



RUN FOR FUN

New Centres join the Little Athletics family!

Little Athletics NSW is excited to announce we have eight centres joining us for the 2013/2014 season. We have welcomed the following centres to our LANSW family.

Centres

	<i>Rego numbers so far</i>
Blayney	113
Bourke	14
Brewarrina	24
Coonabarabran	42
Dungog & District	157
Kendall	3
Rutherford	42
Tumbarumba & District	57



Some have re-formed after a very long break, and others have returned from a one or two season break. The one thing they all have in common is that they have wonderful, devoted committee members who have made this happen. They have volunteered hours of their own time and it is through all their hard work that these centres have been established. They have all received great registration interest to start the season and we look forward to many successful seasons ahead.

We wish them the best of luck and we are sure that all the Little Athletes and their parents will get involved and embrace our motto of Family, Fun, Fitness.



Sept/Oct 2013

A Word from the President	2
Editorial	3
The ROC	4
Championship News	5
State Team	6
International Children's Games	7
Development Diary	8
Pinkletics	8
JETS	9
Find a Word	10

Special Points of Interest...

- Changes to the Rules of Competition
- Trans Tasman Trials
- Super coaching event for the Northern Rivers

A WORD FROM THE ACTING PRESIDENT...

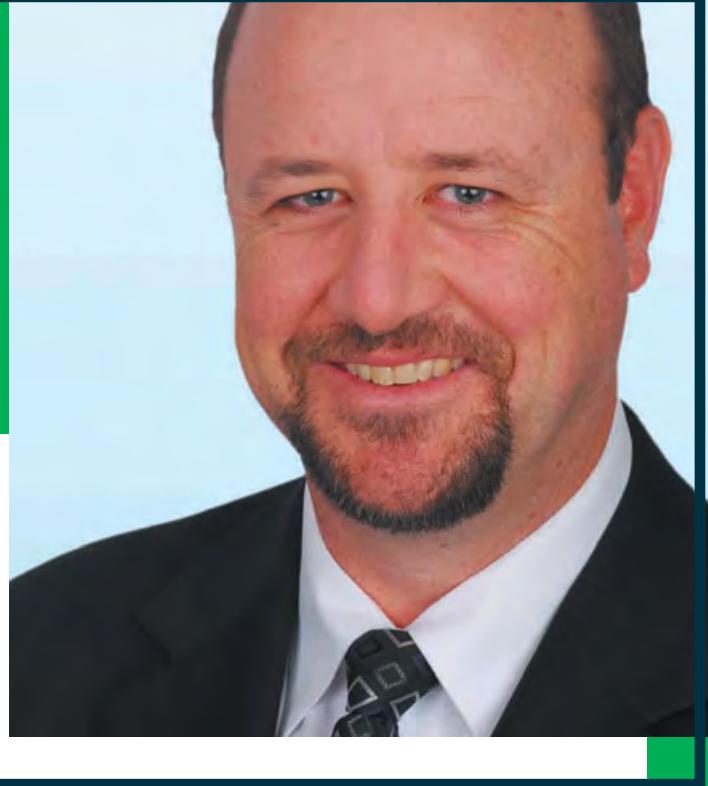
RUSSELL BRIGGS

The 50th year has kicked off in great style and I am pleased to advise everyone that we have eight centres that have reformed in NSW after a period of recess. These include Blayney, Bourke, Brewarrina, Coonabarabran, Dungog & District, Kendall, Rutherford, Tumbarumba & District. A big thank you to Chantelle Grills our Centre Liaison Officer who has done a fantastic job in providing advice and support to all our new volunteers that have put their hand up to assist with these centres. That said, we are very thankful to all our volunteers who help run our centres, and first and foremost to instruct and guide our athletes with their new and ongoing involvement with our sport.

Registrations so far have remained quite strong and this is encouraging in a year following a big Olympic year. We hope centre's continue to encourage registrations and where trialling opportunities are offered at many of our centre's, we would hope those are converted into fully fledged registered athletes. Remember it's the first experience they will remember the most. It's also been encouraging to see so many of our athletes register online which certainly alleviates the work load in some instances on our centre volunteers.

