

September 2014
Season 14/15, Issue 1



BALMAIN
LITTLE
ATHLETICS
CENTRE

Welcome to season 2014/15

It's with great pleasure and anticipation that I welcome everyone to the new Little Athletics season. We have reached another record number of registrations and are expecting up to 900 athletes for our first week of competition next Saturday. I would like to extend a special welcome to all our new athletes and families and I look forward to meeting you over the coming weeks. We hope you really enjoy your Little Athletics experience and soon feel at home at King George Oval.

To all our returning athletes, welcome back. You will notice a few changes have been made since last season. Most notable is the installation of six extra run ups and the widening of the long jump pit. We have also installed a new netting system to allow discus to be run more safely and effectively on the existing shot put circles. These will significantly improve how Saturday mornings are run.

This newsletter contains important information about our coming season, what roles parents play & the procedures that we follow that help us run an enjoyable sport for your children. Familiarising yourself with this will help get the season off to a flying start.

Many thanks to those parents who have already volunteered as age managers, starters and data enterers for the upcoming season. Some age groups do not yet have age managers and we would encourage anyone who is interested in taking on an age manager role to contact Megan Beer via the Club email address: info@balmainlac.org.au. This is a good point for me to remind everyone that the involvement of every parent is required to enable Saturday competition to operate effectively. Please be aware that no child can be 'dropped off' to compete. If a child doesn't have a supervising adult at the oval they will be unable to participate and will be directed to the seats at the BBQ until an adult returns.

There are only 12 committee members, some of whom act as age managers, so parental involvement is vital to the running of 18 simultaneous events about the oval. We appreciate some families have 2 or more children and may only be able to help with one group. I know every parent gets great enjoyment in watching their children develop their athletics skills and getting in there and assisting gives you the best seat in the house.

If in doubt about what you can do to help, please ask your age manager or any member of the Committee, who are easy to spot in their Committee shirts.

Finally, good luck to each and every athlete. The season ahead will offer you many challenges but also many opportunities. So I encourage you not only to do your best but fulfil the Little Athletics motto.....be your best!

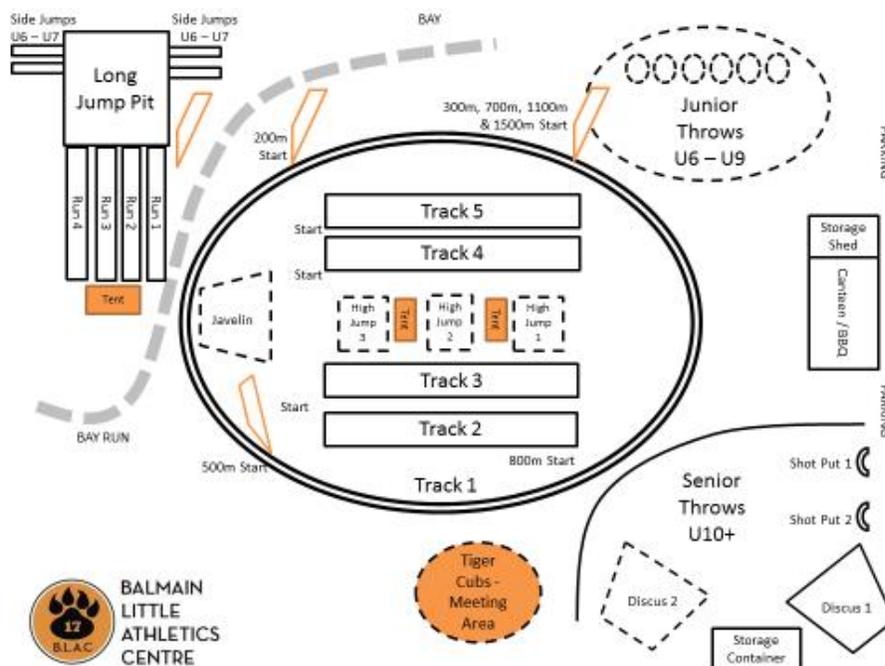
See you on Saturday, warmed up and ready to go for the firing of the first gun at 8.30.

David



DATES FOR YOUR DIARY

- **September 13th.** First Day of Competition. **U9s to set up**
- **November 2nd** Trans Tasman Trials, Barton Park Paramatta
- **November 8th** No Club Competition - KGO Oval being used for Relay for Life
- **November 22nd & 23rd** LANSW State Relay Champs SOPAC. No Club Competition Sat 22nd
- **December 13th & 14th** Inner City Zone Championships ES Marks. No Club Competition Sat 13th
- **December 20th & 27th, & Jan 3rd.** No Club Competition (Xmas Break)
- **Jan 10th** Saturday Competition resumes
- **Jan 30th—Feb 1st Region Championships.** No Club Competition Saturday 31st.



Venue Map Showing Where Events Are Located for BLAC Saturday Morning Competition

THINGS TO KNOW ABOUT KGO

BBQ and Canteen

The Club runs a Canteen and BBQ every Saturday. It plays a vital part of our yearly fundraising and offers an early lunch solution, too.

