



## LATEST NEWS

### Record breaking season in store for WA Little Athletics!

It is with great pleasure to say that we have surpassed 8000 Little Athletes in Western Australia for 2012/13, reaching our greatest participation since the 1980's. We congratulate everyone involved with our sport on helping achieve this milestone. It is wonderful to know that so many more children are participating in athletics. This years Olympics have inspired many to come and learn how to Run, Jump and Throw in a fun and supportive environment where you can "Be Your Best".

May all Little Athletes have a fulfilling season achieving many Personal Best's (PB's) while keeping fit and making many new friends.

Thank you also to the coaches, officials and volunteer committee members who make Centres/Clubs run as seamlessly as possible through their efforts.

As well as these newsletters, you can also 'like' us at [facebook.com/walittleathletics](https://www.facebook.com/walittleathletics) to stay up to date with everything Little Athletics.

Abid Imam, Development Officer (WA Little Athletics)

## ROLL OF EXCELLENCE

### Perth hosts special Little Athletics evening!

The Little Athletics Australia Roll of Excellence recognises former participants who have achieved at the highest level in their chosen sport or profession. There are four categories: Athletics, Sportsman, Achievers and Volunteers. Perth had the honour of hosting this years event at the Burswood Park Function Centre on Saturday October 20th. The inductees were:

**Track & Field**– Christine Stanton (WA), Debbie Wells (NSW) **Volunteers**– David Cramer (WA), Robin Johnson (WA) **Sportsmen**– Megan Marcks (ACT), Simon Black (WA).

Each has exhibited great skill and admirable qualities through their Little Athletics involvements.

Top left: Simon Black from the Leeming Club (Melville) at the 1991 States.

Bottom left: Christine Stanton competing at the Moscow 1980 Olympics (UWA).



## 2012 ZOO GAMES

### Little Athletics hits Perth Zoo for the School Holidays!

Guests to the Zoo between October 8 and 12 were treated to a fun Little Athletics skill area on the busy main lawn. The "2012 Zoo Games" were created to give families with children some fun alternative activities while taking a break from viewing the wildlife. Every participant who came through our area had the opportunity to run, jump and throw. Plenty of goodies like posters, stickers and flyers were handed out too. Judging by the reviews, this will probably take place again some time in the future.



## WALA PROGRAMS

### Little Athletics Program for Schools (LAPS)

Primary schools across Western Australia have had access to our great group of LAPS coaches since the beginning of term 2 this year. The national LAPS program aims to give students a chance to sample modified track & field events in a fun and engaging environment. Participants are given a certificate, poster and information on how to join their nearest centre after each clinic. With the Olympics and school athletics carnivals running over the last recent months, our coaches have been busy covering large distances visiting as many schools and children as possible. LAPS personnel typically reach 10,000 students on average per year. Without their fantastic work in 2012 we wouldn't have as many new participants joining the Family, Fun and Fitness of Little Athletics here in WA.

Thank you to Cameron, Tim, Matt, James and Amy.

LAPS is supported by SodaStream and there is a special offer available for Little Athletics families at [sodastream.com.au/littleathletics](http://sodastream.com.au/littleathletics)

### Little Athletics 4 All

We joined with Inclusion WA once again to provide our popular program aimed for children of all abilities at Kingsway LAC. After the first program in May, there was eagerness from all parties to hold one in the prelude to the 2012 summer season. Children tried their hand at many great athletic activities from August 20 to September 24. We also had a record number of 70 participants attend the first few sessions. A visit from ex-Olympic heptathlete, Kylie Wheeler, was a great way to finish. Stay tuned as we look forward to delivering the program south of the river.



## ATHLETE TIPS

It is important that young athletes eat well-balanced meals and remain hydrated in order to achieve good health and performance. Bodies need to be fuelled by eating proper types of foods, such as 3-5 cups of fruits and veggies a day. Doing so will ensure that young athletes can be their best.

### Try these 2-4 Hours before Competition or Training

Sandwich with lean meat, piece of fruit, Pasta with tomato sauce, Cereal with milk, A bagel with peanut butter and honey, and a piece of fruit or English muffin with honey and low-fat yogurt.

### Some good snack ideas during Competition

Breakfast or energy bars, crackers and peanut butter, pretzels, fresh fruit or dried fruit, yoghurt.



## PMH FUNDRAISER

### 'Kids helping Kids day' Saturday 3rd November 2012

For more than 10 years West Australian Little Athletics have been proud supporters of Princess Margaret Hospital Foundation through our Activity Day and have raised in excess of \$232,000.



PROUDLY SUPPORTING



PRINCESS MARGARET HOSPITAL  
FOUNDATION

In 2011, we were once again successful in raising \$22164.55 across all of our Centres in WA. Funds raised contributed to Princess Margaret hospital employing a part time artist to provide an 'Artist in Residence' program for the children.

This was a great success with the children being able to showcase their artistic talent and producing pieces that later went on exhibition.

We encourage everyone to get into the spirit at their local centre and help out these less fortunate children on Saturday 3rd November.



Create a 30 to 60 second video about why you love athletics and post it to the ASICS Australia Facebook page for your chance to win a trip for a family of 4 to watch the **2013 Honda Los Angeles Marathon** as VIP guests of ASICS.

Video entries must star a registered member of Little Athletics Australia and feature ASICS shoes being worn.

For more information go to [www.asics.com.au/sports/kids](http://www.asics.com.au/sports/kids)

Competition commences on 17 September, 2012 and closes on 6 December, 2012 and is open to all registered members of Little Athletics Australia. All videos must feature kids wearing ASICS shoes to be eligible to win.

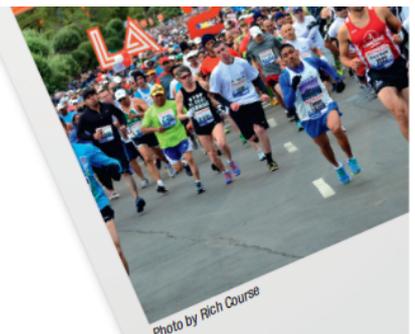


Photo by Rich Course

ARE YOU MADE OF SPORT?

AT [ASICS.COM.AU](http://ASICS.COM.AU)

# CENTRE SNAPSHOTS

The Yanchep Dolphins club, from Ridgewood LAC, are celebrating their 10th anniversary this season. 50 athletes have signed up this season and have been eager to learn at training. Here they are showing off the 'Be Your Best' stickers they received after a WALA Coach visit.



Rockingham Districts LAC are off and running. They were even named as the City of Rockingham Sports Club of the Year! Congratulations



The Vic Park Phoenix (Belmont LAC) are one of our newest clubs. They have been training well in recent weeks. The team enjoyed their first Centre Competition by representing club colours proudly.

Please send YOUR Centre Snapshots and story to [admin@walittleathletics.com.au](mailto:admin@walittleathletics.com.au) or share it on [facebook.com/walittleathletics](https://www.facebook.com/walittleathletics)

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