After successfully having the new LANSW Constitution approved at this year's conference in Taree, our Constitution Advisory Committee has been working extremely hard to have the centre constitution template ready to distribute to centres in the not too distant future. Some work is needed to fine tune the draft document and to incorporate some regulations, but some excellent progress has been made to date since the approval and adoption of the main document.

While I would like to thank our committee for their time and effort over the last 18 months to get the main document completed, I would especially like to thank Rosalind Read (Cherrybrook LAC) and Andrew Martin (Winston Hills LAC) who have continued to work towards completing the centre template. Rosalind's volunteer work on this task and of the main document has been nothing short of exceptional and the Board of Management sincerely thank her for all her efforts to date.



The first of our Country Seminars has already occurred in Lockhart in August. The directors and staff who attended all received some positive and helpful comments on a variety of issues. The next seminars will be held in late October at Shellharbour and Mudgee.

As a quick update on the last report in the July/August newsletter, ongoing discussions have taken place with LAA, ASC and AA to consider the proposed national merger which as noted is being driven by the ASC. While our president has been actively involved with those discussions, which as previously noted may have a number of potential benefits, many questions still need to be asked and answered before we fully commit to anything moving forward.

LANSW continues to act in good faith in proceeding with those discussions, however I reiterate that the membership will have the final say in how we proceed. You will continue to be informed of the progress of these discussions with the next national meeting to be held in mid-October with our other state colleagues in Melbourne. This meeting will hopefully have more of our queries answered and addressed. At the same time celebrations will take place for our national 50th anniversary for Little Athletics which as an iconic brand, we all should be very proud of.

Best wishes to all our centres for the 2013/14 season, which in the main have started quite strongly.

Russell Briggs
Business Assurance
(Acting President)

editorial

Hi everyone and welcome to another great season of LA's. It is amazing how quickly the start of the season comes around. Many centres have already started and others are just about to. Is your centre ready?

Last year saw record registration numbers for Little Athletics NSW. One of the board of management aims is to maintain these registration numbers and not show a decline. This is easier said than done as we rely on our centres to maintain growth. Our centres are the life blood of our organisation and a great number are well organised and have well-structured programs which meet the needs of our members. For those centres that struggle, the LANSW staff are there to help. If you think your centre needs advice, please call and speak with the staff, who are more than willing to assist.

