

BALMAIN LITTLE ATHLETICS CENTRE

I am excited to be able to report on the fantastic 2 days of athletics enjoyed by all our Region representatives at Sylvania Waters last weekend. Our 120+ athlete team bagged 58 medals in some stunning performances across track and field events. See column right for the headlines and page 5-6 for all the details. Congratulations to all our representative athletes, not only for performing at such a high level but also for maintaining BLAC's reputation for friendship and fairness in the spirit of competition. My thanks also to the parents who helped in the running of the long jump and the marshalling area; to Tim Batho & Annabel Landels for managing the boys and girls teams; and to Tim (again), Kim Brouw & Andrew Kohlrush for fulfilling the role of judge for Triple, High & Long Jump respectively. As the season heads towards its conclusion, look out for details of our Presentation Day at which we recognise place getters & most improved athletes in each age group, plus those who have broken records & represented the club at the highest levels. As it's our 40th Birthday, we also have some celebratory surprises in store. Please join us for this fun celebration of the Season.

Meagan

Personal Best Winner

Olivia Cermak (U11G) is the winner of the next \$100 voucher from Athlete's Foot having the most PBs in the U8-U17 age group up until 15 December 2012. Olivia is pictured below with Jason from The Athlete's Foot Burwood. Congratulations Olivia.



Dates for your diary

Tuesday 12th March 2013

Last week of training BLAC Season 12/13

Saturday 16th March 2013

Last day of competition BLAC Season 12/13

Friday 22 - Sunday 24 March 2013

LAANSW State Championships – SOPAC.

Saturday 13th April 2013 5-7pm

BLAC Presentation Evening.

At Five Dock RSL. **All children receive an award or medal.** Any parent whose child has been with the club for 5 or 10 years and has not previously received a 5 or 10 year award, please advise Annabel Landels by email at annabel.landels@ozemail.com.au.

Region Highlights

17 Gold , 21 Silver & 21 Bronze medals.

20 athletes automatically qualified for State Championships by finishing in top 2 in their event. **13 more athletes secured a place** at State based on performance. In total we will have 33 representatives competing in 65 track & field events.

Tamara Lenthall (U9) automatically qualified for all 4 of her events.

Sam Chen (U9) & Angus Beer (U11) auto qualified in 3 out of 4 events.

Ross Batho qualified in all 4 events.

Angus Beer (U11), Alex Kerr (U14) & Holly Campbell (U17) broke Region records.



A clean sweep in the U9 Girls 800m – Beth Crawford, Isabella Mardini & Tamara Lenthall. Congrats, girls.

PEOPLE IN PROFILE

THE BLAC COMMITTEE

Earlier in the season we profiled Club President, Meagan Mannix. This month we talked to the other members of the BLAC Committee about how they came to be on the Committee and what they do to keep the BLAC ship sailing smoothly. This happy band of volunteers share a passion to make our kids' Little A's experience as richly rewarding as possible, and thoroughly enjoy working together as a team. A few of them are no slouches when it comes to personal athletic pedigree either! Like any good team, they play to their strengths – be that out in the front line, managing the back office, or in the utility roles, stepping in wherever they are needed. Here's what they said...

Andrew Kohlrusch

Parent of: Maddy (U14G) and Nicky (U12B)

Committee Role: Zone coordinator; Coach

Which means: Organising the Zone Carnival, including venue, officials and other amenities; attending Region and State carnivals as an official.

How and why you got involved in the committee: I wanted to put something back into the sport after having been a competitor. Became the zone coordinator because I was in the wrong place at the wrong time :-). 4 years later I am still doing it – it's a great feeling to see Zone take shape

The best thing about being on the Committee is: There is a real sense of community, striving for a common goal to create a fun and sociable environment for athletes and parents to enjoy a great sport...and the orange shirts!

Personal athletic history: 1985 U20 Australian decathlon champion; 1986 Australian Universities decathlon champion; 2009 World Masters games javelin champion

Your big wish for BLAC: Seeing more athletes progress to the state & national carnivals. The training programs set up by David Murphy over the past 2 years are a good platform to achieve this.

