

# OUR NEW SEASON IS JUST AROUND THE CORNER



## WELCOME TO SEASON 2018-19

The Club committee welcomes you to our brand new season of Athletics. It feels as though we have just completed the final events of last season, which were the Roadwalking and Cross Country Championships, and here we are ready to go again. Since we last met at KGO the club has won \$2000 thanks to Trish Barry nominating us for the Little Legends Competition. That has already been spent on new competition and training equipment. Registrations opened on 1st August under the watchful eye of our Registrar Andrea Belunek. Many thanks to her and Chris & Briar Day for the hours they've put into over 860 registration envelopes. At this stage we have reached capacity in many of the younger age groups. We intentionally set a limit to ensure a safe and enjoyable environment for all our athletes. Waiting lists are now in operation.

**Please read through this newsletter as it will answer many of your questions about the club and what to expect in the first few weeks.** More in depth information can be found at [www.balmainlac.org.au](http://www.balmainlac.org.au)

## BUY A BALE FUNDRAISING

The club undertook fundraising for the Buy A Bale program through a sewing service during our rego pick up days. As a result the club has donated **\$1,250** to help support farming families and their livestock. A huge thankyou to Briar, Vicki & Anissa for their time and skills

## REGISTRATION NUMBERS & SHIRTS

All uncollected registration numbers will be available at our first two competition days from 7:45-8:00am. Club training shirts have arrived too and can be collected when age groups finish on those days. Wear your new t-shirts out and about, to training and under your competition singlet if its cold. **T-shirts are NOT for competing and should never have numbers attached**

## JUNIOR DAY - SAT 22 SEPT

The two most important parts of sport are to make friends and to learn something new. To fulfill those aims we will once again hold a **junior orientation day for our u6, u7 and u8 age groups only on Saturday 22nd September.** Here our youngest and most inexperienced athletes, and parents, will learn the basic skills of their events under the watchful eye of our committee and coaches. This will give them the head-start they need for the season. **Tots will start on 29th September.**

Please **arrive by 8:15am** to familiarise yourself with the surroundings as we **will get underway promptly at 8:30am and finish around 10am.** Rego Pack collection and competition singlet sales (\$20) will be available from 7:45 to 8am. Wear your club uniform, bring a hat, waterbottle and lots of energy and enthusiasm

## SEASON START - SAT 29 SEPT

<b>7:30am</b>	<b>Set Up Duty u9s</b>
<b>7:45-8:00am</b>	<b>Registration Pick Up</b>
<b>8:15am</b>	<b>Orientation</b>
<b>8:30am</b>	<b>Events start for all age groups</b>

This will be a bumper morning of activity with many hundreds of athletes, parents and families moving about the oval. With many new athletes joining us for the first time we ask you to be patient while they all learn what to do. The first three weeks will take a little longer to get through events but as our athletes gain more experience we will all get home much sooner.

Our team of junior coaches will once again run skills sessions for the u6-u8s during Shot Put and Discus events. This initiative assists technique, halves event times and keeps our athletes on the go and having fun

# THE ESSENTIALS!



## AGE MANAGERS

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 their full quota of 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](mailto:info@balmainlac.org.au)

## PARENT INVOLVEMENT

This is a good time to remind everyone that the involvement of every parent is required to enable Saturday competition to operate effectively and efficiently as possible. 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 Athletic skills and getting in there and assisting gives you the very 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 **bright orange** Committee shirts. There will shortly be 'how to' videos available on our Youtube channel - The Roar by Balmain LAC

## 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, 4 **High Jump** areas, the **Tiger Cubs** area and 3 **Tracks** to be prepared for competition.

To assist with the workload parents from each of the u6 to u17 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 promptly at 8:30am. Email reminders will be sent to the age group on duty a few days prior. The current season Set Up roster can be found on the Club website

We ask the age group that is last at an event site to pack up and bring the equipment to the sheds

## BE YOUR BEST!

We wish each and every athlete good luck. The season ahead will offer you many challenges but also many opportunities. We encourage you not only to do your best but to fulfill the Little Athletics motto.....be your best !

As a club we want every athlete to see the setting of a Personal Best (PB) as their main aim.

Let's see if together we can beat the incredible number of **10,500 PBs** set last season.



