

BALMAIN LITTLE ATHLETICS CENTRE

Welcome back to the second half of the season. It was good to see so many athletes braving the heat over the last couple of Saturdays and getting back into the swing of weekly competition.

The next few weeks will see the start of the inter-Club competition, commencing with the Zone Carnival at ES Marks, on the long weekend, when over 200 Balmain Little Athletes will be in action in almost 640 events over the 2 days of the Carnival. Sunday training for Zone has proved popular, and my thanks go to the coaching team for providing this opportunity for extra training to our many Zone participants.

At this point in the year, I like to remind athletes and parents about the Australian Sports Commission Codes of Behaviour that are fully endorsed by Little Athletics NSW and by BLAC. The Codes of Behaviour reminds us that *'Sport has a very special place in Australian society. Winning, of course, is a vital part of that tradition - but not as important as the spirit of Australian sport. And that spirit stems from our commitment to fair play.'* I encourage all families to read the Codes of Behaviour (available by clicking on 'Code of Conduct' under Centre Info on the BLAC website) and to carry with them the basic tenets into the remainder of the season:
PARENTS: A child's basic training in good sportsmanship comes from home.
ATHLETES: It isn't whether you win or lose, but how you play the game.

To those in the Zone team, I say good luck, have fun, enjoy competing on a bigger stage, and don't miss the opportunity to make friends with athletes from other clubs. To your parents, check out the Zone info on page 2-4, and please at least scan the long-jump duty instruction sheet (emailed to you separately) before you take to the pit at the weekend. Thanks in advance for your assistance on the Long Jump – Zone couldn't run without you.

David

Dates for your diary

Saturday 25 & Sunday 26 Jan 2014
 NO CLUB COMP - Zone Championships – ES Marks.

Saturday 15 & Sunday 16 Feb 2014
 NO CLUB COMP - Region Championships – Sylvania Waters Athletics Track.

Friday 21 - Sunday 25 March 2014
 NO CLUB COMP (22nd) – State Championships – SOPAC.



ZONE TEAM PLEASE NOTE...

In the event that you are unable to compete at the Carnival FOR ANY REASON please call **Tim Batho on 0438595134** to let him know by Friday 24th Jan. If you are not able to compete, we are able to field a substitute. This is obviously much better for the kids than a vacant space in a race that someone could have filled. It also helps to maximise our points score for the overall inter-Club competition. To stand a chance of being Champion Club we need to field 4 athletes in as many events as possible.

**ZONE RELAY TEAMS NOW
 ANNOUNCED – SEE PAGE 5**

KEY ZONE CHAMPIONSHIP INFO

Venue

E.S. Marks Athletics Field is situated on Boronia Street, off Anzac Parade.

When

Saturday, 25th & Sunday, 26th January 2014.

E.S. Marks is an all-weather facility so competition will take place no matter what the weather.

Parking

There is NO Stadium Parking. You will need to park in the nearby residential streets. Please allow an extra 10-15 minutes to find a park and walk to the venue.

When you reach the venue

Find the Balmain contingent in the stand. Our banners and club colours should be visible.

We will have a table set-up. Please register for the day so we know you have arrived and collect your team t-shirt, if you haven't already received it.

We will also perform an initial uniform check (see page 4 of the Newsletter for uniform details) and provide a number '17' if required.

Competition start time

- Gates open each day at 7:30am
- First Call for track events is 8:15am with first race starting at 8:30am
- Field events will commence at 8:45am
- First Javelin event commences no earlier than 1 pm.
- The 3000m race last year started at 5pm. If you use this as a guide athletes should be prepared for marshalling by 4:30pm. Athletes of all ages will run together in a single race.

Event times

The Zone Carnival does not run to a timetable, it runs to an order of events. It will adhere strictly to the order identified. It is very difficult to give accurate information about timings. Please be conservative in your estimates and aim to arrive in plenty of time.

Qualifying from a heat to a final

A set number will qualify from each heat:

- 4 Heats: 1st and 2nd go to the final;
- 3 Heats: 1st, 2nd plus next 2 fastest times across the 3 heats go to the final; and
- 2 Heats 1st, 2nd, 3rd plus next 2 fastest times across both heats go to the final.

Field Events

Each athlete will be allowed a minimum of 3 attempts. The top 8 athletes in each event will be given a further 3 attempts.

If there are less than 8 athletes competing, all will athletes will receive 6 attempts.