Annabel Landels

Parent of: Clementine (U14G) and Alice (who took early retirement)

Committee Role: Championship Officer

Which did mean: Organising State Relay teams, Zone entries, volunteer rosters, Newsletter and Trophies. I now share the role with Tim Batho, who has done an amazing job this season, and Anita Batho who has taken over the newsletter

The best thing about being on the Committee is: It's been a lot of fun with a great group of people

Your big wish for BLAC: That we continue to encourage each child's personal best and I would LOVE to see Balmain stop Randwick Botany winning it's 42nd zone championship next season

David Murphy

Parent of: Sam (U10B) and Ellen (U7G)

Committee Role: Centre Manager; Coach

Which means: Organising & overseeing Saturday competition which includes enjoying the crisp, clear and peaceful KGO at 6:30am on Saturday mornings when the sheds get unlocked. Running Tuesday and 'rep' training (Level 3 Sprints & Hurdles coach).

How and why you got involved in the committee: I became an Age Manager and then joined the Committee. I thought the best way to help my kids enjoy themselves was from the inside, where the decisions are made.

The best thing about being on the Committee is: Seeing the Club increase its number of registrations (from 350 in 2010 to 800 in '12/'13). We weren't sure how we could cope but I think a great team effort has allowed us to co-ordinate and run the events. We have all learnt a lot.

Personal athletic history: NSW U18 400mH Champ; Australian All Schools U17 110mH Champ; Australian All Schools U19 400mH Champ; AIS Associate Scholarship holder. 'Retired' at 19 through injury. Returned to athletics 24 years later in 2011 to compete in the Masters and Interclub competitions. Rediscovered the fun and friendship you can enjoy in competition.

Your big wish for BLAC: That each and every kid that registers one year wants to join up the next because they had such a great mixture of fun, competition and personal achievement.

Tim Batho

Parent of: Carys (U13G) and Ross (U11B)

Committee Role: Championship Officer; Region Treasurer

Which means: Selection of teams for State Relay Championships and organisation of athletes for Zone, Regional & State Championships. Also, performing the Team Manager role on competition day, for these events.

How and why you got involved in the committee: I was asked, the committee members seemed very friendly and willing to accommodate my other commitments, and as my children were both very keen athletes, I thought playing a role in the development of the club would be interesting and fun.

The best thing about being on the Committee is: My role lets me interact with all the age groups and it's great to get to know and be known by lots of the athletes. I get to see how everyone in the club is developing their athletic skills.

Personal athletic history: ...is now ancient history! I was a good high & triple jumper when I was young (U10-U12) and then in my teens, I became a thrower, reaching junior nationals in the UK for discus.

Your big wish for BLAC: To have bigger and better facilities to enable us to grow even further. And to bring Randwick Botany's winning streak at Zone to an end!



The Club is looking for new blood to join the Committee for next season (2013/2014). Contact Tim Batho on 0438595134 or on timbatho@hotmail.com if you think this happy band of volunteers could be for you!

THE BLAC COMMITTEE

BACK OFFICE MASTERMINDS

Angie Matrippolito

Parent of: Emily (U15G) and John 1(U12B)

Committee Role: Registrar

Which means: Process all 800+ registrations on our and NSWLA's websites, liaise with NSW Little A's about all things related to registrations.

How and why you got involved in the committee: To help with the "back office". If the "back office" is working, it means that the committee can concentrate on the real deal which is about children enjoying coming to BLAC and enjoying athletics.

The best thing about being on the Committee is: It's really enjoyable working with people who are so motivated and committed to the club working well (and you get a free skim flat white from the coffee man).

Personal athletic history: Under 12 Herbert River Zone long jump representative.

Your big wish for BLAC: That the club can somehow accommodate more registrations.

Anthea Azzi

Parent of: Mia (U8G)& Zara-Claire (U10G)

Committee Role: Secretary

Which means: Organise and report on monthly committee meetings.

How and why you got involved in the committee: It was a great opportunity to get involved in a community activity, especially one that my kids thoroughly enjoy.