# NOTES FOR PARENTS

The involvement of every parent is required to enable Saturday morning competition to operate as effectively as possible. Be it marshaling athletes, measuring & recording, raking or retrieving, every little bit helps. We ask EVERY parent to read the Event Information Sheets on our Club website. They give clear and brief instructions on how to run events, particularly the measuring of field events. Parents have to assist with set up, pack up, and the running of the events for their age group otherwise events can't go ahead.

Each age group will have two or three Age Managers. All of our Age Managers are parent volunteers who need your weekly help and support, including following the club procedures outlined here:

1. Parents to **check in** with their child's respective age manager and let them know which age group they will be assisting with
2. There will be a club **warm up** prior to competition each Saturday. Parents can sign in with age managers at this time.
3. Events **MUST run in the order set** out in the Event Program. Age managers have a copy in their folder, there is also a copy on the noticeboard and on our website at 'Weekly Program'.
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 may need to set this up
6. Groups **MUST** ensure sprint events are held at the **correct track**. Track numbers are listed on the program. See the ground map included in this newsletter.
7. In the event of any **dispute or a query**, please locate one of our committee members.

**"When in doubt, don't be shy to ask your Age Manager or any member of the Committee"**

8. If a child breaks a Club Record, age managers must notify a committee member immediately to ratify it.  
A record can only stand if :-

**Track events** on the Circular track 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.

Back Ups are not required for track events held on a track with timing gates  
**Field events** – competition is halted and a committee member must be called immediately to verify, measure and sign off the jump or throw. Don't rake or remove any markers until this is done.  
For all throws, if an athlete is close to a record distance, Age Managers should ensure a Committee Referee is on hand to sight a potential record breaking throw. New records must be achieved & verified according to the guidelines under 'Centre Records' on the BLAC website





# STAYING SAFE

With many athletes, parents and siblings in such a small area at KGO on Saturdays, please follow all safety guidelines to help keep everyone safe.

## WHEREVER POSSIBLE KEEP TO THE OUTSIDE OF THE 400M OVAL TRACK.

The area inside the 400m track houses 2 sprinting tracks, 4 high-jump areas, a tots areas & the javelin throwing area. It is very 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.

If you are moving from one end of the Oval to the other please do so OUTSIDE the 400m track.

If you are heading to the start line of any of the sprint tracks, please cross the 400m track at designated crossing points only.... ensuring that no athletes are approaching on the main track.

**PLEASE KEEP DOGS, STROLLERS AND BALL GAMES TO THE OUTSIDE OF THE 400M TRACK**

**PLEASE MARSHALL 400M & 800M RACES OUTSIDE THE TRACK ON THE GRASS BANK NEAR THE FINISH LINE**

“

**IF AN ADULT SHOUTS 'TRACK' IT MEANS SOMEONE HAS WANDERED ONTO THE TRACK AND IS PROBABLY IN THE PATH OF AN ON-COMING ATHLETE!**



## WHEN YOU HEAR SOMEONE CALL "TRACK"

**Athletes** – if an athlete behind you in a middle distance race (800m, 1500m, 3000m or 1500m racewalk) 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.

## KEEP FLAGGED AREAS CLEAR

Much of the area within the 400m track is bordered with flags to signal that they should not be used as pathways or crossing points. Please ensure your children are aware of this and model safe behaviour by crossing only at designated points

## 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 are throwing almost 50m.

## KEEP TO YOUR ASSIGNED THROWING AREA

We have assigned throwing areas on the basis of age and thus likely distance. Age groups need to keep to their 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 competition areas.

## KEEP SMALL PEOPLE CLOSE AT ALL TIMES

Most of our on-track athlete-spectator crashes and near misses happen when young siblings wander into the path of oncoming 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 may mistake them for toys





# THINGS TO KNOW ABOUT KGO



## BBQ AND CANTEEN

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

We have already asked each family to volunteer to help with the BBQ/Canteen for one 90 minute shift during the season. Names were taken via our "sign up" app.

You will be sent a reminder email a few days before your nominated Saturday. If you need to change your day or time do so by logging back into the App

Bring your notes & coins as it is **cash only**

## 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.

## THE BALMAIN UNIFORM

The Club uniform consists of a Black & Gold singlet or Crop Top with black shorts. This 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 Coles patch at the top right corner.

