

BALMAIN LITTLE ATHLETICS CENTRE

Sign Up Now for 2013/4 Season

September will be here in a flash and behind the scenes the BLAC Committee have been gearing up for the new athletics season.

This year, we are offering **returning athletes the opportunity to register a week earlier** than anyone else and ensure a spot for the upcoming 2013/14 season.

Early registration is only available on the Club website www.balmainlac.org.au. It is not available on the NSW Little Athletics site. Last year we had to turn away some athletes so don't miss out this season...take advantage of the early bird opportunity by following the steps on page 4 & 5..

Your Chance to Learn to Coach

Are you interested in helping kids learn more about athletics? Little A's **Introduction to Coaching Course** (ITC) is specifically designed for Age Managers, parents, beginner coaches and other interested people who want to coach beginner athletics. It is an "event specific" track and field course designed to give people the ability and confidence to coach basic level athletics to children aged 5-15 years. Courses will be held through September and October: 29 September - Nthn Suburbs . 26 October - Port Hacking, 27 October – Canterbury.

All practical...No exam...No previous experience necessary! Course topics are: Coaching Young Athletes, Warm Up, Running, Relays, Hurdles, Walks, Shot Put (standing), Discus (standing), Javelin (3-step), High Jump (scissors), Long Jump and Triple Jump. Participants will be shown how to introduce and teach the fundamentals of each event to beginners.

Interested in attending? Email us at info@balmainlac.org.au stating which date/location you would like to register for.

Cost: \$95.00 per person (includes GST) which includes a coaching manual and an ATFCA certificate. **BLAC will fund** 50% of the cost for up to 20 people. Priority will be given to Age Managers.

Winter Season Update

Over winter, many of our athletes have been getting their athletic kicks in the cross-country season. Some of them with great success. See page 2 for full details.

Welcome BLAC Sponsors

We are delighted to welcome back McGrath/ Cindy Kennedy as our primary sponsor for the new season. We are also very pleased to introduce our new sponsor, the Balmain/Rozelle Community Bank. Thanks for your support, and we look forward to working with you this season. See page 3 for more.

Dates for Your Diary

Early Bird registration for returning athletes only July 22-Aug 1st. BLAC website.

Standard registrations from 1st August.

Registration Days: King George Oval, 24th and 31st August, 2013. 1- 4 pm. NB

Competition commences Saturday 14th September, 8.30 at KGO.



**BALMAIN
LITTLE
ATHLETICS
CENTRE**

ON THE BEATEN TRACK



Angus Beer in action and with his Gold medal in the Little A's State X-C Championships (U11B)



Isabella Mardini takes the silver in the U9 girls



Bruno, Tamara, Christian & Ada doing BLAC proud



BLAC team from the Sydney 10

I don't know about you but I always thought the 'cross' in cross country described being angry. Generally the races were too far, had too many hills and it was always too cold, if it wasn't raining. That would make anyone 'cross'.

Despite that, a hardy group of Balmain LAC athletes have been in action over winter in the school and Athletics NSW's cross-country season.

It started with a strong contingent in the Sydney 10. Followed by the Little A's State Cross Country & Road Walks Championships held on the 7th July at Scheyville National Park . Rounding off with the NSW All Schools State Cross-Country Championships at Eastern Creek on Friday (19th July).

I don't know if this was a great way to end the last season or a great way to start the upcoming season. Either way, our athletes punched way above their weight to record excellent results, which included a State title to Angus Beer and a silver medal to Isabella Mardini in the Little A's race, with Angus backing up with a silver in the All Schools race. Both athletes had tremendous track seasons and now they are showing that same determination on a different track, one through a forest.

Some of the Little A's races had up to 74 runners competing so the results below were hard earned. Congratulations to each one of you.

- Angus Beer** 1st U11 Boys
- Isabella Mardini** 2nd U9 Girls
- Ada Rand** 5th U8 Girls
- Bruno Williams** 10th U10 Boys
- Tamara Lenthal** 21st U9 Girls
- Christian Caldwell** 25th U7 Boys

Congratulations also to the following athletes who competed in the NSW All Schools X-C Championships: Lara Bosnich, Nicholas O'Shea, Paige & Holly Campbell, Isabella Mardini and silver medal winner Angus Beer.

