

# OUR NEW SEASON IS JUST AROUND THE CORNER



## WELCOME TO SEASON 2019-20

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 committee have been busy preparing for a world without starting caps and sourcing different ways to start all our races. You will become well acquainted with all this new equipment very quickly.

Registrations opened on 1st August under the watchful eye of our Registrar Andrea Belunek. Many thanks to Andrea and her team for the hours they've put into over 940 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 always be found at [www.balmainlac.org.au](http://www.balmainlac.org.au)

## REGISTRATION NUMBERS & SHIRTS

All uncollected registration numbers will be available at our first two competition days between 7:45-8:00am. Club training shirts can also 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 28 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 28th 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 5th October.**

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 5 OCTOBER

7:30am	<b>Set Up Duty u9s</b>
7:45-8:00am	<b>Registration Pick Up</b>
8:15am	<b>Orientation</b>
8:30am	<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, Discus & Long Jump events. This 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

## 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 their distinctive **bright orange** Committee shirts.

## 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 the best of 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 athletes 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 **10,525 PBs** set last season.

# NOTES FOR PARENTS

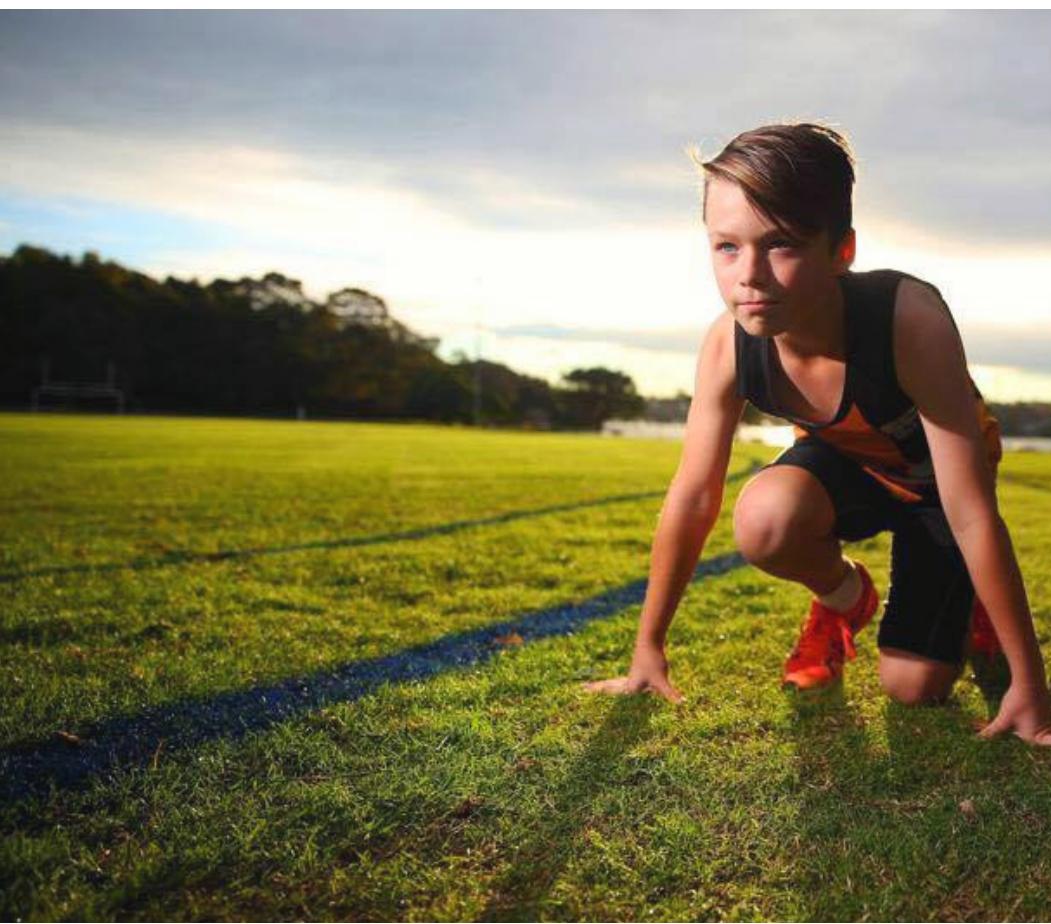
The involvement of every parent is required to enable Saturday morning competition to operate as effectively as possible. Be it marshaling athletes, measuring & recording, raking or retrieving, every little bit helps. We ask EVERY parent to read the Event Information Sheets on our Club website. They 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.