Event Clashes

Track events take preference over field events. A competitor must not leave their field event without reporting to the Chief Judge. The Chief Judge will send competitor/s to marshalling to have their name marked off as competing in the track event - the athlete will then return to the field event until called for. Where possible, the athlete should complete their first 3 trials in the field event. The athlete must return immediately to their field event once the track event is complete.

Walk events

Male and female races will be run together for all age groups. U9-U12's will each be run in their separate age groups. U13-17's will be run as a single race.

Further information: A Zone Championship Program containing further information about the carnival will be emailed to all competing athletes as soon as it becomes available.

ZONE HINTS & TIPS

Zone will be on
WHATEVER the
weather!

Your first Zone Carnival can be a bit daunting. Check out our top tips for making the experience run as smoothly as possible.

1. Remember Club Team Managers are there to help but you need to be responsible for your child.

The Club will have 2 team managers at each day of the Zone Carnival. They will have many duties and will not be able to wrangle individual athletes. Please make sure you **check the final programme for event schedules** & arrive at the stadium in plenty of time. Look for the BLAC banners and the mass of Zone T-shirts to find the team in the stadium.

2. Listen out for marshalling calls & make sure you know where your event is being marshalled.

Each event will be called twice. When an event is called, participants should go to the marshalling area for that event. Track and field events normally (but not always) have separate marshalling areas so **check where your marshalling area is when you arrive**. Athletes go directly to the competition area for the first field events of the day, so listen carefully to the announcer. If you miss the marshalling call, you will miss your event!

The Championships run to a schedule not a timetable. Please be conservative in your estimate of the likely event start time.

3. Pack supplies of food & drink, including lots of water.

Canteen facilities are varied, so pack some food/snacks – and **plenty of water**. Athletes can take water bottles with them to field events, but not normally to track events. If it's very hot, pack some frozen wash-cloths and/or a water spray bottle to help kids stay cool between events.

4. If you have a clash of events, talk to the officials.

Track takes precedence over field, so tell your field officials about the clash and they will work to ensure you get to both events. At Zone if you have a clash it's likely someone else in your event will too, so the officials are used to sorting this out.

5. Take something to do in the inevitable downtime.

Like all carnivals, Zone can be a long day, and events don't always run to time. Supporting their team mates, and playing with friends will keep the younger athletes amused while they wait for their events, but it's worth packing a book or a game for the (dare I say it) dull bits ☺. For parents, too!

6. Make sure your uniform fully conforms to regulations.

At Club competition we don't strictly apply the Little Athletics uniform code, but at inter-club carnivals this is strongly policed. **Marshalls can, and do, remove athletes from an event if they are not wearing correct uniform**. In the past kids have been pulled out of events at marshalling or even on the start-line for as little as their IGA patch being on the wrong side of their singlet. This is obviously distressing for the athletes and their parents. To avoid issues, before you leave for ES Marks, check your uniform fully conforms. See over for a summary of correct Club uniform. **Parent helpers need to wear closed in shoes for your rostered duty**....and take a hat. Even if there is shade in the stands, there is rarely any on the track .

UNIFORM GUIDE

Don't forget to pick up your Zone team t-shirt at the Carnival

The Centre uniform consists of a black and gold singlet with black shorts and/or body suit or two piece suit. The uniform is worn at all levels of competition and must have the appropriate cloth registration numbers sewn or pinned on (see placement below). Shoes are compulsory. Spike shoes **MUST NOT** be worn in any **U7 - U8** event. Competitors in **U9 - U12** age groups may wear spike shoes in events run entirely in lanes, plus Long Jump, Triple jump High Jump and U12 Javelin. Competitors in the **U13 - U17** age groups may wear spike shoes in track events run entirely in lanes, Javelin, Long Jump, Triple Jump and High Jump and also track events not run entirely in lanes with the exception of walks.

On the front sew or pin– McDonalds logo athlete registration number with red border visible; IGA patch on TOP RIGHT hand side and AGE patch on LEFT. These will all fit on a standard singlet. For crop tops, the rego number and IGA patch will fit on the top but the age patch should be placed on the LEFT leg of the shorts. (See pics below).



For more information check out **LANSW General Rules of Competition, October 2012**

<https://assets.imgstg.com/assets/console/document/documents/RoC%20-%20Section%20A%20-%202012.pdf>

On the back sew or pin BLAC Centre number (17) with red border showing. Again this will fit on a standard singlet. For crop tops, sew/pin it on the back of the **SHORTS**.



