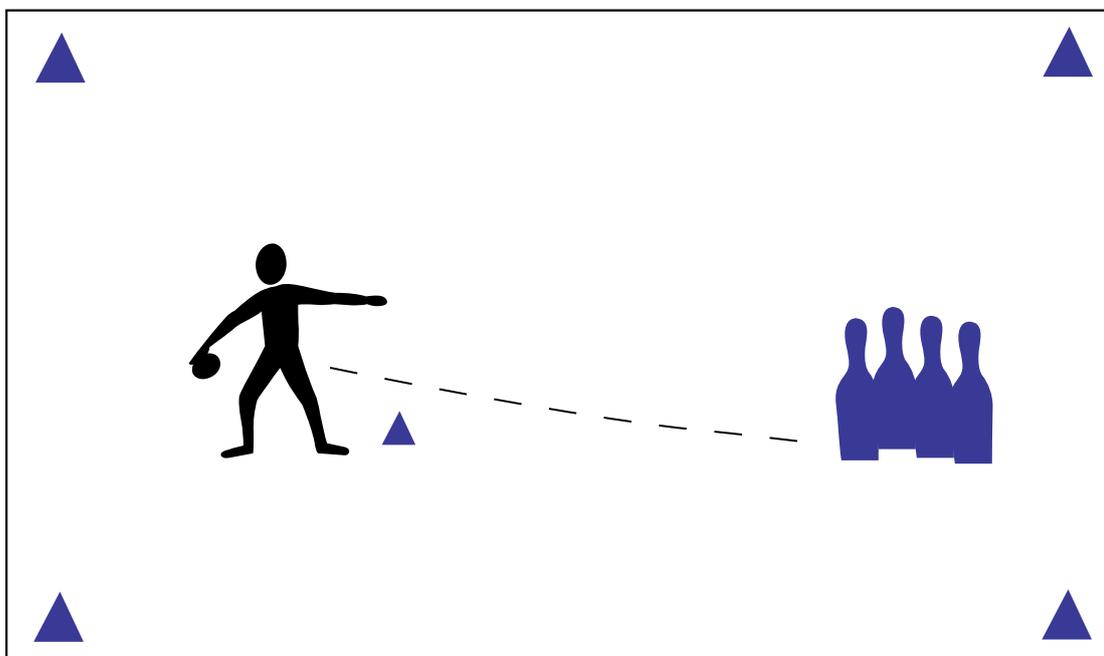
Discus, plastic skittles (or similar), ground markers.



Set up skittles a challenging but achievable distance from the players who stand behind ground markers.



Players roll the discus at the skittles, attempting to knock down as many as possible to score points.



Available Resources:

- Great Ideas for Group Games (available for purchase from the Little Athletics office)
- Run! Jump! Throw! The Official IAAF Guide to Teaching Athletics (available for purchase from Australian Track & Field Coaches Association www.atfca.com.au)
- Beginning Athletics - What to teach and coach (available for purchase from Australian Track & Field Coaches Association www.atfca.com.au)
- Australian Track and Field Association ITC Manual (available for purchase from Australian Track & Field Coaches Association www.atfca.com.au)
- IAAF Kids Athletics (downloadable) - <http://www.iaaf.org/development/kids/index.html>
- Athletics Play Manual (downloadable)

http://www.ausport.gov.au/__data/assets/pdf_file/0004/477769/Athletics_Play_manual_v1.0_-_28_9_10.pdf

Did You Know????

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 and instruction on a variety of aspects of Little Athletics. It is highly recommended that everyone watches these short clips.

To view:

1. Go to littleathletics.com.au
2. Highlight "Education and Training"
3. Click "Video Resources"
4. Choose your category

Freaky Fact:

How many steps did Usain Bolt take in the 100 meters?

41 steps!! Incredible.

His split time for 60m was 6.31 which would be a world record in that event!!

Source:

http://wiki.answers.com/Q/How_many_steps_did_usain_bolt_take_to_complete_the_100_meter_race#ixzz24tPiDtem



NSW All Schools Multi | Hunter All Schools

Athletics NSW is hosting the NSW All Schools Multi-Event at the Hunter Sports Centre, Glendale, on the 22 and 23 September. We would love to see many more Little Athletes (secondary school age) take part in this NSW championship. The events to be contested are;

- U14 girls/boys pentathlon (1 day)
- U16 girls/boys, U18 girls, U20 girls heptathlon (2 day)
- U18, U20 boys decathlon

The Hunter All Schools will take place on the Saturday only and will feature a full program of individual events.