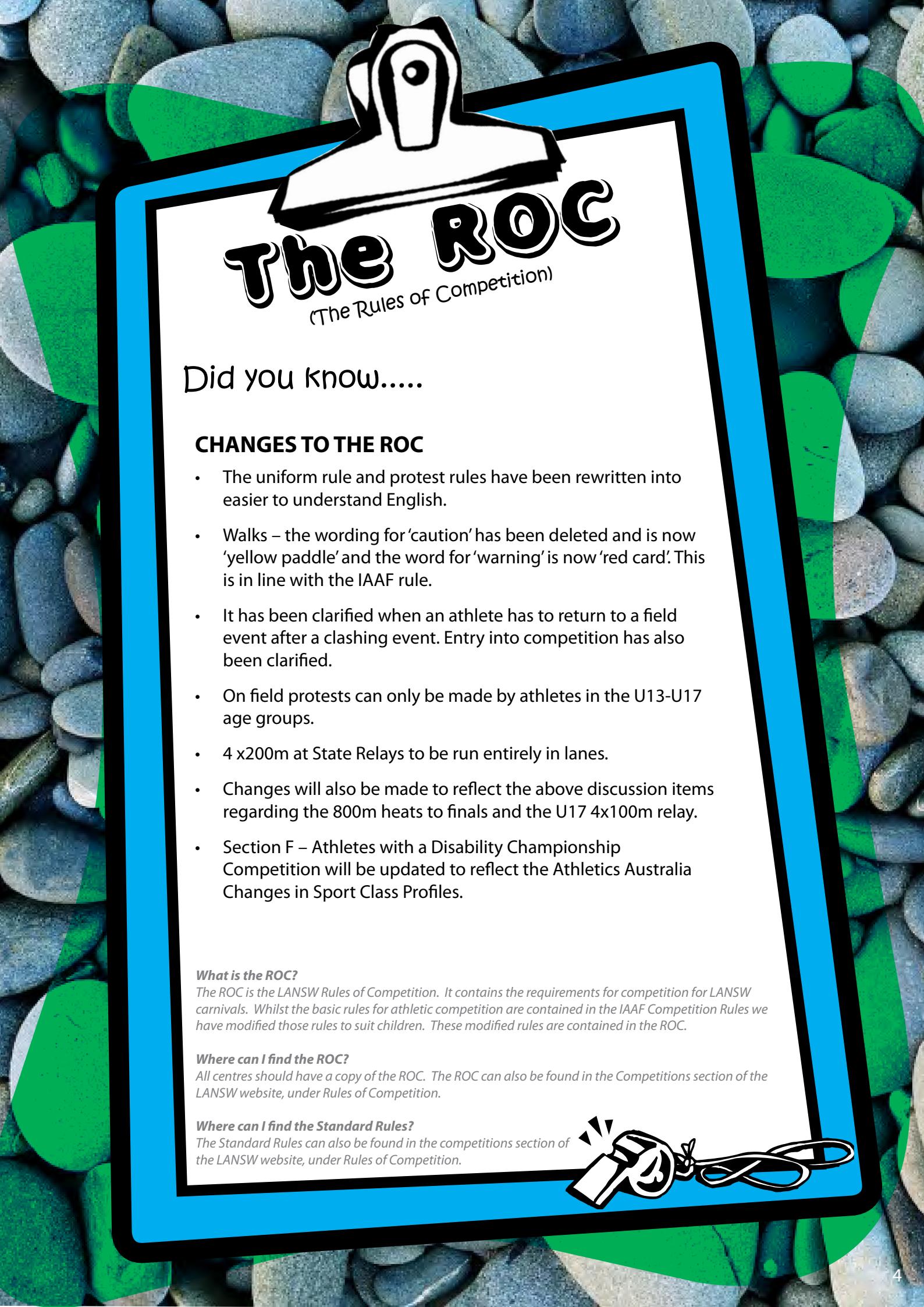
For those centres who struggle with parental help, look at the way you engage your parents, the timing of your programs and the way your centre runs. Doing something the same and expecting a different result is a recipe for continued failure. We can change things, as nearly 50% of our athletes are new registrations. This means that their parents have no previous experience of how centres run. Having a good communication system at the time of registration, can go a long way to educating parents that we need their help to run programs.

Similarly, recognising the expectations of athletes is also important. Some are there for fun, some are there for competition. Regardless, we should ensure that all have a good experience and try to keep a balanced approach to cater for all athletes. Having a win at all costs attitude within a centre can turn off many athletes and parents. Remember only about 25% of our athletes compete outside their centre. The experience and enjoyment they may get at their centre is paramount as to whether they continue doing LA's. Having a focus on achieving PB's is just as important as to who came first, second or third.

Hope everyone enjoys the season and here's hoping that we have another record year for registrations.

Michael Gray
Business Development Director





The ROC

(The Rules of Competition)

Did you know.....

CHANGES TO THE ROC

- The uniform rule and protest rules have been rewritten into easier to understand English.
- Walks – the wording for ‘caution’ has been deleted and is now ‘yellow paddle’ and the word for ‘warning’ is now ‘red card’. This is in line with the IAAF rule.
- It has been clarified when an athlete has to return to a field event after a clashing event. Entry into competition has also been clarified.
- On field protests can only be made by athletes in the U13-U17 age groups.
- 4 x200m at State Relays to be run entirely in lanes.
- Changes will also be made to reflect the above discussion items regarding the 800m heats to finals and the U17 4x100m relay.
- Section F – Athletes with a Disability Championship Competition will be updated to reflect the Athletics Australia Changes in Sport Class Profiles.

What is the ROC?

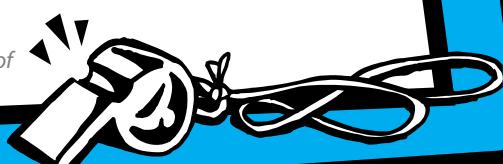
The ROC is the LANSW Rules of Competition. It contains the requirements for competition for LANSW carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC.

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

TRANS TASMAN

The Trans Tasman Trials for all registered Under 11 and 12 athletes will be conducted on Sunday, 3 November 2013, at Barton Park, North Parramatta. The Trans Tasman Challenge will take place in Auckland on Sunday, 19 January 2014.

Entries close for the Trials on Wednesday, 23 October 2013. Click [HERE](#) for more information.



