



BALMAIN LITTLE ATHLETICS CENTRE

October 2014
Season 14/15, Issue 2

With competition now in full swing, it's great to see so many athletes running, jumping and throwing their hearts out Saturday mornings. Although it's only a few weeks into competition we are delighted to see so many PB's being set and Club records already beginning to tumble, which bodes really well for the rest of season.

Thank you to the army of parents who have been helping on Saturday mornings. Along with the Committee and other volunteers, you make it possible for over 900 athletes to participate in multiple events each week and still make it home in time for lunch!

We would also like to make a special mention of thanks to our Club Registrar, Angie Mastrippolito, who has processed all 904 registrations this season, including allocation of rego numbers and setting each athlete up on the website so that their results can be entered and tracked all season. Yet again this year, Angie has managed to make the process look a lot simpler than it really is.

Many of you have commented about the condition of the Oval, expressing concerns about the safety of the running tracks for our athletes. We have been in contact with Leichhardt Council about this, and they have now committed to returning large areas of KGO. You can help us continue to impress upon LMC our concerns about the condition of the tracks by sending an email to our local Member & local Councillors expressing your concerns. Emails should be addressed to Jamie.Parker@parliament.nsw.gov.au, dkogov@lmc.nsw.gov.au, cchannells@lmc.nsw.gov.au, mmckenzie@lmc.nsw.gov.au & rporteous@lmc.nsw.gov.au.

Obviously the safety of our athletes and spectators is our first priority. In the past few weeks, as well as the track condition issues, we have had several collisions and near misses with parents, athletes & small siblings straying into the path of on-coming runners and jumpers. To ensure that safety is maintained we ask all parents to read the safety guidelines on page 2 of this newsletter, discuss them with your children, and take all efforts to follow the instructions when you are at the Oval

The newsletter also contains information about 2 up-coming inter-club competitions, LANSW State Relay Championships in November and the Inner City Zone Champs in December. The inter-club season provides keen athletes with a fantastic opportunity to be part of the Representative Team and experience the excitement of competing on a bigger stage. We encourage all athletes to get involved.

Balmain LAC Committee



CONGRATULATIONS TO THIS MONTH'S CLUB RECORD BREAKERS

U6G 100m Mackenzie Jones
U9G 800M Ellen Murphy
U13G 3000M Sophia Hawden
U13B 800M, 1500M & 3000M
Angus Beer

DATES FOR YOUR DIARY

- **November 2nd** Trans Tasman Trials, Barton Park, Parramatta
- **November 8th.** No Club Competition, Relay For Life at KGO
- **November 22nd & 23rd** LANSW State Relays SOPAC. No Club comp 22nd
- **December 13th & 14th** Inner City Zone, ES Marks. No Club comp 13th.

STAYING SAFE

With so many athletes, parents and siblings in such a small area at KGO on Saturdays, please follow the safety guidelines to help keep everyone safe.

WHEREVER POSSIBLE KEEP TO THE OUTSIDE OF THE 400M OVAL TRACK

The area inside the 400m track now houses 4 sprinting tracks, 3 high-jump areas, 2 tots areas & the javelin throwing area. So it's busy, and does not leave enough room to function as a thoroughfare. **Please only enter the area within the 400m track if you are competing or assisting with an event in that area.**

If you are moving from one end of the Oval to the other, please do so OUTSIDE the 400m track.

If you are heading for the start line of any of the sprint tracks, please cross the 400m track level with the start line of the sprint tracks...taking care that no-one is approaching on the main track.

DOGS, PUSHCHAIRS AND BALL GAMES SHOULD BE KEPT TO THE OUTSIDE OF THE 400M OVAL TRACK, PLEASE.

FOR 400M & 800M RACES MARSHALL ATHLETES ON THE OUTSIDE OF THE TRACK ON THE GRASS BANK NEAR THE FINISH LINE



If an adult shouts 'track' it means someone has wandered onto the track and is probably in the path of an on-coming athlete! Please check it's not you...and move off the track as fast as you can if it is.