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

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



# 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**



## 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

## ROPE 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. With our older and larger athletes travelling at high speed we want to avoid injury to both parties.

We ask parents to please keep toddlers within sight and away from flags, finish line poles, ropes, etc at all times.

Most importantly we use some expensive electronic starting and timing equipment that looks very attractive to younger kids. Please avoid touching. Thanks



# 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**

We are finalising the best EFTPOS option to use

## 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.

## 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.

# 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. Paul Dolan & Kate Gifford. WELCOME TO THE COMMITTEE !!!
4. Peter Boyle. Treasurer & 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. Secretary & Championships Officer
9. Kim Gane. Championships Officer, Balmain Athletics Club delegate
10. Alan Hill. Canteen & BBQ Co-ordinator
11. Paul Schmidt. IT Manager
12. You can add your name here !!!!!!



# TUESDAY & THURSDAY TRAINING

Club training is offered on Tuesdays to all athletes in the U8 to U17s from 4:30-6pm. These sessions all start with our regular warm-up lap involving dynamic exercises and stretches before moving onto 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 only in the U12-U17 age groups on Thursdays from 4:45-6pm. We will have coaches available for Sprints, Middle Distance, Racewalking, Hurdles, Long and Triple Jump as well as in the 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 8th 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 Backup</b>	The printing stopwatch used to time longer races
<b>Blocks</b>	An assistant timekeeper with a 2nd stopwatch
<b>Cage</b>	Starting blocks used by older athletes
<b>Circle</b>	The net or fence that protects us from discus
<b>Committee</b>	The area you throw a Shot or Discus from
<b>D.Q.</b>	An unpaid volunteer who helps run the club
<b>Lifting</b>	Disqualification. One for the racewalkers, as is....
<b>Flop</b>	Losing contact with the ground in racewalking
<b>Gates</b>	Fosbury Flop high jump technique for U11s+
<b>Lane 1</b>	The electronic timing poles. Please do not touch
<b>PB</b>	The innermost lane on the main circular track
<b>Scissors</b>	Personal Best - your best ever result in an event
<b>Sector</b>	High jump technique for U9-10s
<b>Stagger</b>	The lines that your throw must land between
<b>The Gun</b>	Different starting spots when running the bend
<b>"Track"</b>	What you listen for to start a race
<b>Waffles</b>	"Please would you mind moving out of the way?"
<b>Zone</b>	Sprinting shoes worn by junior athletes
	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 2019-20

Athletics NSW State Relays, SOPAC	9-10 November
LANSW State Relays, SOPAC	16-17 November
Inner City Zone Championships, ES Marks	7-8 December
Region 8 Championships, Barden Ridge	1-2 February
State Multi Event Championships, Dubbo	29 Feb-1 Mar
LANSW State Track & Field Championships, SOPAC	14-15 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



