

Welcome to Season 2016/17



BALMAIN LITTLE ATHLETICS CENTRE

Season 2016/17 Newsletter
September 2016

It's with great pleasure and anticipation that we welcome everyone to the new Little Athletics season. We have over 900 athletes registered so far and we are expecting most of them for our first week of competition next Saturday. We would like to extend a special welcome to all our new athletes and families and 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, not least the building works that are in progress for the new clubhouse and related facilities at KGO. Council has committed to work with us in making the Oval safe and available for our use on Saturday mornings but some minor adjustments may be necessary from week to week to work around the works. We appreciate everyone's patience and flexibility as we work through this.

This newsletter contains important information about our coming season, what roles parents play and 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 us via the Club email address: info@balmainlac.org.au.

This is a good point 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. We 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 bright orange Committee shirts.

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

Let us see if we can beat the incredible number of 10,500 PBs set last season.

See you on Saturday. Please arrive at the ground before 8:10am and allow time to park as parking will be at a premium. A quick welcome and orientation will be at 8:15am with events to start promptly at 8:30am.

Looking forward to seeing you all on Saturday

The BLAC Committee



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TIMETABLE FOR SATURDAY 17TH SEPTEMBER

- Set up Under 8's. U8 parents to please be at KGO at 7.30am
- Uniform Sales 8-8:15am
- Announcements & Orientation 8:15am
- Warm up 8:25am
- First Events commence 8:30am



NOTES FOR PARENTS

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:

The involvement of every parent is required to enable Saturday competition to operate effectively.

SET UP AND PACK UP

Every Saturday morning each event site needs to be set up and then packed away.

There are 4 Discus circles, 6 Shot Put rinks, a javelin area, 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 17 age groups will be allocated 2-3 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 U8s rostered for set up. The following week is the U9s, and so on.

Email reminders will be sent.

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. U6--U10 long jump take off from a 1m x 0.5m **sand rectangle**. A parent needs to set this up.
6. 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.
7. In the event of a **dispute or a query**, locate a committee member.
8. 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.

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 2 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 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

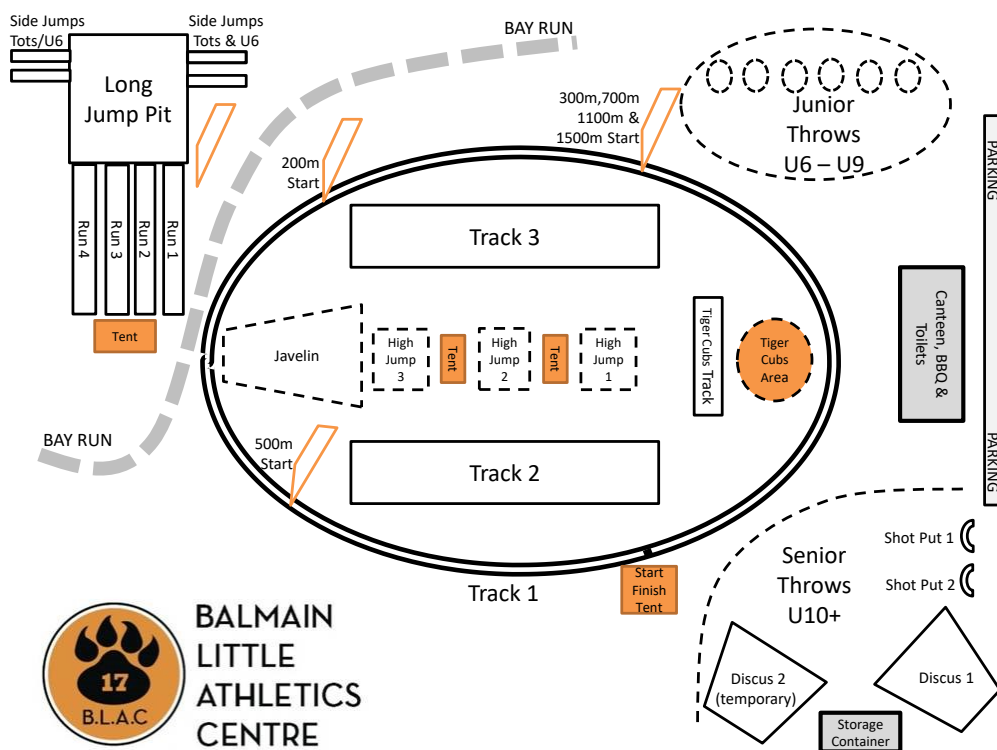
We have assigned throwing areas on the basis of age and thus likely distance. Age Managers, please keep to your assigned areas. This will mean the bigger kids are able to use the Discus cage & main Shot Put areas, which will protect everyone from the risk of them throwing into other throws areas.