**If your age patch has "Jetstar" printed on it please see our uniform team to get a new one**

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

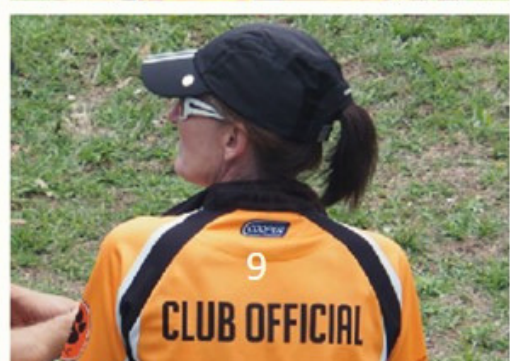
Uniforms can be purchased, cash only, from the Information Desk at KGO during Saturday morning competition.



# 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 in their bright orange tops!

1. David Murphy. President, Centre Manager, Club coach
2. Tim Batho. Vice President, Technical & Officials Advisor
3. Megan Beer. Treasurer
4. Chris Day. Secretary & Age Manager
5. Andrea Belunek Registrar & Age Manager
6. Andrew Kohlrusch. Zone Co-ordinator, Club Coach
7. Richard Chen. Champs Officer, Team Selector & Club Coach
8. Peter Rand. Championships Officer & Team Selector
9. Kim Gane. Championships Officer, Balmain Athletics Club delegate
10. Alan Hill. Canteen & BBQ Co-ordinator
11. Paul Schmidt. IT Manager
12. Peter Boyle. Championships Officer & Age Manager



The Peters



# TUESDAY & THURSDAY TRAINING

Club training is offered on Tuesdays to all athletes in the U7 to U17s from 4:30-6pm. These sessions all start with our regular warm-up lap involving dynamic exercises and stretches before moving into drills that will assist ALL level of runners. Each age group then undertakes 30min of training in two different disciplines that will mirror the events they will undertake that coming Saturday

Additional training is offered to athletes in the U12-U17 age groups on Thursdays from 4:45-6pm. We will have coaches available for Sprints, Middle Distance, Racewalking, Hurdles, Long & Triple Jump as well as Throws. These sessions will offer more technical coaching to our older athletes who choose to undertake just one event group during the training session.

**Training commences  
Tues 2nd October**

**Check the website  
[www.balmainlac.org.au](http://www.balmainlac.org.au)  
for details of which  
Thursday coaches &  
events are available**



## 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 pictures, to [news@balmainlac.org.au](mailto:news@balmainlac.org.au)

## WEEKLY RESULTS ON-LINE

Athlete's results are entered on the BLAC website every Saturday. The 'results' tab is the place where you can keep track of your PBs and watch your progress throughout the season.

Why not download and follow us on **Team App** for convenient access to our socials, news, results and important links all in the one place.



**FOLLOW US ON  
FACEBOOK, TWITTER,  
INSTAGRAM OR TEAM  
APP TO KEEP IN TOUCH  
WITH CLUB NEWS.**

**@BALMAINLAC**



## PARKING AT KGO

Car parking spaces can go very fast on Saturday mornings so consider walking or bicycle options as well as parking in Callan Park. Please do consider our neighbours and don't park illegally or across driveways. Council rangers patrol local streets and families have received tickets. Don't be the next one.



# LEARNING THE LINGO

<b>Age Manager</b>	A parent volunteer who co-ordinates parent helpers
<b>A Multi</b>	The printing stopwatch used to time longer races
<b>Backup</b>	An assistant timekeeper with a 2nd stopwatch
<b>Blocks</b>	Starting blocks used by older athletes
<b>Cage</b>	The net or fence that protects us from discus
<b>Circle</b>	The area you throw a Shot or Discus from
<b>Committee</b>	An unpaid volunteer who helps run the club
<b>D.Q.</b>	Disqualification. One for the racewalkers, as is....
<b>Lifting</b>	Losing contact with the ground in racewalking
<b>Flop</b>	Fosbury Flop high jump technique for U12s+
<b>Gates</b>	The electronic timing poles. Please do not touch
<b>Lane 1</b>	The innermost lane on the main circular track
<b>PB</b>	Personal Best - your best ever result in an event
<b>Scissors</b>	High jump technique for U9-11s
<b>Sector</b>	The lines that your throw must land between
<b>Stagger</b>	Different starting spots when running the bend
<b>The Gun</b>	What you listen for to start a race
<b>"Track"</b>	"Please would you mind moving out of the way?"
<b>Waffles</b>	Sprinting shoes worn by junior athletes
<b>Zone</b>	Competition for u7-u17s against seven other "city" clubs



