

# BALMAIN LITTLE ATHLETICS CENTRE

Dear Parents and Athletes

I would like to take this opportunity to welcome all families to Balmain Little Athletics Centre for our club's 40th anniversary season. As most of you are aware, we have experienced unprecedented registrations this year with almost 800 athletes registered, making us one of the largest clubs in NSW and I think that it is safe to attribute a portion of this increase to the positive and friendly reputation that our club holds within the athletics community. In maintaining this standard over the years, it has been vital that all competitors, parents and supporters adhere to the clubs core values; sportsmanship, fair play and participation.

We are confident as in years gone by that we will all continue to perpetuate these values and make this season an enjoyable and positive experience for all involved. I look forward to meeting you at some stage throughout the season.



Meagan

## Club Records

Congratulations to the following athletes who have broken BLAC records in the last few weeks:

U7B **Gabriel Derrick** 50m 9.00s

U7G **Ellen Murphy** 50m 9.40s

U11B **Angus Beer** 1500m 5m 20.19s and 800m 2m 38.54s

U14G **Alex Kerr** 400m 1m 2.29s and 800m 2m 37.34s

U14G **Marnie Clarkson** Discus 29.85m

U14G **Tiarna Mason** 1500m 5m 29.02s

## Did You Know?

Our current president, Meagan Mannix, was a member of Balmain Little Athletics for 10 years.

Meagan was a talented athlete who competed at both state and national level, with her favourite events being the 400m & 400m Hurdles.

Meagan still holds the U8G 70m record. Enjoying her time at the club so much, she decided to return and join the committee. Whilst Meagan has been president, the club has doubled in size. Meagan also works full-time at an independent school as the sports coordinator and trains both the athletics and touch football teams. She remains keenly interested in sport and still competes at state level in touch football.

## Senior Club now up and running

In a joint initiative, Athletics NSW and Little Athletics NSW have made the pathway to senior athletics easier.

Dual registration provides the opportunity for athletes aged 11 to 17 to experience the broader world of senior athletics, while still retaining their links with Little Athletics.

Membership is FREE for current Little Athletics members and the senior uniform is the same as for little athletics.

See Club website for more information on competitions and how to register.



**BALMAIN  
LITTLE  
ATHLETICS  
CENTRE**  
Est. 1972

## PEOPLE NEWS



### Out of Club Success

10 athletes from Balmain competed at the recent **NSW All Schools secondary** carnival, with all of them qualifying for finals. Congratulations to **Holly Campbell** (Bronze 16G 1500m), **Paige Campbell** (Silver 16G steeplechase), **Eleanor Clarkson**, **Marnie Clarkson** (Silver 13G discus), **Monty Hannaford**, **Alex Kerr** (Silver 14G 800m), **Clementine Landels** (Gold 13G hurdles), **Tiarna Mason** (Silver 13G 800m), **Annabelle Parmigiani** and **Frances Potter**. **Josie Nichol**, 17, and now running in seniors (Gold triple jump & Gold long jump). Good luck to Tiarna, Marnie, Clementine and Josie who have qualified for the Australian All Schools in Hobart.

### Where Are They Now?!

Jody Potter, now 18, was a member of Balmain Little Athletics for 11 years. She began as a talented all-rounder, soon concentrating on sprints where she still holds many club records.

After completing year 12, Jody embarked on a year long exchange to Denmark. She retains a keen interest in athletics and after much training, recently competed in the HC Andersen marathon in Odense, completing the full 42 kilometre distance! Jody also raised over \$10,000 for the charity Opportunity.

In 2013, Jody plans to commence University and to spend 3 months in India volunteering with the young people where her donation will be going to. Jody's family is still very much involved in the club - Mum, Robyn is the U11G age manager, Dad, Julian is a past club president and sisters, Frances and Stephanie are club members.



## 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.

### STARTERS

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

In races over 400m, give the order - "On Your Marks" and then the starting pistol is fired.

### 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.

### SHOT PUT

Keep the elbow up as the shot is pushed. Measure from the landing mark to the inside of the stop board.

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!



### New electronic starting guns coming soon

At Saturday competition you will see an electronic starting gun being used for some events. We are trialling this safe and effective alternative to traditional starting caps, as there is currently a shortage of starting gun caps in Australia. There was recently an explosion in one of the firework factories in Taiwan that manufacture the caps. This has led to many cap suppliers closing down.

Timers please note a red strobe light flashes when the gun is 'fired' in place of the smoke of a traditional gun.



### A big thanks to

To our registrar, **Angie Mastrippolito**, who has had the unenviable challenge of registering 775 athletes this season. This is an enormous task and required hours and hours of work over many weeks.