BLAC Centre numbers (17) will be available at the Zone Championship. Please bring your own pins.

Shorts must be either BLAC club shorts or PLAIN black – with no visible logos, no coloured piping etc. If you have anything not black on the shorts, cover it with black tape or black it out with permanent marker. Girls may wear running shorts, bike shorts or athletics pants (all plain black). Boys **MUST** wear running shorts, i.e. boys **CANNOT** wear bike pants or skins alone. Boys and girls may wear compression pants under their black shorts as long as they remain above the knee. The regulations about coloured logos, piping/seams on skins remain ambiguous. Our best advice to athletes is that if there is an issue at marshalling, either turn them inside out or take them off (assuming blacking out with tape or pen is not possible).

2014 RELAY TEAM & RESERVES

Junior Boys 4 x 100m Relay		
Age	Selected Athlete	Reserve
U9	Matthew Brewster	Louis Mammone
U10	Sam Chen	Nick O'Shea
U11	Oliver White	Thomas Virgona
U12	Angus Beer	Ethan Brouw
Senior Boys 4 x 100m Relay		
Age	Selected Athlete	Reserve
U13	Jamie Karabesinis	John Danson
U14	Bertie Swann	Solomon Nivison-Smith
U15	Monty Hannaford	James Hill
U17	Bryn Chapman	Jake Owens
Junior Girls 4 x 100m Relay		
Age	Selected Athlete	Reserve
U9	Mia Azzi	Presley Vella
U10	Nona Walne	Alessia Dal Pane
U11	Zara-Claire Azzi	Chloe Harman
U12	Matilda Swann	Eliza Swann
Senior Girls 4 x 100m Relay		
Age	Selected Athlete	Reserve
U13	Sara Dougan	Lara Bosnich
U14	Angela Meneguzzo	Carys Batho
U15	Maddy Kohlrusch	Clementine Landels
U17	Emily Danson	TBD

If you have been selected for a relay team and do not wish to compete, please let David Murphy or Tim Batho know as soon as possible.

Practice will be arranged at ES Marks on the day of the relay race.

OTHER NEWS

Balmain's Trans-Tasman Two

Congratulations to U12s **Stephanie Potter & Angus Beer** who competed as part of the NSW Team at the Trans-Tasman Challenge in Auckland over the past 2 weeks. Seen here in their team track-suits at the airport before jetting off with the TT team, Steph and Angus enjoyed being billeted in Auckland with members of the NZ team and managed to fit in some sight-seeing between warm up carnivals and the main Trans-Tasman Challenge event.



Balmain Seniors Success

This time last year we were celebrating the strong performance of Balmain Seniors in their first season of competition since the club reformed. This year they've done even better, achieving a fantastic 4th place in the overall Treloar competition (which is held over 8 weeks), with the 35+ contingent taking out 2nd place in the Masters division (one place higher than last season). As Athletics Australia noted in its press coverage of the results, *"It was an impressive performance by a resurging Balmain Club, who placed fourth. They were a leading club in the '70s and '80s boosted by top athletes like Olympian Warren Parr (110m hurdles), long jumper Stuart Parr and javelin thrower Greg Nicol."*

Our Senior athletes will be competing in the Allcomers Series over the next two months to help prepare for the Youth, Open and Masters State Championships scheduled for March. Hopefully others can then join Andrew Watson as a State Champion who last year won the State Masters Pentathlon gold medal. So a big congratulations to the Senior Club – especially those who as parents of our Little Athletes are showing the kids how it's done!

Personal Best Award

Congratulations to **Rebecca Laycock**, seen here receiving her Athletes Foot, Burwood, award for most Personal Bests so far this season. This saw the start of another wonderful sunny morning of athletics at KGO.



Record Breakers

After a few months off through injury, U12 **Ross Batho** returned to competition in style, breaking his own javelin record by over 5m with a throw of 34.82m. Welcome back, Ross! January must be javelin month, with U17 Jake Owens also beating his own record with a throw of 43.10m.

BLAC SOCIAL MEDIA

Check out the Club's new Facebook Page and Twitter. Like us on FaceBook or follow us on Twitter to receive up to date Club news and wet weather information.



THANKS TO OUR SPONSORS

The club could not operate without the help of our sponsors, supporters and parent volunteers. We thank you for your support.

CONTACT US

info@balmainlac.org.au
www.balmainlac.org.au

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