# COME AND SUPPORT OUR CHARITY DAY

Proudly supporting



RMHC®  
Greater Western  
Sydney

## SHOW YOUR STRIPES FUNDRAISER

to support seriously ill children and their families

**WHEN:** Saturday 19<sup>th</sup> October

**WHERE:** King George Park

**WHAT:** Stripey Socks, Hairspray,  
Raffles, Fun activities

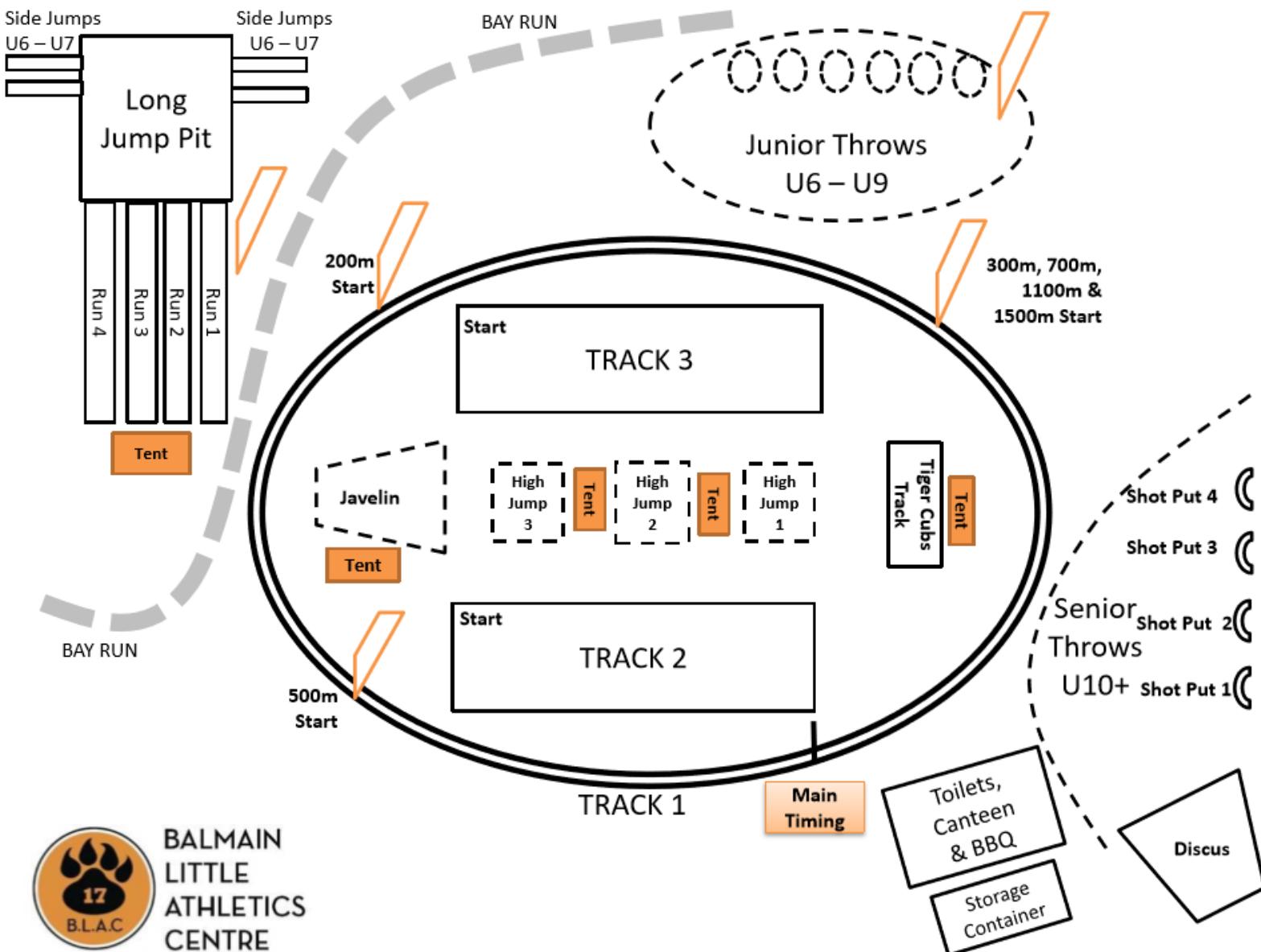
<https://fundraise.rmhc.org.au/fundraisers/balmainlittleathletics/show-your-stripes-little-athletics>



We've decided to SHOW OUR STRIPES and make an IMPACT for the families staying at Ronald McDonald House

Please show your support!