The best thing about being on the Committee is: Learning what goes on behind the scenes to make it all work for the benefit of our kids, meeting people with a genuine passion for athletics and delegating responsibility to my husband on Saturdays!

Personal athletic history: I have been known to jump over a few hurdles in my youth.

Your big wish for BLAC: To see our facilities expanded so we can accommodate the growing number of kids wanting to participate in the club.

Don Kerr

Parent of: Alex (U14G) and Josh (U12B) with Ben yet to start in Tots

Committee Role: Treasurer/Canteen

Which means: The canteen is an important source of income for the club. Treasurer manages the accounts, pays the bills and collects the income. With a large increase in registrations over the past couple of years we have managed to get the annual accounts into surplus and we are now in a position to put more money back into equipment, coaching and anything else we believe will improve the club. Suggestions always welcome!

How and why you got involved in the committee: With my kids being keen on athletics I was involved weekly and there was a year where we lost a few of the older committee members. Spending time on the committee is about the transition of the club as we start with younger kids and they move on - so does the committee. We always need new members of younger children's parents to carry it on. The people, the finances and the culture of the club are very good right now and it's a great time to get involved and help drive it forward.

The best thing about being on the Committee is: It's been a wonderful experience to see the club grow to double the size over the last 5 years

Your big wish for BLAC: With such a large influx of young children we want to invest more into coaching so that we can achieve better results through Zone championships and knock Randwick's multi year history of winning the zones off!

Meagan Beer

Parent of: Angus (U11B), Callum (U7B)

Committee Role: Assistant Registrar

Which means: Prepare event sheets / folders each week; Organise BBQ/canteen volunteers, Assist with set up / pack up

How and why you got involved in the committee: Our family has been part of Little A's for 7 years & I have been an age manager for a number of these. I love seeing all the kids achieve personal bests and have great fun each week. When I was asked to join, I was really happy to say yes, to be a part of the team who are all working together to provide this wonderful opportunity for the kids.

The best thing about being on the Committee is: Working with a great team.

Personal athletic history: No question about the potential, I have just never had the opportunity to realise it!!!!

Your big wish for BLAC: Celebrity sport star coaching visit. We tried for Usain Bolt this season on his Sydney visit - maybe next year?

Sara Lenehan

Parent of: Scarlett (U14G), Aislin (U12G), Claudia (U10G), and Seamus (who has retired from athletics)

Committee Role: Coaching & Uniform Co-ordination

Which means: Organising coaches for Saturday comp and Tuesday training. Selling uniforms. On Saturdays helping out with general questions, finding equipment that may be needed, e.g. giving out band-aids and ice packs, lost property!

How and why you got involved in the committee: I welcomed the opportunity to give something back to the club as many parents and coaches had helped my 4 children with their athletics over the years I had been at the club. Meagan also told my kids they could choose their own registration numbers & I succumbed to the pressure!

The best thing about being on the Committee is: The people on the committee are great fun to work with and we all share the common goal of wanting to provide a great club for all children to participate in. There is an excellent singer at the club we meet at to entertain us as we discuss various issues!! And the orange t-shirts ☺

Your big wish for BLAC: For the club to maintain the spirit in which its athletes compete against each other. Our club does well at congratulating its successful athletes, but it also celebrates the successes of all athletes through recognising personal bests. For the club to continue to encourage all athletes to strive for their very best, and continue to promote good sportsmanship. For the coaches and parent helpers to continue to be good role models for the children.



Unfortunately the rain prevented us from taking a team shot of the Committee last weekend. See them all live at the Presentation Evening!

PEOPLE IN PROFILE

COMMITTEE ALL ROUNDERS

Alan Hill

Parent of: James (U14B) and Joshua (U9B)

Committee Role: "Jack of All Trades...Master of None" Hands on role with whatever is required

Which means: Organise the bread rolls, help with running of BBQ and canteen, hands on role with activities on Saturday including age manager where required, starter and in generally making sure the day runs smoothly.