WHEN YOU HEAR SOMEONE CALL 'TRACK'

Athletes – if an athlete behind you in a middle distance race (800m, 1500m, 3000m, 1500mw) calls 'track' it means they are about to lap you. Please move to the 2nd lane to clear lane 1 for the faster athlete to pass.

Athletes and Spectators – if an adult shouts 'track' it means someone has wandered onto the track and is probably in the path of an on-coming athlete! Please check it's not you...and move off the track as fast as you can if it is.

KEEP FLAGGED AREAS CLEAR

The areas between the first 2 sprint tracks, and between the 2 long-jump lanes have been set out with flags to signal that they should not be used as pathways. Please ensure your children are aware of this and model safe behaviour by leaving these areas clear.

ROPES SIGNAL POTENTIAL DANGER!

Throwing areas are roped off to keep spectators a safe distance from the throws. Please be mindful of the fact that even at the younger end of the spectrum,

our athletes throw the discus & javelin 30m+ & older athletes throw almost 50m.

KEEP TO YOUR ASSIGNED THROWING AREA

We have assigned throwing areas on the basis of age and thus likely distance. Age Managers, please keep to your assigned areas. This will mean the bigger kids are able to use the Discus cage & main Shot Put areas, which will protect everyone from the risk of them throwing into other throws areas.

KEEP SMALL PEOPLE CLOSE AT ALL TIMES

Several of our on-track athlete-spectator crashes/near misses have been when young siblings have wandered into the path of on-coming athletes. We ask parents to please keep toddlers within sight and away from flags, finish line poles, ropes etc at all times. Please also be aware that starting pistols are left on timing tables and are obviously not intended to be handled by small children (who can mistake them for toys).





COMING SOON— LANSW STATE RELAYS

State Relays will take place on the weekend of **22nd and 23rd November 2014 at SOPAC Homebush**. U8-U11s compete on Saturday 22nd and U12-U17s on Sunday 23rd. To be considered for a team, you need to have competed at the Club between 13th September and 25th October. The more results posted at club, the better your chance for team consideration. The teams will be chosen by the Champion-

ship Committee in consultation with the Age Managers. The aim is to field the most competitive teams that we can, whilst giving as many of our athletes as possible the opportunity to compete at SOPAC. Final team selection rests with the Committee. It is anticipated that chosen athletes will be contacted in the week following the 25th October, along with details of relay training.

The inter-club season provides keen athletes with a fantastic opportunity to be part of the Representative Team and experience the excitement of competing on a bigger stage.

WHY IS ZONE EARLY THIS YEAR?

In previous years the Inner City has been one of a few Zones to hold its Zone Championships after the Xmas break rather than before it. This year we have been required by LANSW to bring Zone forward to fall in line with the other Zones.

Parents, please also note that parents of all children competing at Zone will be required to complete a 1 hour duty period on either the Saturday or Sunday,



HEADS UP FOR ZONE IN DECEMBER

The **Inner City Zone Championships** will be held on 13th and 14th December 2014 at ES Marks Athletic Field, Kensington (near Centennial Park). Zone Championships are conducted in each of the 24 Zones throughout the State. Balmain is in the Inner City Zone along with Eastern Suburbs, South Eastern, Randwick-Botany, Canterbury, Western Suburbs and Tigers Wests.

U7-U17 athletes are able to participate. The first 6 placegetters in our Zone automatically progress to the Regional Championships, along with the next 4 best qualifiers across the combined Inner City and Southern Metropolitan Zones. U7 athletes do not progress past the Zone Championships. Event entry is by athlete application. **U7-U12's may compete in up to 4 events. U13-U17's may compete in up to 6 events.**

This year, Balmain is able to enter up to a maximum of **5 athletes per event**. Where more athletes apply than there are available places, selections will be at the discretion of the Championships Committee with various considerations made including athlete rankings, consistency of performance and regularity of attendance at Saturday competitions.