Both events are open to any secondary school student in NSW. It's a great event which forms the perfect warm up for the summer season!

For more information and to register online, visit www.regionalathletics.org.au.



DEVELOPMENT DIARY



2012 School Visits

We are almost finished our School Visit program, and in one word, it can be described as "busy". In six weeks we have seen over 35,000 students, and represented nearly 50 centres. LANSW staff have travelled extensively throughout NSW and have visited schools in our furthest northern centre Ballina, the Eastern & Western Riverina, Hunter/Port Hunter, Central Coast area and Sydney metropolitan areas. One more gruelling week of school visits to go.



CALENDAR

2012 October School Holiday Coaching Clinics

25 September 2012 - St Georges Basin
25 September 2012 - GWS Blacktown
26 September 2012 - Lake Illawarra
26 September 2012 - Raymond Terrace
27 September 2012 - Wollondilly
28 September 2012 - Parramatta

3 October 2012 - Kempsey
3 October 2012 - Canterbury
4 October 2012 - Port Stephens
4 October 2012 - Blacktown
4 October 2012 - Wauchope
5 October 2012 - Taree

Other Clinics

21-21 October 2012 - North West Athletics Super Clinic,
Tamworth
27-28 October 2012 - Multi Event Coaching Clinic, Orange

Camps

22-23 December 2012 - Christmas Camp, Springwood
12-14 July 2013 - JETS Performance Camp, Narrabeen

2012 ITC Courses

16 September 2012 - Wakehurst (TBC)
22 September 2012 - Griffith
7 October 2012 - Northern Suburbs
13 October 2012 - Lismore
14 October 2012 - Sawtell
21 October 2012 - Glenbrook
3 November 2012 - Bathurst

For more information of any of the above, please contact the Little Athletics office or visit our website.



JETS PROGRAM UPDATE

JETS Camp performs

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 thirty-five 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.”
- “Great fun.”
- “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”.

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.

Plans are already underway to conduct another JETS Performance Camp at the Sydney Academy of Sport & Recreation on 12-14 July, 2013.

2012-13 JETS Program Applications Now Open

Applications are now being taken for the 2012-13 JETS Program. Any athletes who are registered in the Under 12 to Under 17 age groups who achieve the qualifying standards and agree to the conditions of membership may apply to become a member of the squad.

The benefits of membership of the JETS include:

- The opportunity to attend all JETS coaching clinics.
- The opportunity to attend the annual live-in JETS Performance Coaching Camp at the Sydney Academy of Sport & Recreation.
- Exclusive access to a JETS-member-only section of the LANSW website containing special JETS training information, tips, articles, fact sheets, videos, resources and more.
- Discounted registration to other selected Little Athletics NSW coaching clinics (incl. the Super Coaching Clinic and Hunter Track Classic Coaching Clinic).
- Access to some of NSW’s top athletics coaches. Past coaches have included Olympic level coaches and athletes.
- The opportunity to interact with and receive tips from elite athletes.
- Education in a variety of sport-related topics.
- An exclusive JETS member T-Shirt, which needs to be worn to all official JETS activities.
- JETS Newsletters.
- Special invitations to events that may arise.
- Access to special JETS members-only competitions and prizes.
- Opportunities for social interaction with other JETS members.

More information & Applications

For more information and to apply, go the Little Athletics NSW website and click on the JETS logo on the left-hand-side of the homepage.

Find a Word



HALLOWEEN

- Bat
- Black Cat
- Broom
- Cauldron
- Cobwebs
- Full Moon
- Ghost
- Goblins
- Haunted
- Mask
- Mummy
- October
- Pumpkin
- Scary
- Skeleton
- Spooky
- Trick or Treat
- Vampire
- Witch

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

CONGRATULATIONS

to U9 Little Athlete **CAMERON DUONG** from **WESTERN SUBURBS LAC** who won last edition's Find-a-Word!!

To win a \$50 gift voucher from



send completed puzzle, along with your name & address to LANSW Locked Bag 85, PARRAMATTA NSW 2124 by 29th October 2012.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



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