STATE RELAY CHAMPIONSHIPS

The State Relays will be held at Sydney Olympic Park Athletic Centre on Saturday and Sunday, 23 & 24 November 2013.

Events for the juniors (U8 to U11) will take place on the Saturday, with the seniors (U12 to U17) events held on the Sunday.

Entries for all events close at the Little Athletics NSW office on Wednesday, 23 October 2013.

Click [HERE](#) for more information.



STATE MULTI-EVENT CHAMPIONSHIPS

Lake Illawarra Little Athletics Centre will host the State Multi-Event at Myimbarr Community Park, Flinders on Saturday & Sunday, 1 & 2 March 2014.

Entries are online only and will close on Wednesday, 12 February 2014.

Click [HERE](#) for more information.



QUALIFICATION TO ZONE, REGION & STATE

- A maximum of four competitors from each centre (or a greater number at the discretion of the zone) in age groups from U7 to U12 are allowed in each event. No competitor will compete in more than four events (excluding relays).
- Centres may enter as many U13, U14, U15 and U17 as they wish. No competitor will compete in more than six events (excluding relays).
- Zones to regions – automatic qualifiers vary and are based on the number of zones in the region.
- Region to State – two automatic qualifiers per region = 16, then LANSW selects the next best eight clear final performances from all regions, to a maximum of 24.
- The age composition of a centre relay team competing at Zone, Region and State MUST be the same.
- One relay team per region progresses to State.



2014 STATE TEAM

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 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.

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

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.

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 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.



INTERNATIONAL CHILDREN'S GAMES 2013

WINDSOR, CANADA



WINDSOR ESSEX 2013

August 10th and a group of 15 athletes from the City of Lake Macquarie fly out for the Games in Canada along with the Mayor, coaches and a group of supporters. After close to 20 hours flying we landed in Toronto late on the same day (we crossed the International Date Line so there were 2 Saturdays!). Three days of sightseeing including a trip to Niagara Falls allowed the athletes to acclimatise before they arrived in the village in Windsor along with 2,000 other athletes.

Competition in all eight sports offered in Windsor was of a very high level. The track and field teams from Lake Macquarie performed beyond expectations and we came away with two gold medals, two silver medals and one bronze.

The girls 4x100m relay team of Isobel Warby, Emma-Sue Greentree, Bernice de Jager and Grace Weir ran under 50 seconds for the first time to win gold. Emma-Sue had earlier won the high jump with a 6cm PB, clearing 1.70 for the first time. Grace Weir also jumped a PB to take bronze with a jump of 1.61. Isobel Warby took silver in the long jump with 5.50m in one of the closest competitions ever seen. (5.54, 5.50, 5.49, 5.47 and Isobel was at 5.48 until her last jump!) Nicole Ogle competed in the 800m and was very pleased with a new PB of 2:23 while both Grace and Celeste Alley put the shot over 10m for the first time.

In the boys team, Matteo Mazzantini was the standout with a silver medal in the high jump, an event that is not one he usually competes in and for which he had to borrow his brother's high jump shoes! The other members of the boys team were Blake Anderson, Lachlan Bent and Nicholas Zander.

Not only did medals come at the track. The boys gymnastics team of Bailey Sansom, Peter Newell and William Bradley won silver in the teams competition. The tennis team of Nicholas Lochrin and Matthew Abbott also competed to the best of their ability.

The International Children's Games is a fantastic experience for the athletes. Not only a first chance at international competition but also a chance to mix freely with others from all corners of the globe, whether or not they speak the same language. This event will be held in Lake Macquarie next year between 6 and 11 December. Invitations to compete are made between councils so if you have athletes that would like to take part in this unforgettable experience get your local council to make contact with Lake Macquarie. We are excited about bringing the Games to the southern hemisphere for the first time – come on December 2014!



**2000 athletes
80 cities
40 countries**

lake macquarie 2014
INTERNATIONAL CHILDREN'S GAMES

INTERNATIONAL CHILDREN'S GAMES
LAKE MACQUARIE 6–11 DECEMBER 2014

DEVELOPMENT DIARY



SUPER COACHING EVENT FOR NORTHERN RIVERS

Little Athletics NSW and the Northern Rivers Zone are pleased to announce that a major coaching event has been scheduled to take place on the weekend of 16 & 17 November at Toormina Oval, Toormina, the venue used by Coffs Coast Little Athletics (representing the Coffs Harbour/Sawtell area). The weekend will consist of a "Super Coaching Clinic" offering junior (U9-11) and senior (U12-17) coaching sessions for athletes on the Saturday and Sunday mornings, and coaching education workshops for coaches, parents, teachers and interested others on the Saturday afternoon.