All we ask is for each family to volunteer 1 ½ hours once a season. Names were taken on Registration Days and we ask those you have yet to nominate a date to please do so at the information desk. You will be sent a reminder a few days before your nominated Saturday.

Smoking

State and Local Government legislation has banned any smoking at sports events, including all outdoor sports on Council grounds. The designated area at King George Park is behind the car park.

Wet Weather

Normally we think training and competing in the rain just adds to the fun, but notification will be placed on the website and Facebook page whenever a Saturday morning competition or Tuesday afternoon training session needs to be cancelled due to bad weather or poor condition of the track. Wherever possible this will be done at least 30 minutes before the scheduled start time.

Uniform and Footwear

The Centre uniform consists of a black and gold singlet with black shorts or two piece suit. The uniform is worn at all levels of competition and must have the appropriate registration number sewn or pinned on the front, age patch at the top left hand corner and the soon to arrive Jetstar patch at the top right corner.

Shoes are compulsory in every event for ALL ages

Spiked shoes shall not be worn by athletes in the Tots to under 9 age groups, or by any competitor in events which are not run in lanes, i.e. pack starts.

Spiked shoes may be worn by competitors in the under 10 to 17 age groups in all events run in lanes and all jump events.

Uniform items can be purchased from the information desk during Saturday morning competition at King George Park.



NB This year new JetStar sponsor badges will replace the IGA patch.



FIVE PARENT DO'S AT BALMAIN LITTLE ATHLETICS

DO Watch and cheer-on your and other children.

There is no "drop off" option.
No parent... No participation !

DO Step forward and volunteer. There are no paid officials.

Little Athletics relies on every parent to assist during the season.

DO Be safe. Please be aware of your surroundings.

Many events are being conducted at the one time.
Look both ways when you reach a line or rope

DO Remember this is junior sport.

Kids just want to enjoy themselves.
Let them have fun and encourage their development.

DO Let us know if we are doing a great job, but more importantly tell us if you see where something could be done better.

We will listen.



Whatever your experience, don't feel scared about putting your hand up and 'giving it a go'. After all, isn't that what we are asking our kids to do?

THE PHILOSOPHY OF LITTLE ATHLETICS AUSTRALIA

"LITTLE ATHLETICS FOR...
FAMILY...FUN...and...FITNESS".

Family

Little Athletics is more than a sport. It is a community-oriented organisation which enables the entire family to do something together.

Parents are involved in the program as voluntary helpers or officials.

They share in many experiences with their children.

Fun

All children like fun...all children need fun. The weekly competition provides fun through participation in an enjoyable sport, with friends in the same age group.

Fitness

The community is increasingly aware of the value of physical fitness.

A fit body can mean an alert mind and decreased incidence of physical ailments.

Combined with FAMILY involvement... FITNESS can be...FUN in the happy environment of a Little Athletics centre.

VOLUNTEERS & PARENTAL ROLE

Little Athletics is a totally voluntary organisation. Clubs cannot operate without the assistance of parents each week in fulfilling many and varied duties. These include officiating at an event; managing an age group; recording results; working in the canteen to name just a few. Little Athletics is one of the few sports where parents can become fully involved in their child's sporting interests.

Our parents come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone in Little Athletics and there are many ways to become involved.

Parental Participation at Saturday Morning Competition

Please remember that **your assistance with your child's age group is a condition of their participation** in Saturday morning competition. Just make yourself known to your Age Manager and they will let you know how you can best help.

Regardless of whether or not this is your first year as a Little Athletics parent, it is worthwhile at the start of each season to consider what your role will be in the coming season.

Just as important as any other benefits is that Little Athletics provides children with the chance to have fun - TO PLAY. Please do not ever lose sight of this!

Do not underestimate the effect that adults have on children's long term participation and enjoyment of sport. By taking a considered, understanding approach, a parent can be their child's most valuable asset. On the other hand, parents who bribe, threaten punishment, or, push their children, have lost the true understanding of Little Athletics. You don't have to be a 'screamer' to have a negative effect on your child in sport!

IMPORTANT NOTES TO MAKE THE SEASON RUN SMOOTHLY

The involvement of every parent is required to enable Saturday competition to operate effectively. We encourage EVERY parent to read the Event Information Sheets on the Club website. They give clear and brief instructions on how to run events, particularly the measuring of field events. Parents must assist with set up, pack up, and the running of events for their age group. An early set up will allow events to get underway on time. Each age group will have one and in instances two or three age managers. All age managers are parent volunteers who need the support of the other parents, including in following the club procedures below:

1. Parents are to **sign in with their child's respective age manager** and let them know which age group they will be assisting.
2. There will be a **club warm up** prior to competition each Saturday consisting of a lap around the oval. Parents can sign in with their age managers at this time.
3. Events MUST **run in the order set out in the Programme** of Events. Age managers have a copy in their folder, there is also a copy on the noticeboard and on our website at 'Weekly Programme'.
4. **U6 & U7 long jump** use the side run ups
5. **U11-U12 triple jump and U6-U12 long jump** also take off from a 1m x 0.5m sand rectangle. A parent needs to set this up.
6. **Time places NOT lanes.** Age managers should record results by place NOT lane. First place MUST have best time recorded; Second place, next best time, etc. to ensure points are allocated correctly.
7. Groups MUST ensure **sprint events are held at the correct track.** Track numbers are listed on the programme. A map is included in this newsletter.
8. In the event of a **dispute or a query**, locate a committee member.