How and why you got involved in the committee: To be involved with and support the kids and gives me the opportunity to watch my children develop baring in mind when you are working full time you have limited time to spend with your own children and their mates

The best thing about being on the Committee is: Being part of a developing and growing club

Personal athletic history: My background is more to do with rugby, league and touch football but I was always a good 100-400 metre runner at school

Your big wish for BLAC: To continue to see kids at all levels be given the opportunity to develop.

Cain Sarah

Parent of: Charlie (U7B).

Committee Role: Jumps coach, organise some sponsorship and in charge of weekly BBQ order.

Which means: Coach the zone / region/ state long and triple jump representatives; liaise with potential sponsors; order the sausages, bacon & eggs for the hungry parents & kids to eat on Saturday mornings.

How and why you got involved in the committee: It's a great club and with three boys I can see our family being involved with little athletics for many years to come. I became involved with the hope that my many years of involvement with athletics from an under 7 myself could be passed on to the benefit of the club.

The best thing about being on the Committee is: Being able to put your views across and have a say in how the club is run. The people on the committee are all really decent people with the sole aim of creating a better club and atmosphere for their kids to compete in. The most satisfying thing is seeing the kids I have coached really improve & develop in events that are technically quite difficult.

Personal athletic history: Victorian U11 & U12 high jump champion; Australian University Games Triple Jump champion (1994), National open triple jump finalist (1994).

Your big wish for BLAC: That it continues to thrive as one of the state's largest, most successful and most efficiently run centres where the kids are enjoying being out exercising and continually improving their personal bests.

Kim Gane

Parent of: Ethan Brouw (U11B)

Committee Role: Coaching and multi-tasking generalist

Which means: I help out where I'm needed, especially coaching and officiating at the bigger inter-club carnivals on behalf of BLAC.

How and why you got involved in the committee: I wanted to actively serve the club which I first joined back in 1973 as a 6yr old; meet more people whose children share a common interest in Athletics; and believe that assisting the best interest of the kids involved (even if you can't help out all the time), helps makes our club the successful & welcoming club that it is.

The best thing about being on the Committee is: Meeting lots of kids and parents from all the age groups.

Personal athletic history: Participated in BLAC's first season in 1972/3. I should hold the BLAC U7G 200m record (a story I'll tell in the next newsletter). Enjoyed middle distance running throughout my school years and always happy to put my hand up for the relay.

Your big wish for BLAC: For BLAC to grow bigger but still feel small.

Richard Chen

Parent of: Samuel (U9B) and Joshua (U7B)

Committee Role: Assistant Treasurer

Which means: Help others determine how to keep the Club functioning well.

How and why you got involved in the committee: After my boys thoroughly enjoyed their first year of Little Athletics, and helping the Age Managers, I was asked to join the Committee.

The best thing about being on the Committee is: I do enjoy the orange shirt! And I do like using the starters gun, but you've got to wrestle it out of Tim and Alan's hands first. On a more serious note, I'm enjoying being part of a diverse group that has a wealth of different experiences and knowledge, that has helped to make Balmain Little Athletics a wonderful club.

Personal athletic history: At school I was a keen participant in athletics carnivals. These days I spend lots of time running around with kids, my own and as part of my work as a high school teacher.

Your big wish for BLAC: Have as many athletes as possible achieve their best and enjoy being part of the friendly atmosphere of Balmain Little Athletics Club (and one day knock over Randwick/Botany at Zone!)

After 4 years as President and previously as a committee member, Meagan Mannix will be stepping down from the Committee at the end of this season. Don Kerr, Annabel Landels and Sara Lenehan are also stepping down with their daughters now in the U14's. Meagan, Don, Annabel and Sara, collectively have given 25 years service to the Club. Don, Annabel and Sara will still have children competing for the club and Meagan, Don and Annabel will continue to be involved as committee members of the seniors club, Balmain Athletics Club, and plan to increase the participation of our seniors over the coming years. During their time on the committee, the size of the club has doubled and we have cemented our reputation in the athletics community as truly living the Little Athletics' ideals of family fun and fitness.

Their departure will see a reshuffle of responsibilities on the Committee, which will be announced at the Presentation Day. It also means **the Club needs new Committee members**. No previous athletics experience is necessary, just a desire to help make the Club bigger and better for our kids, and a willingness to lend a hand. The Committee meets monthly, and roles are varied which means not all roles require regular Saturday attendance. If you are interested in finding out more, please contact Tim Batho on 0438595134 before the end of the season.