KEEP SMALL PEOPLE CLOSE AT ALL TIMES

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.

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).





Venue Map showing where events are located for Saturday morning competition

UNIFORM AND FOOTWARE

The Centre Uniform consists of a Black & 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 Jetstar patch at the top right corner. Shoes are compulsory in every event for all ages.

Spikes are permitted to be used in the age groups of U11 and above in events run entirely in lanes and during the Long Jump, Triple Jump and High Jump. Athletes below the U11 age group **MAY NOT** wear spikes for any event.

Uniforms can be purchased from the Information Desk at KGO during Saturday morning competition.

THINGS TO KNOW ABOUT ABOUT KGO

BBQ and Canteen

The Club runs a Canteen and BBQ every Saturday. It plays a vital role in our yearly fund-raising and offers an early lunch solution, too!

We ask each family to volunteer to help with the BBQ/Canteen for 90 minutes once each season. Names are taken on Registration Day and we ask those of you who have yet to nominate a date to please do so at the information desk. You will be sent a reminder email 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 smoking area at KGO 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 BLAC website and Facebook page whenever a Saturday morning or Tuesday/Thursday afternoon training session needs to be cancelled due to bad weather or poor condition of the track. Wherever possible this will be done 30 minutes before the scheduled start time.



WHO'S WHO IN THE ZOO?

Balmain LAC is run entirely by volunteers, which is why parental involvement is critical to the running of Saturday morning and inter-club competitions. We are led by a dedicated Committee of 12, all of whom are parents of BLAC athletes, and who share between them the various front and back of house roles needed to successfully manage the Club.

If you have any questions, suggestions or concerns, please feel free to speak to any Committee member. They are easy to spot on Saturday mornings in their gorgeous bright orange tops!



- | | |
|---------------------|--|
| 1. David Murphy | President, Centre Manager, Club coach |
| 2. Tim Batho | Vice President, Technical & Officials Advisor |
| 3. Andrea Belunek | Registrar, U8B Age Manager |
| 4. Megan Beer | Treasurer, Age Manager Co-ordinator |
| 5. Anthea Azzi | Secretary |
| 6. Andrew Kohlrusch | Championships Officer, Zone & Region Co-ordinator, Club Coach |
| 7. Richard Chen | Championships Officer & Team Selector (Jnr Boys), U13B Age Manager |
| 8. Peter Rand | Championships Officer & Team Selector (Jnr Girls) |
| 9. Kim Gane | Championships Officer (Seniors) |
| 10. Alan Hill | Canteen & BBQ Co-ordinator |
| 11. Donnagh Murphy | Uniforms Officer |
| 12. Paul Schmidt | IT Manager & U11B Age Manager |



NEW EVENTS AND RULES THIS SEASON

300m hurdles event will replace the 200m hurdles event for both the U15 and U17 age groups, utilising 76cm hurdles over 7 flights.

U11 and U12 Long Jump & Triple Jump events will use the "board" rather than a sand take-off area.

Spikes A National standard rule has come into full effect in NSW in an effort to standardise rules for Little Athletics across Australia.

Athletes up to and including the U10 age group are **not** be permitted to wear spiked shoes in any event.

Note: Competitors must not wear spike shoes with the spikes removed in any event.

The same restrictions apply to the use of starting blocks.

U9 and U10 High Jump—the scissor technique is be the **ONLY** permitted high jump technique allowed. The Fosbury Flop technique can be used for the U11 age group and above.

All of these changes will be enforced at Club, Zone, Region and State competitions, including training.

TRAINING — TUES & THURS

Club training is offered on **Tuesdays to all athletes in the U7 to U17s** from 4:30-6pm, starting 20th Sept.

Additional training is offered to athletes in the **U12-17 age groups on Thursdays** from 4:30-6pm.

