



**BALMAIN
LITTLE
ATHLETICS
CENTRE**

Season 2015/16 Newsletter
September 2015

Welcome to Season 2015/16

It's with great pleasure and anticipation that we welcome everyone to the new Little Athletics season. We have well over 800 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. After donating our old blue high jump bags to Bourke Little A's we have purchased a brand new set of mats. We have also purchased more timing gates so that all sprint races for the U9s and above will be timed electronically this season.

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 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 10,000 PBs set last season.

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

The BLAC Committee



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TIMETABLE FOR SATURDAY 12TH 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, 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 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. 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.
9. 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 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 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

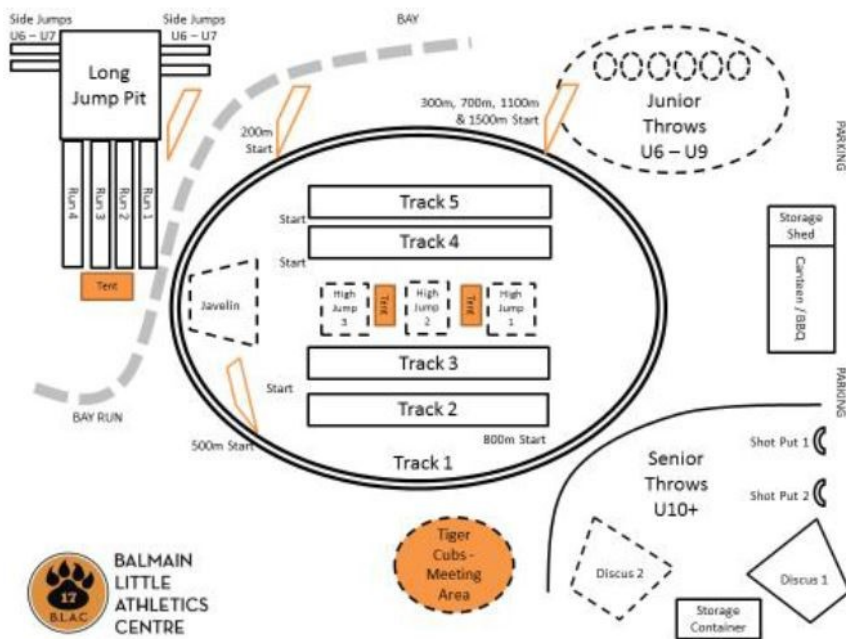
We have assigned throwing areas on the basis of age and thus likely distance. Age Managers, please keep to your assigned areas. This will mean the bigger kids are able to use the Discus cage & main Shot Put areas, which will protect everyone from the risk of them throwing into other throws areas.

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

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 FOOT-WARE

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.



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, U7B 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), U12B 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. Donnaugh Murphy | Uniforms Officer |
| 12. Paul Schmidt | IT Manager & U10B Age Manager |

WELCOME BACK FOR THEIR 10TH SEASON!

We'd like to extend a special welcome back to 4 familiar faces who will be competing in their 10th season at Balmain Little A's.

Here they are in their early days. Can you guess who?

(Answers on page 8)



NEW RULES THIS SEASON

U9 High Jump

All U9s must use the scissors technique to do the High Jump this year. The exact rules have recently been set by Little Athletics NSW as:

- i. The head of the competitor does not go over the bar before the leading foot, which is the foot of the leg closest to the bar at take-off
- ii. The head of the competitor is not below the bottom when the bottom clears the bar
- iii. The competitor's lead foot touches the mat before any other part of the body.

Spikes

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.

Starting Blocks

Starting blocks may be used by athletes in the U11s and above in laned races up to and including the 400m. Their ability to use blocks must first be assessed by a club coach at training.

U11 Javelin

At the recent Australian Little Athletics AGM it was decided to introduce the Javelin as a standard event for the U11 age group. The U11s will be throwing the 400gm javelin. This will be a new competition event for 2015-16 at Club, Zone, Region and the State Championships.

TRAINING— NOW TUES & THURS

Club training is offered on **Tuesdays to all athletes in the U7 to U17s** from 4:30-6pm, starting 15th Sept. Commencing this season additional training is being offered to athletes in the **U12-17 age groups on Thursdays** from 4:30-6pm.

Our coaches this season are:

David Hudson	Throws	Tuesday & Thursday
Mike Harris	Jumps	Tuesday
Michael Cronin	Sprints	Tuesday
Jody Potter	Sprints & Hurdles	Thursday

Junior Coaches

Emily Danson & Maddy Kohlrusch Tuesday

Tots Coaches

Freya, Lizzie & Fran Saturday

We will be running a skills clinic in the up-coming school holidays for all those athletes wanting to brush up on technique for the season. Check out the flyer below for full details.



Balmain Skills Clinic

Details

DATE: Tuesday, 29 September 2015

TIME: 9.00am—2.30pm

VENUE: King George Park, Manning Street, Rozelle

COST: \$35 per athlete

AGE: U9-U17

EVENTS: Sprints, Long Jump, High Jump, Hurdles, Discus (rotation)

CLOSING DATE: Sunday, 27 September 2015



What happens on the day?

The prime focus of each coaching session is **TECHNIQUE**. Famous American coach Vince Lombardi once said:
"Practice does not make perfect. Only perfect practice makes perfect."

These clinics are "skills based" and offer the first step to perfect practice, that is learning correct technique. Our coaches will ensure a fun filled experience focusing on this. Remember, whether you are a beginner or a state level athlete, "technique" is the vital key to improving your performance.

Register Online at lansw.com.au and look under Education & Training icon

Like us on 

Register Online Today!

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

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

WHO ARE WE?

Did you recognise our seasoned campaigners?

1. U17 James Hill
2. U17 Solomon Nivison-Smith
3. U14 Angus Beer
4. U14 Steph Potter



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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