



## **NORTH WEST TOUR**

### **Little Athletics in the Pilbara & Kimberley**

Abid Imam (Development Officer) and Frank Jamieson (Board member, Athlete Development) recently embarked on a North West development tour from Sunday 16th to Thursday 20th June. The initiative involved visits to Karratha, Port Hedland & Broome. The Little Athletics season up north takes place in the dry season between May and September, the opposite to our southern areas. The key aims were to support local Centres and grow the awareness of athletics in the region.

Coach education workshops were held for Karratha LAC and Broome LAC. There was a great attendance of parents keen to learn at both sessions.

Schools also got involved, Karratha SHS, Port Hedland PS, Cable Beach PS, Broome PS and Roebuck PS all participated in the LAPS clinics. The first time for some of them.

Meetings were held in the afternoons with Department of Sport and Recreation, Australian Sports Commission and Shire personnel to discuss Little Athletics growth in the area.

We look forward servicing Little Athletics in the Pilbara and Kimberley regions.

Thanks go to the Shire of Roebourne and Garnduwa for their support of the tour.

## **INTERNATIONAL TEAM**

### **WALA team heading to Kuala Lumpur**

A team of 59 U14 & U15 athletes who medalled at our 2013 McDonalds State Track & Field Championships are preparing up for an exciting international competition in Kuala Lumpur. This will be the 21st international competition in conjunction with the Malaysian School Sports Council (MSSM) and Singapore School Sports Council (SSSC). Our team departs Perth on Thursday 4th July with competition taking place on 6th and 7th July at Universiti Putra Track. The team will also have the opportunity to soak in the culture and tour Kuala Lumpur after competition. Pictured left is the 2012 WALA team in Singapore.

All the best to every athlete. We will summarise the action in our next newsletter.

# 50 YEAR ANNIVERSARY



## Little Athletics to celebrate 50 Years in 2014

Little Athletics evolved, like most voluntary community organisations, through the mind and conscience of one man. Trevor Billingham followed the pattern set by many pioneers in the field of community service. He recognised a need and introduced an idea designed to meet that need.

On the first Saturday of October 1964, Trevor met with a small group of children on a Geelong oval where they took part in a short program of running events. From this date Little Athletics was born and has grown into one of Australia's most recognised sports. LAA have designed a 50<sup>th</sup> Year Logo for the significant milestone which has recently been released (pictured left).

We hope that everyone joins us in celebrating this special year!

# WINTER SEASON

## 2013 Winter competitions

Little Athletes from various centres are currently competing in the winter cross country and roadwalking competitions alternating weekly at locations across Perth.

The following are the distances covered according to age groups. Runs U7-9 (1500m), U10-12 (2000m) and U13-17 (3000m). Walks U7-9 (1000m), U10-12 (1500m) and U13-17 (2000m). Overall, this a great way to maintain your endurance during the winter months.

The season began in April and will culminate in the State Championship events this August!

### Championship dates for your calendar:

State Roadwalking Championship Saturday 3rd August at John Wallaston Anglican School (hosted by Dale LAC)

State Cross Country Championship Saturday 10th August at Edgar Griffiths Reserve (hosted by Ridgewood LAC)



# SCHOOL AMBASSADORS

## School Ambassador Development Day

On Monday 20th May, WA Little Athletics hosted a School Ambassador Development Day at WA Athletics Stadium. This was following the success of the first session in June 2012. 37 Phys Ed teachers attended from schools across Perth. Lyn Foreman (Athletics Australia National Youth Event Coach), Marion Buchanan (WA Officials Co-ordinator) and David Cramer (Little Athletics life member and experienced throws coach) presented those in attendance with high quality advice on track & field events and officiating.

The program was created to support teachers in an effort to provide a higher standard of athletics teaching at primary schools in Perth.

We look forward to working with these teachers to promote Little Athletics at their respective schools.

We thank the Department of Sport & Recreation for their support of our initiative.

# ATHLETE UPDATES

## Updates from current and former Little Athletes

**Cruz Hogan**, an ex Little Athlete from the Woodvale club (Kingsway LAC), will be competing in javelin at the Bauhaus Junioren Gala in Mannheim, Germany on 29th-30th June. With a Personal Best (PB) of 73.27m, he is currently in the top four U20 javelin throwers in the world! Cruz was part of the international squad for the 2009 WALA Kuala Lumpur tour. Pictured on the left he is training with a 4m jav.

On the topic of javelin throwers, **Kim Mickle** from Mandurah joined Little Athletics in U7's "because my friend got a newsletter in the post and asked me to do it with her". All of these years later, she is now 3rd in the IAAF Diamond League standings following a season best throw of 63.93m in New York a month ago. Her preparations for the World Championships in Moscow this August are progressing well.

**Rebekah Newton** (Kingsway LAC) travelled to Canberra in April to take part in a National Relay Camp organised by Athletics Australia. The 4x100 and 4x400m teams used the camp to prepare for international competitions. It was also attended by Sally Pearson!

Congratulations to **Tarinah Nazaroff**, **Emma Philippe** (both Kingsway LAC), **Nicole Robinson** (Melville LAC) and **Nina Kennedy** (UWA LAC) who were all selected to participate in Athletics Australia's recent U17's Development Camp at the AIS in Canberra.

It's superb to hear about the achievements of these athletes. Be Your Best!

## ATHLETE TIPS

**Staying fit in the off-season** Courtesy of Jenilee Matz at Livestrong

Rest up: Let your body heal for a few weeks, after that think about easing yourself back through cross training (cycling, swimming or even walking). Listen to your body  
Enhance your endurance: Doing interval workouts and gradually increasing the length of your cardio sessions can help you improve here. Our Winter cross-country is perfect for this.

Gain Speed: Flexibility training and regular sprint workouts will help make you quicker. Have a coach provide feedback on your form and technique.

Get Stronger: Strength is vital to excel in most disciplines. Chat to a coach or experienced athlete about some resistance training that is right for you.



## CENTRE SNAPSHOTS

### Broome Little Athletics Centre

Left: Broome Little Athletes ready for training

Bottom left: Frank Jamieson sharing his knowledge

Bottom right: BBQ & workshop after training



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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