Thank you also to our parent data entry volunteers, who ensure each child's results are inputted into the system each week.

## UPCOMING EVENTS

### Trans Tasman Trials

Trials for this year's NSW team to compete against New Zealand in the Trans-Tasman Challenge will be held on November 4<sup>th</sup> at Lake Illawarra LAC. **Entries for the trials close October 17<sup>th</sup>.** See flyer right. More information is available from the BLAC website, Little Athletics NSW website or contact Tim Batho ([timbatho@hotmail.com](mailto:timbatho@hotmail.com)).

### State Relays

State Relays will take place on the weekend of **24 and 25 November 2012 at SOPAC Homebush**. U8-U11s compete on Saturday 24<sup>th</sup> and U12-U17s on Sunday 25<sup>th</sup>. To be considered for a team, you need to have competed at the Club between 22 September and 3 November. The more results posted at club, the better.

### Tuesday Training

Continues each week from **4.30-6pm** at King George Oval. Please arrive at 4.15 so we can organise athletes into suitable groups.

#### UNDER 11 & UNDER 12 LITTLE ATHLETES

## TRANS TASMAN TRIALS

**Sunday - 4 November 2012**

Myimbarr Community Park, Wattle Road, Flinders (Lake Illawarra LAC).

**The Team selected of:**

30 Under 11 girls + 4 reserves
30 Under 11 boys + 4 reserves
30 Under 12 girls + 4 reserves
30 Under 12 boys + 4 reserves

will compete against the Auckland (New Zealand) team at THE CHALLENGE on Sunday 13 January 2013 at Campbelltown Athletics Stadium  
Pembroke Road, Leumeah

*Athletes are required to attend trials to be held on  
4 November 2012 at*

Myimbarr Community Park, Wattle Road, Flinders (Lake Illawarra LAC).

**Trial events are:**

100 metres	Shot Put
200 metres	Discus
400 metres	Long Jump
800 metres	High Jump
1500 metres	

*Athletes can nominate for the Trials in:*

2 track & 3 field OR 3 track & 2 field OR 2 track & 2 field  
However, athletes MUST compete in a minimum of  
two (2) track & two (2) field events.

**ENTRY (\$10) CLOSSES AT LANSW ON 17 OCTOBER 2012**

**LATE ENTRIES (\$25) WILL BE ACCEPTED UNTIL 24 OCTOBER 2012**

Go to [www.littleathletics.com.au](http://www.littleathletics.com.au) - and go to

*NSW, Competitions, Championships, Trans Tasman for entry forms.*

*Further information:*

*Email: [transtasman@yahoo.com.au](mailto:transtasman@yahoo.com.au)*

*Telephone: Tour Chairperson – Heather Mitchell 9522 9004*

*Tour Secretary – Chris Watt 4733 7877*

*LANSW – 9633 4511*

### Did you know?!

The very first Little A's meet was held on Saturday 3rd October 1964 at Landy Field, Victoria, with 80 children taking part in a short program of running events. Today 95,000 kids participate in Little A's competitions across Australia each week.



### Nick's tips

Hear from Nick Nicolaou, Financial Adviser at MLC Advice Rozelle weekly for tips on how to do more with your money.



### Do you know how many super funds you have?

Like many Australian employees, you've probably accumulated a number of different super accounts from various employers over the years. Perhaps you even have super from past employers that you've forgotten about. Accumulating multiple super accounts is not likely the best strategy to achieve your long-term financial goals.

Superannuation is a major investment used to achieve your desired lifestyle in retirement. It contributes to a large component of your wealth so it's important to manage it accordingly.

Whether you have a central fund which you roll all your super into, or you use your new employer's fund and roll over existing super as you change jobs, it's a good idea to keep it all in one place. This allows you to manage the investment strategy of the account to match your risk profile and stage of life you're at.

Give me a call to find out how to consolidate your super on 9810 3331, email me on [nick@mlcadvicecentre.com.au](mailto:nick@mlcadvicecentre.com.au) or drop in at Suite 2, 729 Darling Street, Rozelle NSW 2039.

This advice may not be suitable to you because it contains general advice that has not been tailored to your personal circumstances. Please seek personal financial and tax advice prior to acting on this information. Nick Nicolaou is an authorised representative of GWM Adviser Services Limited ABN 96 002 071 749 trading as MLC Advice, an Australian Financial Services & Credit Licensee, registered office at 105-153 Miller St North Sydney NSW 2060.

### THANKS TO OUR SPONSORS

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

### CONTACT US

We'd love your feedback and your input

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[www.eladnsw17.wichit.com.au](http://www.eladnsw17.wichit.com.au)

## McGrath

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Advice