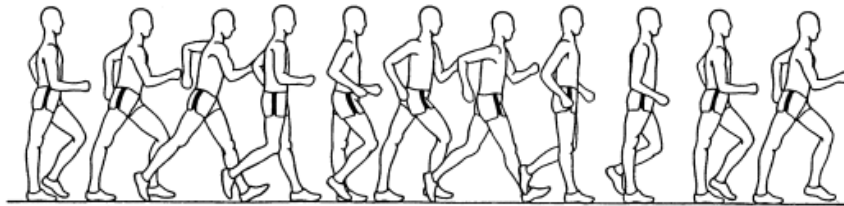
Balmain will try its best to find an event for any interested athlete and, where appropriate, will aim to reserve one of its entry positions to support this desire. We strongly encourage our younger athletes, where entries tend to be over subscribed, to choose reserve events.

The parents of all competing athletes MUST commit to undertaking a 1hr duty at the Zone Championship. Balmain is usually asked to run the long jump.

Application forms & further details will be available from the BLAC website in the next few days. **An entry fee of \$20 will apply for each athlete. This includes the supply of Zone team t-shirt and ground entry for athletes & all spectators for both days.** We anticipate that entries will close on Saturday 8th November. Athletes will be advised of their events by Friday 14th November via email. A table will be set up on Saturday 15th November to collect entry fees and confirm the required t-shirt size. Payment will confirm an athlete's entry.



CORRECT TECHNIQUE



SPECIFIC EVENT GUIDELINES

LONG JUMP

Measure from the front of the footprint to the closest landing mark in the pit. For those that take off before the sand, measure from the back of the sand. Measure from the landing mark to the inside of the stop board.

THROWS

Check the weight of the shot, discus or javelin for your age group in the Age Manager's folder. Weights change at different ages for boys vs girls.

SHOT PUT

Keep the elbow up as the shot is pushed – if the shot drops from the neck, it's a foul.

RACE WALK

To be fair to the athletes who take the walk seriously, in the older age groups divide athletes into a fast race (expected time under 11 minutes) and a slow race (expected time over 11 minutes).

A very slow race can slow up the entire morning for everyone, so consider pulling older kids off the track if they are really strolling (and ought to know better!)

A reminder that we need as many parents as possible to help on Saturdays, in order for things to run smoothly. Please offer your assistance to your age manager. No previous experience necessary!

EVENT MANAGEMENT TIPS

Many thanks to all those parents who have been marshalling, timing, recording, measuring, raking and starting. Some people have asked for a quick reminder of the key points for event management, so here they are. More information is available on the event information sheets on the BLAC website.

TIMEKEEPING

Time by place not by lane. To time, stand level with the finish line, not at the end of the lanes, to allow the athletes to run through.

Start timing when you see the smoke of the gun, don't wait until you hear the bang!

For electronic timing, only the 1st place handset needs to be pressed to start timing....all timers then push their handset when the placegetter you are timing crosses the finish line.

STARTERS

In races up to and including 400m, give the order: - "On Your Marks - Set", and then the starting pistol is fired.

Wait until the line-up is settled in their starting position before you call 'set' (and remember crouch starters take longer to get on their marks than standing starters).

For all pack-starts and races 800m or above, give the order - "On Your Marks" and then the starting pistol is fired.

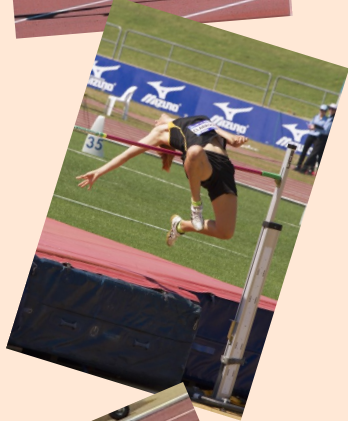
BALMAIN SENIORS CLUB

A reminder that all athletes in the U12 age group and above are automatically registered as Members of Balmain Athletics Club (our Seniors Club) and will be able to participate in NSW Athletics events. The Seniors Saturday afternoon season gets underway this Saturday at SOPAC with the first round of the Treloar Shield Competition. It's great fun and a wonderful next step for our more senior athletes. More information is available at www.nswathletics.org.au or speak to David Murphy or Andrew Kohlrusch.