REGION ROUNDUP

Congratulations to the following athletes who placed in the top 2 in their events at Region and therefore not only won a gold or silver medal but automatically qualified for State.

Gold	U11B	Ross	Batho	LJ
Gold	U11B	Angus	Beer	800m
Gold	U11B	Angus	Beer	1500m (Record)
Gold	U12G	Lara	Bosnich	400m
Gold	U17G	Holly	Campbell	800m (Record)
Gold	U17G	Holly	Campbell	1500m (Record)
Gold	U9B	Sam	Chen	100m
Gold	U12G	Sara	Dougan	100m
Gold	U14B	Monty	Hannaford	TJ
Gold	U14G	Alex	Kerr	400m
Gold	U14G	Alex	Kerr	800m (Record)
Gold	U9G	Tamara	Lenthall	400m
Gold	U9G	Isabella	Mardini	800m
Gold	U11B	Benjamin	Mcgettigan	SP
Gold	U15G	Annabelle	Parmigiani	HJ
Gold	U11G	Stephanie	Potter	TJ
Gold	U9G	Nona	Walne	LJ
Silver	U13G	Carys	Batho	Walk
Silver	U11B	Angus	Beer	400m
Silver	U12G	Lara	Bosnich	200m
Silver	U17B	Bryn	Chapman	100m
Silver	U9B	Sam	Chen	70m
Silver	U9B	Sam	Chen	LJ
Silver	U14G	Marnie	Clarkson	HJ
Silver	U14G	Marnie	Clarkson	Discus
Silver	U12G	Sara	Dougan	LJ
Silver	U12B	Jamie	Karabesinis	60mH
Silver	U12B	Jamie	Karabesinis	LJ
Silver	U9G	Tamara	Lenthall	800m
Silver	U9G	Tamara	Lenthall	HJ
Silver	U9G	Tamara	Lenthall	LJ
Silver	U9G	Isabella	Mardini	400m
Silver	U10B	Sam	Murphy	Walk
Silver	U15G	Annabelle	Parmigiani	TJ
Silver	U8G	Bronte	Prentice	Discus
Silver	U11G	Matilda	Swann	100m
Silver	U9G	Nona	Walne	60mH
Silver	U9-	-U12	Junior Girls Relay	NB only 1 st placed relay team qualified for State

REGION ROUNDUP

Congratulations to the following athletes who placed 3rd in their events at Region and therefore won a bronze medal. Those indicated with a Q also qualified for State in one of the 'next 8 best performer across all Regions' spots.

Bronze	U11B	Ross	Batho	60mH Q
Bronze	U11B	Ross	Batho	Discus Q
Bronze	U12G	Lara	Bosnich	100m Q
Bronze	U12G	Lara	Bosnich	800m
Bronze	U8G	Samantha	Callanan	SP
Bronze	U14G	Marnie	Clarkson	SP Q
Bronze	U8B	Caiden	Cleary	LJ
Bronze	U9G	Beth	Crawford	800m
Bronze	U13B	Jason	Doric	800m
Bronze	U9B	Owen	Douglas	Walk Q
Bronze	U12B	Jamie	Karabesinis	200m Q
Bronze	U9G	Chloe	Lombardi	Discus
Bronze	U14G	Tiarna	Mason	800m Q
Bronze	U9B	Lucas	Newman	HJ Q
Bronze	U15G	Annabelle	Parmigiani	LJ
Bronze	U11G	Eliza	Swann	100m Q
Bronze	U13B	Louis	Tanner	200mH Q
Bronze	U8B	Luke	Wilkie	60mH
Bronze	U10B	Bruno	Williams	800m Q
Bronze	U17B	Ethan	Willis	1500m Q
Bronze	U9-	U12B		Junior Boys Relay

Congratulations to the following athletes who also qualified for State in one of the 'next 8 best performers across all Regions' spots. This is a real indication of the quality of the competition in our Region.