# KNOW WHERE TO GO ON KGO



## WHERE DOES IT GO?

We use a number of wheelie bins on the ground that fulfill various important jobs



Green bins are for  
**EQUIPMENT ONLY**  
Please don't use them  
for rubbish



Yellow bins near the  
canteen are for **recycling**  
We will process the 10c  
container deposit for you



Red Lid ?  
Please keep KGO  
clean and put any  
rubbish here

## THANK YOU ALL VERY MUCH

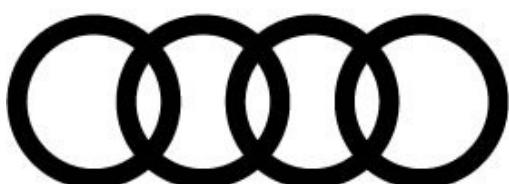
The club could not operate without the help of our wonderful sponsors, supporters and of course our parent volunteers. We thank you all for your support this season



# McGrath

Cindy Kennedy  
Residential Sales Agent  
0404 000 570

A proud local, Cindy lives and breathes Balmain, Rozelle and Lilyfield, possessing a thorough knowledge of the locality. Drawing on her superb marketing skills, she has an uncanny ability at matching the right property with the right buyer. Cindy doesn't believe in a 'one size fits all' approach but takes the time to develop an individual marketing campaign for each property. Her method works and is demonstrated by her impressive sales results, including an exceptionally high auction clearance rate. Limiting the number of listings she takes on at any one time ensures that every campaign receives her full focus. Cindy is a skilled sales professional, one of McGrath's top sales agents and a partner of the McGrath business. A master at negotiating, she is constantly working to secure the best possible price for her clients. Cindy loves her work and is committed to providing superior service to sellers and buyers alike. As a result, Cindy's clients are more than happy to recommend her. Specialty Suburbs are Balmain, Birchgrove, Lilyfield & Rozelle



# Audi Five Dock

### The Audi Difference

It's time to enjoy a more progressive driving experience. Innovation, quality, style – you'll find them all at Audi Five Dock. And with a wide range of New and Approved Used Audis available, all you have to do is ask.

Their Approved Used Cars come with a generous warranty that guarantees years of motoring, plus the reassurance that only the best people are servicing your Audi. They choose only the best used cars; come and experience one for yourself with a test drive at Audi Five Dock.



# Bendigo Bank

Balmain / Rozelle Community Bank® Branch

The Athlete's Foot

Burwood



# BALMAIN LITTLE ATHLETICS CENTRE

## EVENT TIMETABLE 2019/20

### EVENTS START AT 8.30AM (UNLESS INDICATED OTHERWISE)

Track 1: MAIN CIRCULAR TRACK

Track 2: CLOSEST TO TREES

Track 3: CLOSEST TO 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

NOTE: u12 Racewalk will start at 8am

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 Racewalk will start at 8:05am

u13-17 3000m will start at 7:45am, designated weeks only

Tots	U8				U9	U10	U11	U12	U13-14	U15-17
	U6	U7	Boys	Girls						
Run	Discus waterside	200m	Hurdles 60m	Shot Put	Discus	1100m Walk 8:05am	1100m Walk	Triple Jump	*3000m* 7:45am check calendar	
Jump	200m	50m Track 3	Shot Put	Hurdles 60m	Hurdles 60m	High Jump	200m	100m Track 3	100m Track 3	100m Track 3
Throw	50m Track 3	Shot Put waterside	Discus		200m	Hurdles 60m	Long Jump	High Jump	400m	400m
			200m		100m Track 3	100m Track 3	Hurdles 80m	Hurdles 80m	Shot Put	Long Jump
			700m Walk		Shot Put	Javelin	800m	Long Jump	Discus	
								200m Hurdles	300m Hurdles	

Balmain LAC is playing host to an Introduction To Coaching Course in October at King George Oval. All interested Age Managers and parents are invited to undertake this one day course. Any BLAC parents who complete the course will have their \$65 fee refunded to them by the club, so register now.



## Introduction to Coaching Course

Learn from the Little Athletics experts!

**Help Kids Learn Basic Athletics Skills**  
**Fun. Practical. No exam. No previous experience necessary!**

**"The course was very enjoyable, easy to follow and very informative" ITC Course Participant**

### Balmain ITCC

The Introduction to Coaching Course (ITCC) is designed to help participants become better placed to assist children to perform basic athletics skills.