A team of up to a dozen experienced coaches are being recruited to conduct the coaching and the workshops, for what is potentially the biggest Little Athletics coaching weekend ever staged in the area.

The clinic will feature:

- Two fantastic mornings of coaching
- Junior clinics for Under 9—Under 11 athletes (DOB: 1 Oct 2002—to 30 Sept 2005)
- Senior clinics for Under 12—Under 17 athletes (DOB: 1 Oct 1996— 30 Sept 2002)
- Qualified, experienced Little Athletics NSW coaches.
- Lots of fun and opportunities for social interaction.
- One or two-day registration options.



All athletes in the U9 to U17 age groups will be welcome to attend the coaching clinics, including non-members.

Registrations for the clinic are now available online or can be completed by downloading and returning a registration form. Click on the "[Coaching Clinics](#)" button on the left-hand-side of the Little Athletics NSW website homepage for more information and to register.

All enquiries can be directed to the Little Athletics NSW office.

Pinkletics

Pinkletics an initiative of the McGrath Foundation, Little Athletics Australia and the State Associations, encouraging Little Athletics centres nationally to turn pink in support of the McGrath Foundation, is now open for registrations!

As of October 2013, the McGrath Foundation has helped support over 20,000 experiencing breast cancer in Australia, with 86 McGrath Breast Care Nurses working in communities right across the country. The McGrath Foundation are well over halfway to their goal of 150 McGrath Breast Care Nurses to ensure that every family in Australia experiencing breast cancer has access to a optimal care and support, so we need your help!

The first 200 centres to register for will receive a Pinkletics kit, bursting with pink goodies and valued at over \$250! To register please visit <http://pinkletics2013.gofundraise.com.au/cms/home> or contact the McGrath Foundation team on 02 8962 6100.





JETS Program Update

2013-2014 Applications Open!

Applications for the 2013-14 JETS program are open with over 100 athletes having already become members.

One new feature of JETS membership is that those athletes who are not dual-registered with Athletics NSW are provided with automatic dual registration for an additional fee of \$10.00. A number of athletes have taken up this option.

2012-13 JETS members must re-qualify and re-apply for membership of the 2013-2014 program. Membership does not automatically roll-over from the previous season.

For all information and to register for the JETS program, click on the JETS button on the left-hand-side of the Little Athletics NSW website homepage.

JETS Coaching Clinic at Sydney Olympic Park

The first JETS coaching clinic of the new program will be held on Sunday 20 October, 2013, 11.00am – 4.30pm at the Sydney Olympic Park Athletic Centre, Competition Arena. This is a JETS members-only coaching clinic.

Each athlete will complete two event-specific coaching sessions of their choice and also take part in workshops aimed at improving their athletics-related skills and knowledge.

Other upcoming JETS Events:

(More coaching clinics will be announced as the season progresses).

JETS Clinic at Sylvania Waters

Date: Sunday, 10 November 2013

Time: TBA

Venue: Sylvania Waters Athletics Track

JETS Clinic at Wollongong

Date: Sunday, 1 December 2013

Time: TBA

Venue: Kerryn McCann Athletics Centre, Wollongong

2014 JETS Performance Camp

Dates: 11-13 July 2014

Venue: Sydney Academy of Sport & Recreation, Narrabeen

Find A Word



BIRDS

CANARY	MAGPIE
CHICKEN	OWL
CONDOR	PARROT
DOVE	PENGUIN
DUCK	PIGEON
EAGLE	PUFFIN
EMU	QUAIL
FALCON	SEAGULL
FINCH	SWAN
HAWK	TOUCAN
HERON	TURKEY
KIWI	WREN
MACAW	

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

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...

Locked Bag 85, PARRAMATTA NSW 2124 (90-92 Harris Street, HARRIS PARK 2150)

Tel: (02) 9633 4511 or 1800 451 295 Fax: (02) 9633 2821

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