U10G	Zara Claire	Azzi	LJ	U11B	Benjamin	McGettigan	Discus
U11B	Ross	Batho	400m	U13B	Solomon	Nivinson-Smith	TJ
U17G	Holly	Campbell	400m	U11G	Lilie	Tyler	HJ
U17G	Paige	Campbell	400m, 800m	U9G	Nona	Walne	70m
U17B	Bryn	Callanan	HJ	U10B	Bruno	Williams	400m
U15G	Emily	Danson	100m, 200m	U17B	Ethan	Willis	800m
U14G	Alex	Kerr	1500m				
U14G	Maddy	Kohlrusch	Javelin				
U14G	Tiarna	Mason	1500m				

FULL STATE QUALIFIERS LIST

Zara-Claire	Azzi	Girls	U10	Long Jump
Carys	Batho	Girls	U13	1500m Walk
Ross	Batho	Boys	U11	400m, 60m Hurdles, Long Jump & Discus
Angus	Beer	Boys	U11	400m, 800m & 1500m
Lara	Bosnich	Girls	U12	100m, 200m & 400m
Holly	Campbell	Girls	U17	400m, 800m & 1500m
Paige	Campbell	Girls	U17	400m & 800m
Bryn	Chapman	Boys	U17	100m & High Jump
Sam	Chen	Boys	U9	70m, 100m & Long Jump
Marnie	Clarkson	Girls	U14	Shot Put, Discus & High Jump
Emily	Danson	Girls	U15	100m & 200m
Sara	Dougan	Girls	U12	100m & Long Jump
Owen	Douglas	Boys	U9	700m Walk
Monty	Hannaford	Boys	U14	Triple Jump
Jamie	Karabesinis	Boys	U12	200m, 60m Hurdles & Long Jump
Alex	Kerr	Girls	U14	400m, 800m & 1500m
Maddy	Kohlrusch	Girls	U14	Javelin
Tamara	Lenthall	Girls	U9	400m, 800m, Long Jump & High Jump
Isabella	Mardini	Girls	U9	400m & 800m
Tiarna	Mason	Girls	U14	800m & 1500m
Benjamin	McGettigan	Boys	U11	Shot Put & Discus
Sam	Murphy	Boys	U10	1100m Walk
Lucas	Newman	Boys	U9	High Jump
Solomon	Nivison-Smith	Boys	U13	Triple Jump
Annabelle	Parmigiani	Girls	U15	Triple Jump & High Jump
Stephanie	Potter	Girls	U11	Triple Jump
Eliza	Swann	Girls	U11	100m
Matilda	Swann	Girls	U11	100m
Louis	Tanner	Boys	U13	200m Hurdles
Lilie	Tyler	Girls	U11	High Jump
Nona	Walne	Girls	U11	70m, 60m Hurdles & Long Jump
Bruno	Williams	Boys	U10	400m & 800m
Ethan	Willis	Boys	U17	800m & 1500m

MEANWHILE, AT AND BEYOND BALMAIN

Club Records

Congratulations to the following athletes on setting new Club records in the past few weeks;

- U7G **Ellen Murphy** 100m – 17.10
- U7B **Christian Caldwell** 100m – 16.64
- U11B **Ross Batho** Long Jump - 5.05m
- U11B **Angus Beer** 800m – 2m29.83
- U14G **Marnie Clarkson** Discus - 31.76m
- U17B **Ethan Willis** Triple Jump - 11.16m

Out of Club Success

Fantastic results for Balmain seniors at the recent NSW Junior & Youth Championships at Homebush on 8-9 February. Congratulations to **Annabelle Parmigiani** who won bronze in the TJ & HJ and **Alex Kerr** who won bronze in the 400m; and to the following athletes who have qualified to compete at the Australian Junior & Youth Championships in Perth in April: U18 - **Holly Campbell** (1500m, 800m), U17 - **Annabelle Parmigiani** (HJ, TJ); U16 - **Alex Kerr** (400m, 800m); U15 - **Bianca Barrett** (HJ), **Marnie Clarkson** (Discus, HJ), **Clementine Landels** (90mH) and **Tiarna Mason** (800m)

BALMAIN IN ACTION AT REGION



Kiera Lane (U10), Jude Abbott, Oli O'Shea & Jamie Karabesinis (U12) in some fine demonstrations of how to run a bend in the 200m



In the 70m Nona Walne (U9), Thomas Comer (U8) & Sam Chen (U9) reap the rewards of David's sprint training with flying starts all round.