Our coaches this season are:

Mike Harris	Jumps	Tuesday
Michael Cronin	Sprints	Tuesday
Jody Potter	Sprints & Hurdles	Thursday
Cath Chatterton	Middle/long distance	Tuesday
Mel Murphy	Walks	Tuesday
David Murphy & Richard Chen	Multi events	Tues & Thurs

Junior Coaches

Emily Danson, Maddy Kohlrusch, Carys Batho Tuesday

Tots Coaches

Freya & Lizzie Saturday



UPCOMING EVENTS

We are delighted to be hosting 2 major Little Athletics NSW events over the upcoming months.

On **Sunday 16th October**, we will be hosting an **Introduction to Coaching Course**. The ITCC a non-accredited course specifically designed for parents, beginner coaches, teachers and other interested people who want to coach/teach 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. You will be taught how to introduce and teach beginners the proper skills of each event.

The majority of the course is low intensity practical/physical activity, with some theory. The 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.

This is a great course for Age Managers and any other parents who would like to feel better equipped to help run events at BLAC and beyond. Further details are available on the Little Athletics NSW website (or via link on the BLAC Facebook page). If anyone would like to attend, please speak to Tim or David as the Club is offering to fund a portion of \$95 costs for this course.



Introduction to Coaching Course
Learn from the Little Athletics experts!
Are you interested in helping kids learn more about athletics?
Teachers - Do you need specific athletic event training to increase your knowledge and help your class?

Take your first step into event specific coaching!
ALL practical... NO exam... No experience necessary... JUST enthusiasm and a smile needed!!!

An ITCC (Introduction to Coaching Course) is a course specifically designed for parents, beginner coaches, especially teachers and other interested people who want to coach/teach the fundamental skills of Little Athletics events. 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.

The course topics are: Coaching Young Athletes, Warm Up, Running, Relays, Hurdles, Walks, Shot Put (standing), Discus (standing), Javelin, High Jump (scissors), Long Jump and Triple Jump. Participants will be shown how to introduce and teach the fundamental skills of each event to beginners... eg holding and putting the shot, sprinting technique, crouches and standing starts, slinging a discus, measuring a long jump run-up, hurdle lead and trail leg, the triple jump sequence and many more athletic tricks of the trade.

Recent feedback:

- "Many ideas — interesting and fun way to teach athletics"
- "Practical and realistic"
- "Great to participate in the activities that we will use to teach the kids"
- "Easy going explanations using everyday language-not too technical"
- "Good coverage of basic/ common errors"
- "Just the right level of info for each event"
- "Relaxed and fun atmosphere"

To register online go to lansw.com.au

For more information...
Ph: 9633 4511 or 1800 451 295
Email: admin@lansw.com.au

This course is hands on. The majority of the course is low intensity practical/physical activity, with some theory. It has been found in the past, that to actually see and do a skill proves more beneficial than theory alone. Those people unable to participate through injury, medical conditions, etc. again don't worry, you are encouraged to actively remain involved to the best of our ability.

On **Thursday 29th September**, we will be hosting a **Holiday Skills Clinic** at KGO from 9am-3pm (U9-U11s), 9am-2.45pm (U12-U17s)
PROGRAM: Juniors - Full day clinic rotating around 4 events of Sprints, Long Jump, Discus & High Jump.
Seniors - Triple Jump, Javelin & Hurdles (can pick one event, two events or all three and each session will be 1.5hrs in duration) . **COST:** \$45 per athlete for Juniors

& \$25 per session for Seniors. See LANSW website for more details or to register.

OTHER DATES FOR YOUR DIARIES (SEE WEBSITE FOR MORE DETAILS OF ANY EVENT)

Sun 06 Nov 2016: Trans Tasman Trials. The Crest.

Sat 19 Nov 2016: LANSW State Relays. SOPAC (Juniors). NO competition at KGO.

Sun 20 Nov 2016: LANSW State Relays. SOPAC (Seniors).

Sat 10 Dec 2016: Inner City Zone Championships Day One. ES Marks. No competition KGO

Sun 11 Dec 2016: Inner City Zone Championships Day Two. ES Marks

Sat 17,24,31 Dec 2016 & 7 Jan 2017 Xmas break (competition resumes Sat 14 Jan 2017)

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.

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.



KEEPING IN TOUCH

Please follow us on Facebook, Twitter or Instagram to keep in touch with Club news. Time sensitive news including wet weather cancellations will be posted first to our Facebook and Twitter feeds.



Balmain Little Athletics Centre



@balmainlac

And don't forget to check in with the BLAC website for weekly results, upcoming events and other useful information: www.balmainlac.org.au



Or download and follow us on **Team App** for convenient access to all our social pages and news in one place.

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.



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