JETSTAR PATCHES NOW IN!

We have just received the new Jetstar patches for our singlets. This season Jetstar joined Little Athletics as the national sponsor. Patches will be handed out on Saturday and need to be placed on singlets as shown.





OUT OF CLUB SUCCESS — ALL SCHOOLS

Many congratulations to all those Balmain athletes who competed last weekend at the NSW All Schools competition at SOPAC: Carys Batho, Angus Beer, Marnie Clarkson, Lachlan Cooksey, Susie Douglas, Monty Hannaford, Jamie Karabesinis, Jake Owens, Stephanie Potter, Paddy Reynolds, Bertie, Eliza & Matilda Swann This is competition of the highest level and we are proud of all of you for competing in such illustrious company.

Special congratulations to the following athletes who earned top 10 places:

Monty Hannaford 1st in the 15B 400m & 2nd in the 15B long jump. Monty will now go on to represent NSW at the Australian All Schools Championships in Adelaide in December.

Angus Beer, running up an age group, 2nd in both 13B 800m and 13B 1500m, so he is also off to Adelaide for both events.

Marnie Clarkson, 2nd in 15G high jump & 5th in 15G discus...also on her way to Adelaide.

Clementine Landels 2nd in 15G 90m hurdles. On her way to Adelaide too!

Bertie Swann, 3rd in 14B 100m Hurdles.

Jake Owens 7th in 17B javelin

Paddy Reynolds 8th in 16B javelin
Stephanie Potter 8th in a PB time in the 13G 400m and 3 more PBs in her other events

Matilda Swann 9th in 13G 100m.

Jamie Karabesinis 10th in 13B 90m hurdles

OUT OF CLUB SUCCESS — PSSA

Over two contrasting days of rain and wind on Wednesday and warm sunny skies on Thursday, ten BLAC athletes represented their schools in the NSW PSSA Athletics Championships. Each event comprised the top 39 athletes from around the State with Balmain athletes featuring heavily. Many congratulations to one and all, with special congratulations to the new 8G State Champion, Ellen Murphy who cruised home to gold in a time that would have placed her 2nd in the 8 boys final race!

Ellen Murphy 8G 100m first.

Matthew Madgwick 12B 800m 5th

Theo Kidd 11B HJ 7th

Isabella Mardini 11G 800m 9th

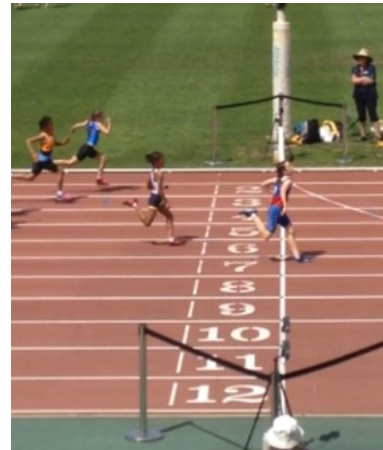
Lucas Newman & Caiden Cleary
Jnr B relay 11th

Ruby Woodgate Jnr G HJ 14th

Josh Chen 8B 100m 18th

Beth Crawford 10G 800m 21st

Chloe Lombardi Jnr G SP 22nd



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Centre



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A message from our wonderful Platinum Sponsor, Cindy Kennedy



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Do you know what your home is worth?

In a constantly changing market, whether you are considering selling or not, it's important to know what your property is worth.

The market value of your home can influence a long list of financial decisions. If you are considering selling, refinancing your mortgage, borrowing against your equity, estimating the expected return on renovations, purchasing insurance or estate planning, it's a good idea to obtain a professional valuation from an expert.

A proud local resident, Cindy Kennedy has exceptional market knowledge and is able to accurately price your property.

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