SPONSOR NEWS

We are excited to officially welcome back Cindy Kennedy as our **Platinum Sponsor.**

Cindy has a great affiliation with the local area. She works in Balmain, lives in Rozelle and sells many houses throughout the Inner West.

Cindy has become a great supporter of the club and this has enabled us to purchase and upgrade much equipment. Please support Cindy by speaking to her about any of your real estate needs. Alternatively you can recommend Cindy to your friends and family if they are looking for the top real estate agent in the Inner West. You will undoubtedly appreciate her professionalism, knowledge and dedication to your needs.



McGrath

Cindy Kennedy
Residential Sales Agent
0404 000 570

Balmain/Rozelle
Community Bank®

Branch  **Bendigo Bank**

Balmain/Rozelle Community Bank joins us as a club sponsor this year. BRCB are situated on Darling Street, Rozelle, and are run by the community for the community. An important part of their philosophy is to distribute 80% of profit to local organisations. We are fortunate to have BRCB form a partnership with Balmain LAC. Please visit them in store, open an account and support another community organisation. The Club will receive a rebate for every term deposit, credit card, home loan or business loan application and approval made by our members.



Westfield Shopping Centre
Burwood

Jason and his team at Athletes Foot, Burwood, are supporting us again this year by providing store vouchers for our regular Personal Best points winners. They will have a stall at both Registration Days. Balmain LAC receive a rebate from all sales generated by our members – don't forget to tell them who you are !!!



EARLY REGISTRATION OFFER


Early Registration Opportunity For Returning Athletes Of Balmain Little Athletics Club - From 22nd July to 1st August

The Committee has decided to allow all returning athletes the opportunity to register a week earlier than anyone else and ensure a spot for the upcoming 2013/14 season.

Early registration is only available on the Club website www.balmainlac.org.au It is not available on the NSW Little Athletics site.

Take advantage of this opportunity by following the steps on page 2.

The 2013/14 season fees for early registrations are:

	Early Registrations 
Tiger Cubs ("Tots"- Under 4s & 5s and Cubs helpers included) Under 6's	\$100
Under 7's to under 17's (professional training included)	\$100
Family Registration:	
3 children	\$290.00
4 children	\$380.00

Early Bird registration fee is only available until 17 August 2013

To register early and take advantage of the early bird discount:

REGISTER Follow the registration link available from the club website www.balmainlac.org.au to access your current membership details. Please check that your details and email address are correct and up-to-date. You will need last year's registration number, the athlete's date of birth and your telephone number to access last year's information. If you do not know your details, there is the facility to enter your email address to access the information.

PRINT Print **two** copies of the on-line registration form and **two** copies of the Family Information Form. Please sign both registration forms and both Family Information Forms.

PAY Online Bank transfer of the required registration fee to the Club account
The name that appears on the bank transfer must be the same as on the registration form.

Account Name: Balmain Little Athletics Centre*
BSB: 082 401
Account Number: 9414 51487

Print confirmation of payment.

***Please note: Bank details, Club postal and Club email addresses have changed from last year**

SEND **By Post***
Post your completed registration forms.
Please include date of your bank transfer

The Registrar
Balmain Little Athletics
PO Box 610
Rozelle NSW 2039

By Email*
Scan your completed registration form and email to registrar@balmainlac.org.au with the date of your bank transfer.

You do not need to email your confirmation of payment as the Registrar will access your payment from the bank records.

***Please note: Bank details, Club postal and Club email addresses have changed from last year**

The Registrar will email acknowledgement of receipt of your registration.
Ensure that your email details are correct.

PICK UP Simply pick up your registration numbers, age patches and your registration pack at the express desk on the registration days.

Registration Days:

Where: King George Oval

Dates: 24th August and 31st August, 2013

Time: 1pm to 4 pm