Ava Kalinauskas (U12) struts her stuff in the 1500m walk.

3 of our Bronze Medal winning junior relay boys – Oliver O'Shea (U12), Sam Chen (U9), Ross Batho (U11). Missing Sebastian Bezzina (U10)

U9 Long Jumpers Lucas Newman, Nick O'Shea, Sam Chen

MIDDLE DISTANCE MASTERS



Striding it out in the 800m (left to right) Matthew Madgwick (U11), Angus Beer (U11) and Bruno Williams (U10)



Darcy Abbott (left) and Lara Bosnich (right) hold their ground in the face of competition from South Eastern in the U12 800m



Holly Campbell (U17) barely looked puffed as she passed the finish line and headed for the medal rostrum!



Jason Doric, Lachlan Cooksey & Sam Woolbank strike for home in the U13 800m

JUMPS AND MORE



Cain's coaching pays off for Solomon Nivinson-Smith (U13), Paige Campbell (U17) & Isabella Hasselberg (U12) in the triple jump



Some fine flopping from Solomon Nivinson-Smith (U13), Jason Doric (U13), Sebastian Judge (U10) and Sebastian Bezzina (U10)



Eliza & Matilda Swan model the 2013 Balmain Rep t-shirts whilst enjoying a mid-Championships hug with Caitlin McManus-Barrett (all U11s)



The BLAC Cheer Squad was out in force all weekend led by Jessie Karabesinis (U10), Emily Danson (U15) & Carys Batho (U13)



Nick's tips

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



Protect your Super from market uncertainty

Retirement used to be seen as a smooth ride and a time in your life to wind down. One of the biggest risks you're likely to face is a large fall in the share market in the lead up to retirement, it may even prevent you from retiring when you want to. This is because if an investors super balance falls significantly in the years leading up to retirement they may not have time before they retire to earn back those losses. Should the market fall leading up to retirement age, then you are left there are a number of choices including:

- Work for longer and hope that the market recovers
- Save more
- Spend less
- Retire with a lot less super than you had planned

Mitigating this investment risk is a major challenge for super capital preservation and retirement planning. MLC **MasterKey** Investment Protection is a recently introduced solution that can potentially help mitigate investment risk in retirement by protecting your super against market falls.

For further information give me a call on 9810 3331, email me on 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.

We are delighted to announce that McGrath's Cindy Kennedy has extended her platinum sponsorship of BLAC into next season.

The club could not operate without the help of our sponsors and our parent volunteers.

The funding we receive from our sponsors enables us to invest in equipment and training programmes for the benefit of all our little athletes. This season's extraordinary Club performance in Inter-Club Carnivals illustrates the benefit of our kids having access to talented coaches and quality facilities.

Thanks, Cindy! It's great to have you as a continuing part of the BLAC team.

McGrath

Cindy Kennedy
0404 000 570





A Perspective on the Market from Platinum Sponsor Cindy Kennedy



Happy New Year! I hope 2013 has started well for you. It's certainly off to a flying start for me and my team with many properties about to hit the market and amazingly successful first open homes!

Looking back over the previous 12 months, my auction clearance rate for 2012 was 86 per cent, which is a very strong result considering the challenging market. I attribute this success in part to a truly local focus when selling real estate in Rozelle, Lilyfield, Balmain and Birchgrove.

I have also continued to develop my own buyer database over the years with people that are looking to live in the Balmain/Rozelle/Lilyfield/Birchgrove area. It has proven to be a very valuable tool for my clients. This buyer database is unique and used exclusively by the Kennedy team, in addition to our access to the McGrath wider database.

