



# BALMAIN LITTLE ATHLETICS CENTRE

Season 2015/16 Newsletter  
October 2015

Competition is now in full swing and it's great to see so many athletes running, jumping and throwing their hearts out every Saturday morning. Although we are only seven weeks into the season, we are delighted to see so many PB's being set and Club records tumbling. This bodes extremely 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 have made 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, Andrea Belunek**, who has been in the job less than four months and has already processed 940 registrations, allocated rego numbers and has set each athlete up on the website so that their results can be entered and tracked all season. Andrea has managed to make this process look a lot simpler than it really is.

Special mention should also go to **Grant Beer and Ian Foster** who assist with ground set up from 6:30am each Saturday morning. Their preliminary work makes the whole setting up process run smoothly for us all.

Many of you have been utilising the **new timing gates** under the supervision of Paul Schmidt. They have been a great success, giving greater efficiency and accuracy to timing the sprint events across tracks 4 and 5. As a result the committee has decided to purchase another system to be used across tracks 2 and 3. The cost is significant but we feel the investment in this equipment will see all age groups enjoy the benefits of this technology.

The **safety of our athletes and spectators** is our first priority. In the past few weeks 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 effort to follow the instructions when you are at the Oval.

The newsletter also contains information about 2 upcoming inter-club competitions, the **LANSW State Relay Championships** in November and the **Inner City Zone Champs** in December. The inter-club season provides all 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



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## DATES FOR YOUR DIARY

- November 7th Zone entries close
- November 21st & 22nd LANSW State Relays. No BLAC Saturday comp 21st.
- December 12th & 13th Inner City Zone Champs. No BLAC Saturday comp 12th.
- December 19th & 26th and Jan 2nd no BLAC Saturday comp (Xmas Break)
- 9th Jan Saturday competition resumes

## 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 MARSHALL ATHLETES OUTSIDE THE TRACK ON THE GRASS**



*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 2<sup>nd</sup> 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. Some of our older athletes are large and move at speed—they will hurt you if they run into you (and quite possibly injure themselves too).

### 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

Most of our on-track athlete-spectator crashes/near misses happen when young siblings wander 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.





## COMING SOON— LANSW STATE RELAYS

State Relays will take place on the weekend of **21st and 22nd November 2015 at Campbelltown Athletics track**. U8-U11s compete on Saturday 21st and U12-U17s on Sunday 22nd. Athletes selected to compete by the Championship Committee in consultation with the Age Managers will be notified by email. 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. Final team selection rests with the Committee. It is anticipated that chosen athletes will be contacted by 30th October, along with details of relay training on the next 3 Sunday mornings in the lead up to the State Relay Championships. These training sessions will focus on baton changing for sprint relay teams.

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



## INNER CITY ZONE CHAMPS DECEMBER

The **Inner City Zone Championships** will be held on 12th and 13th December 2015 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.

As Zone is run entirely by volunteers, the parents of all competing athletes **MUST commit to undertaking a rostered duty of around 1hr duty at the Zone Championship**. Balmain is usually asked to run the long jump.

Application forms & further details are available from the BLAC website. The form can also be found on the next page of this newsletter. **An entry fee of \$20 will apply for each athlete. This includes supply of a Representative team t-shirt, and ground entry for athletes & all spectators for both days.** We anticipate that entries will close on Saturday 7th November. Athletes will be advised of their events by Friday 13th November via email. A table will be set up on Saturday 14th November to collect entry fees and confirm the required t-shirt size. Payment and acknowledgement of commitment to the parent duty will confirm an athlete's entry.

# BALMAIN LITTLE ATHLETICS CENTRE

## ZONE CHAMPIONSHIPS 2015/16: APPLICATION/ENTRY FORM

**Date:** Saturday, 12<sup>th</sup> and Sunday, 13<sup>th</sup> December 2015

**Venue:** ES Marks Athletic Field, Kensington (near Centennial Park)

**U7-U12's may compete in up to 4 events. U13-U17's to enter in 6 events.**

Balmain is able to enter 5 athletes in each event in the U7-U12's. There is no event entry limit in the U13-U17's. We are anticipating an over-subscription of entries in some events, particularly in the younger age groups. 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. **Please include reserve events** so that we can accommodate as many interested athletes as possible.