*" You don't have to be great to get started...  
but you do have to get started to be great "*



## REPRESENTATIVE DATES FOR 2018-19

Athletics NSW State Relays, SOPAC	10-11 November
LANSW State Relays, SOPAC	17-18 November
Inner City Zone Championships, ES Marks	8-9 December
Region 8 Championships, Barden Ridge	2-3 February
State Multi Event Championships, Dubbo	2-3 March
LANSW State Track & Field Championships, SOPAC	16-17 Mar
LANSW State Roadwalking Champs, Penrith Lakes	June
LANSW State Cross Country Champs, TBA	July

## CAN'T FIND WHAT YOU ARE LOOKING FOR?

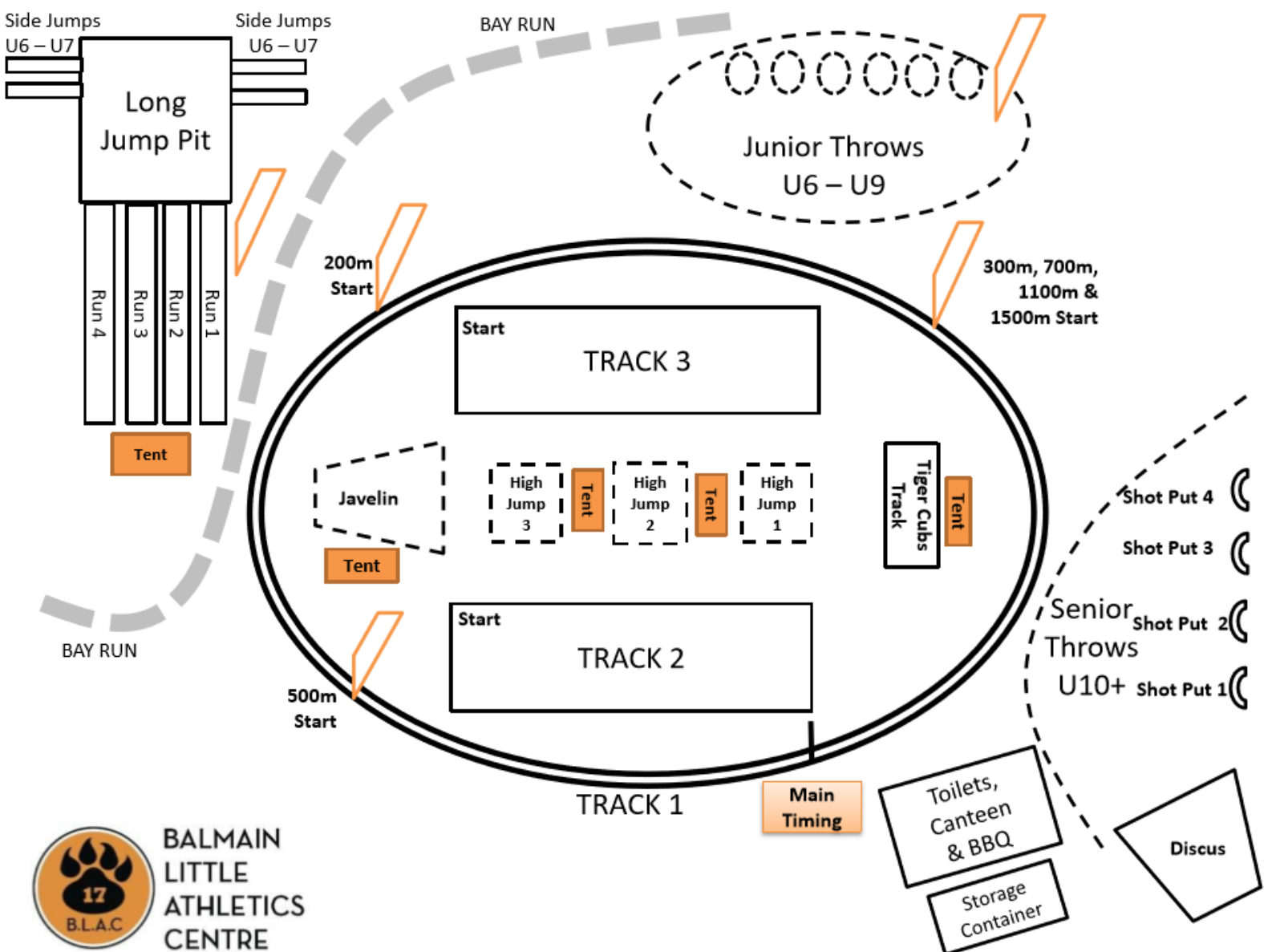
We try to keep all our athletes and families as informed as possible throughout the season. Nearly all the information that you will need can be found on the dedicated pages, or News section, of our website. Please make that your first point of call so that our club volunteers aren't inundated by questions that are easily answered on the website