In the coming weeks, the marketing campaigns for two beautiful four-bedroom homes will commence. It's great to see this kind of activity happening, however, I'm still seeing a serious lack of four-bedroom houses in Rozelle and Balmain. This has been the case for the last six months with very few of this type of home on the market.

Our first open house for the year was held on 12 January. I am extremely encouraged by the number of groups we had through – over 40! We saw plenty of qualified buyers, who have not been shy in submitting offers. The people that came through were a good cross section of potential buyers who have been looking for some time as well as many new faces. The demographics covered professional couples, down-sizers, older and young families.

The first couple of weeks of 2013 have seen home owners booking in early to sell and interest rates are at the lowest they've been since the GFC, which may have some bearing on the number of buyers looking. If you're considering selling while the weather is still warm, now is a good time to discuss your plans with me!

Sales by Cindy Kennedy – September to December 2012

SUBURB	ADDRESS	PRICE	MONTH	BUYER FROM	METHOD OF SALE
Balmain	7 Jacques Street	\$1,157,500	Dec - 12	Balmain	At Auction
Rozelle	48 Red Lion Street	\$855,000	Nov - 12	Surry Hills	Private Treaty
Rozelle	30 Clubb Street	\$1,139,000	Nov - 12	Rozelle	Database
Balmain	7 Clay Street	\$910,000	Nov - 12	Homebush	Private Treaty
Balmain	11A Phillip Street	\$1,456,000	Nov - 12	Birchgrove	At Auction
Leichhardt	66 Annesley Street	\$1,160,000	Oct - 12	Annandale	Before Auction
Rozelle	2 Springside Street	\$765,000	Oct - 12	Braidwood, ACT	Before Auction
Lilyfield	19 Frazer Street	\$1,265,000	Oct - 12	Ashfield	Before Auction
Rozelle	23 Oxford Street	\$1,075,000	Oct - 12	Balmain	At Auction
Balmain	29 Clayton Street	\$1,035,000	Oct - 12	Woollahra	Before Auction
Rozelle	6 Lilyfield Road	\$1,030,000	Oct - 12	Cremorne Point	Private Treaty
Rozelle	132 Foucart Street	\$1,200,000	Sept - 12	Alexandria	5 days after auction

Rozelle	6 Crescent Street	\$1,065,000	Sept - 12	Potts Point	At Auction
Rozelle	18 Withecombe Street	\$1,180,000	Sept - 12	Balmain	Before Auction
Rozelle	49 Moodie Street	\$1,320,000	Sept - 12	Balmain	3 days after auction

It's all about the perfect match!

And I'm not talking dating, even with Valentine's Day just gone. I continue to carry out a lot of database work that has resulted in buyer matching. This means that, in terms of sales, there are a number that haven't been recorded for me and my team because the property was sold before going to market and therefore wasn't advertised.

I very much welcome your call if you're looking to buy. Let me know what it is you're looking for and I'll endeavour to find your perfect match!

Making a mark with marketing

There have been some notable changes in our area in terms of media. The midweek Domain Inner West, which was an important vehicle for marketing properties, is no longer being printed. My career background was focused heavily on marketing, so I have spent the past month developing some new and innovative marketing strategies that I believe will have an impact.

I'm happy to report that, so far, clients have been pleased with the marketing proposals I have presented to them.

I'm also recommending a combination of private treaty and auction sales. A 'one-size-fits-all' approach just won't do, so I'm putting forward tailor-made marketing strategies for every single property that I am engaged to promote and sell to ensure the right target market for that particular property is reached.

Not sure if you should sell this year?

If you're considering putting your property on the market but you're unsure about selling, feel free to give me a call. I have many open inspections coming up and I'll be happy to let you know how they are going and to give you an update on what buyers are looking for.

Sponsorships

My sponsorship of the Balmain Little Athletics Club continues through 2013. The Zone team trained extremely well and had over 120 athletes qualify for the Regional Championships. Good luck to those striving to make it to the State Titles. The recent Twilight Competition at King George Oval sounded like a fantastic night of friendly competition.

I hope your New Year's resolutions are still on track. I'm looking forward to a really great year. Here's hoping it's a lucky 13 for everyone!

Warm regards,



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