An **entry fee of \$20** will apply for each athlete. The cost includes the supply of a Balmain representative team t-shirt. Entries will close on Saturday, 7<sup>th</sup> November. Athletes will be advised of their events by Friday, 13<sup>th</sup> November, via email. A table will be set up on Saturday, 14<sup>th</sup> November to collect the entry fee and confirm the required t-shirt size. **An athlete's entry will not be confirmed to the Zone Championships until payment is received along with a parent signature acknowledging the requirement to undertake a rostered duty.**

### ZONE APPLICATION FORM – BALMAIN LITTLE ATHLETICS 2015/16

**Athlete Name:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Age group:** U      B / G      **Phone:** \_\_\_\_\_

**Registration no (big number on front of singlet):** \_\_\_\_\_

**T-shirt size:** \_\_\_\_\_ (Age 6, 8, 10, 12, 14 and Adult XS, S, M, L, XL)

**Events for consideration:**

Event 1	Event 2	Event 3	Event 4	Event 5 (U13+) Reserve (U7-12)	Event 6 (U13+) Reserve (U7-12)

I acknowledge that as a condition of athlete entry, I am committing to perform a rostered duty at the Zone Championships and at the Regional and State Championships should my child qualify.

**Parent Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

## WELCOME TO OUR NEW SPRINTS COACH, MIKE CRONIN

Many of you have already met Mike at training or Saturday competition. We caught up with him to find out a bit more about this great addition to our coaching team this season.

### BLAC: Welcome to Balmain LAC! When was the last time you coached Little As?

MC: I last coached Little A's in 1962 but I've been coaching Seniors athletics since then.

### BLAC: Where have you coached in the past?

MC: I coached Manly Senior Athletics Club as track and field coach for 9 years

### BLAC: Have you coached any notable athletes?

MC: I coached Monique Dunstan who won gold in Comm Games with Cathy Freeman in 4x100m relay. Jenny Lamy who won 5 gold in Com Games. And I was sprint coach only (not hurdles coach) to Maureen Caird who medalled at the Mexico Olympics.

### BLAC: Did you compete or do you still compete in athletics?

MC: I ran on the pro circuit for 5 years, competing in the sprints. My PB in was 9.8 for 100 yards which equates to 10.2 for 100 metres

### BLAC: Do you have any particular coaching philosophy?

MC: Always aim to improve Best time no matter what level

### What are your first impressions of BLAC?

I'm extremely impressed with way the Balmain little Athletics is run and the massive no of participants. Can't wait to see how many new sprints PB's I can help the athletes to achieve.

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## COACHES CORNER

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!

Always have a backup timer to

record a second time for the first placed athlete (in case they break a record).

For electronic timing it's important to keep athletes in lane order to make recording results easier. Position volunteers at the finish to assist with keeping athletes in the correct order.

### 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).

## SPECIFIC EVENT GUIDELINES

### LONG JUMP

Sand board—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.

Standard board—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 sub 11') and a slow race (expected time over 11 )

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:** we need as many parents as possible to help on Saturdays. Please offer your assistance to your age manager. No previous experience necessary!

## WE LOVE TO HEAR FROM YOU!

Suggestions from parents that may further improve the running of Saturday mornings are very welcome. Please email

[info@balmainlac.org.au](mailto:info@balmainlac.org.au).

We love to celebrate our athletes' success both in and beyond Club. If your child has achieved something that you would like to share with the BLAC community, please send details (and a picture if you have one) to

[news@balmainlac.org.au](mailto:news@balmainlac.org.au).

## KEEPING IN TOUCH

The easiest way to keep in touch with what's going on at BLAC is to follow us on Facebook, Twitter or Instagram. This includes notifications (via FB & Twitter) about wet weather cancellations and any other time sensitive news.



Balmain Little Athletics Centre



@balmainlac

And don't forget to check in with the BLAC website for weekly results, news and other useful information: [www.balmainlac.org.au](http://www.balmainlac.org.au)

## WET WEATHER CANCELLATIONS

We hate to cancel training or Saturday morning competition. That's why we wait until 3.45 on training days and 7.45am on Saturdays to make a final call on whether or not rain will stop play. **IF (and only if) training or Saturday competition has to be cancelled, we will post a cancellation notice on the BLAC Website, on Facebook and on Twitter at around 4pm (training days)/8am (Saturdays).** Please remember that in the lead up to training and Saturday competition the Committee and Coaches are busy setting up the oval and therefore not checking Facebook for messages asking whether training/competition is on!

If there is no cancellation notice posted, assume its ON. BUT, we will finish training/competition early if the weather makes conditions unsafe, which is another reason why it's important for a parent to be present at KGO at all times when their child is training or competing.

## THANK YOU VERY MUCH

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



# McGrath

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