If a child breaks a **Club Record**, age managers must notify a committee member immediately. A record can only stand if:

Track events - at least 2 timers have timed first place and both times are under, or equal to, the existing record. Stopwatches are NOT to be deleted until a committee member has verified the time. All track events must have a back-up timer for first place.

Field events – competition is halted and a committee member must be called immediately to verify, measure and sign off the jump or throw. No raking or removing of markers until this is done.

New centre records must be achieved and verified according to the guidelines described under 'Centre Records' on the BLAC website.

Suggestions from parents that may further improve the running of Saturday mornings are very welcome. Please email info@balmainlac.org.au.



SET UP AND PACK UP ROSTER FOR THE SEASON

Every Saturday morning each event site needs to be set up and then packed away. There are 4 Discus circles, 6 Shot Put rinks, 8 Long Jump run ups, 3 High Jump areas and 5 Tracks to be prepared for competition. To assist with the workload **parents from each of the under 6 to under 12 age groups will be allocated 3 Saturdays during the season to help distribute equipment and set-up the Oval from 7:30am.** Committee members are on hand to allocate an area for you to prepare. This will allow us to commence competition by 8:30am. **The first week of the season has the U9s rostered for set up.** The following week is the U10s, and so on. Parents and athletes from the under 13 to under 17 age groups are expected to assist with the packing away of equipment at the end of competition.

WINTER SEASON SUCCESS

While we were taking a break from track and field over the winter, many of our athletes continued to compete in the cross-country and road walks season. This culminated in the LANSW State Cross Country & Road Walks Championships in Dapto, where our BLAC athletes competed with style & not a little success.

Cross Country

U8B Harry Banks 15th, Angus Gobran 18th, Arlo Merewether 19th. Team Bronze

U8G Emily Brewster 14th, Ellen Murphy 16th, Temeika Puru-Watt 25th. Team Gold.

U9B Matthew Brewster 13th

U9G Ada Rand 6th, Maisie Burns 9th, Gracie O'Connor 25th, Madeline Watson 38th. Team Gold.

U10G Isabella Mardini 4th, Beth Crawford 5th, Tamara Lenthall 21st. Team Gold

U11B Bruno Williams 14th, Joshua Wat-

son 23rd, Sam Murphy 30th. Team Bronze.

U11G Robyn Burns 33rd

U12B Angus Beer 1st. Individual Gold

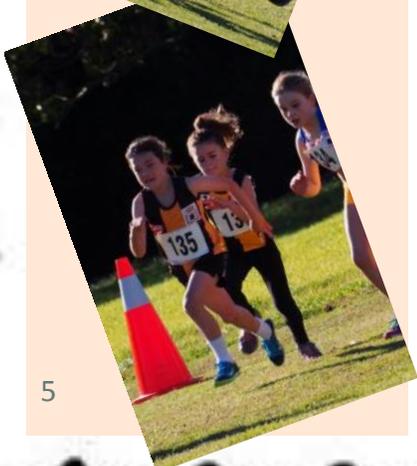
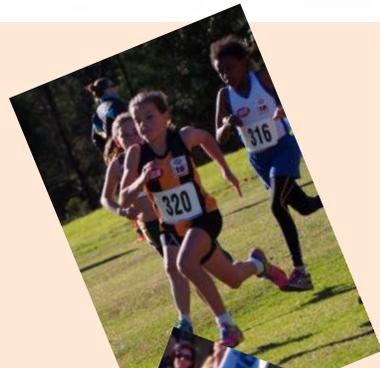
U12G Sophie Gobran 30th, Zoe Lincoln 33rd

Road Walks

U9G Madeline Watson 9th

U10G Beth Crawford 4th

U11B Sam Murphy 6th, Bruno Williams 9th, Joshua Watson 10th. Team Gold.



NSW PSSA Athletics

Meanwhile back at Track & Field, Balmain LAC will be well represented at the upcoming NSW PSSA Athletics Championships.

Ellen Murphy 8G 100m
Beth Crawford Jnr G 800m
Isabella Mardini 11G 800m
Ruby Woodgate Jnr G HJ
Chloe Lombardi Jnr G SP
Josh Chen 8B 100m
Lucas Newman Jnr B Relay
Caiden Cleary Jnr B Relay
Theo Kidd 11B HJ

National Cross Country Championships

Success continued to flow for Beth Crawford and Angus Beer in the school cross-country season with Beth finishing 14th in U10 girls and Angus 15th in U14 boys national races. Each of their NSW age group teams finished 3rd.

VOLUNTEER RECOGNITION

At the LANSW Annual Conference, BLAC Vice President and Region Treasurer Tim Batho was awarded Runner Up Season 2013/14 Volunteer of the Year in recognition of his contribution at Club, Region and State levels to the LANSW organisation.



For news, information and all important updates

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A message from our wonderful Platinum Sponsor, Cindy Kennedy



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