**IF EVER WE NEED TO NOTIFY YOU OF A CANCELLATION  
IT WILL BE DONE VIA FACEBOOK BY 7:45am OF A  
SATURDAY OR 4pm OF A TUESDAY OR THURSDAY**





# KNOW WHERE TO GO ON KGO



## THANK YOU ALL VERY MUCH

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



# McGrath

Cindy Kennedy  
Residential Sales Agent  
0404 000 570



## Bendigo Bank

Balmain / Rozelle Community Bank® Branch



Burwood



# BALMAIN LITTLE ATHLETICS CENTRE

## EVENT TIMETABLE 2018/19

**EVENTS START AT 8.30AM**

Track 1: MAIN CIRCULAR TRACK  
Track 2: CLOSEST TO TREES  
Track 3: CLOSEST TO THE BAY

### PROGRAM ONE

Tots	U6	U7	U8	U9	U10	U11	U12	U13-14	U15-17
Run	70m Track 2	Long Jump side run up	700m Pack Start	Shot Put waterside	200m Lanes 2-6	100m Track 3	Shot Put	High Jump	Triple Jump
Jump	300m Pack Start	70m Track 2	70m Track 2	800m	Discus	200m Lanes 2-6	100m Track 3	200m	High Jump
Throw	Long Jump side run up	500m Pack Start	Shot Put waterside	Long Jump	70m Track 3	Discus	200m	1500m	200m
			100m Track 2	100m Track 3	800m	800m	1500m	Triple Jump	1500m
						High Jump	Javelin	Hurdles	Hurdles

### PROGRAM TWO

Tots	U6	U7	U8	U9	U10	U11	U12	U13-14	U15-17
Run	Shot Put waterside	70m Track 2	100m Track 3	High Jump	Long Jump	400m Lanes 2-6	8:00am u12 Racewalk		
							8:10am u13-17 Walk (sub 10min athletes)		
							8:30am u13-17 Walk Heat 2		
Jump	70m Track 2	100m Track 2	400m	70m Track 3	400m	Shot Put	Discus	100m Track 3	800m
Throw	100m Track 2	Discus waterside	Long Jump	400m	High Jump	100m Track 3	200m	800m	Shot Put
			70m Track 2	Shot Put waterside	100m Track 3	1500m	Long Jump	Discus	Javelin
						Triple Jump	400m	Javelin	100m Track 3

### PROGRAM THREE

**NOTE:** U10 Walk will start at 8:05am

U13-17 3000m will start at 7:45am on the designated 3000m weeks

Tots	U6	U7	U8		U9	U10	U11	U12	U13-14	U15-17
Run	Discus waterside	200m	Boys Hurdles	Girls Shot Put	Discus	1100m Walk 8:05am	1100m Walk	Triple Jump	*3000m* 7:45am	
Jump	200m	50m Track 3	Shot Put	Hurdles	Hurdles	High Jump	200m	100m Track 3	100m Track 3	100m Track 3
Throw	50m Track 3	Shot Put waterside	Discus		200m	Hurdles	Long Jump	High Jump	400m	400m
			200m		100m Track 3	100m Track 3	Hurdles	Hurdles	Shot Put	Long Jump
					700m Walk	Shot Put	Javelin	800m	Long Jump	Discus
									200m Hurdles	300m Hurdles