The ITCC is a practical coaching course designed for Little Athletics and conducted on behalf of Little Athletics Australia. It covers how to teach basic working models for each event on the Little Athletics program. Participants will be shown event-specific skills, drills, games and activities relevant to the target age group.

The course is great for parents, school teachers and other interested people who want to know a little more about the skills of the sport so that they may help to coach children of primary school age, assist at Little Athletics centres or prepare students for a school athletics carnival.

This course is suitable for:

- People with little or no athletics coaching experience
- People who are considering attending a Level 1 Community Athletics Coach Course
- People who have completed a Level 1 Community Coach Athletics Accreditation

At the conclusion of the course the participant will, for the target age group:

- Better understand an appropriate working model for each Little Athletics event
- Have a greater knowledge of appropriate drills, skills, games and activities for each event
- Identify some of the more common technical faults associated with each event
- Have a basic understanding of a simple coaching session
- Better understand how to organise a group safely

- Balmain ITCC
- Sunday 20 October, 2019
- King George Oval, Manning St, Rozelle
- \$65 per person
- Must be 16yrs and above
- 9.00am - 3.30pm

Like us on



Register at [lansw.com.au](http://lansw.com.au)



# TRANS TASMAN TOUR to AUCKLAND NEW ZEALAND

## TOUR DATES 9 – 21 January 2020



**Were you born between 1 October 2007 and 31 December 2009?  
Would you like to join the FINAL Trans Tasman Tour to New Zealand?**

Athletes born between 1 October 2007 & 31 December 2008 nominate for the U12 group  
Athletes born between 1 January 2009 & 31 December 2009 nominate for the U11 group

The 2020 Trans Tasman Tour to New Zealand will be the 22<sup>nd</sup> tour conducted by LANSW in accordance with a reciprocal arrangement with The Auckland Junior Athletics Committee.

**Sadly, this will be the last tour by LANSW to New Zealand – so don't miss out!!**

**ABOUT THE TOUR** - Primarily an educational tour, with exposure to people of another country, their customs, heritage and environment. Previous tours to Auckland included visits to the famous thermal areas of Rotorua and overnight stay on a Maori Marae at Tauranga. Fun events have included Kelly Tarlton's Antarctic Encounter; Rainbow's End Fun Park and Auckland city sights.

Athletic meets have included zone carnivals and of course, the Trans Tasman Challenge in Auckland.

**TRANS TASMAN CHALLENGE** – will be held on Sunday 19 January 2020 at Mt. Smart Stadium, Penrose, Auckland.

**NOMINATIONS** – Nomination forms will be available in September 2019. All nominations together with a deposit of \$300.00 per person must be at Little Athletics NSW by **Wednesday 23 October 2019**. This deposit will be taken off the invoice total. Due to the fact that all nominees will tour, this deposit is non-refundable, except if it becomes necessary to limit the tour numbers because of aircraft, accommodation or other restrictions over which we have no control. Full payment of all tour costs will be required no later than ***5pm on Wednesday 13 November 2019***.

**ACCOMMODATION** - The athletes will be allocated to sections of approximately 12 athletes under the care of a section manager and two (2) assistant section managers (hand-picked adults). Accommodation for athletes and officials will be dormitory style at Sacred Heart College, a boy's boarding school in Glendowie, Auckland. At Tauranga, males and females will be at separate Maraes, not exactly motel accommodation, but great fun!

<u>ESTIMATED PRICE RANGE FROM THE 2018 TOUR</u>	<u>Athletes</u>	<u>Officials</u>
Includes: Airfare, taxes, accommodation, meals, coach travel, admissions and entertainment		
Official Uniform	\$440	\$410
Pocket Money	\$130	Nil
	<b>\$2,900 - \$2,990</b>	<b>\$2,800 - \$2,900</b>

## BRIEFING SESSIONS:

Anyone interested in touring is strongly encouraged to attend one of the briefing sessions set out below. These sessions allow interested parties to obtain further information, meet the Tour Committee and ask questions.

### SUNDAY 13 OCTOBER 2019

Commencing 4.00pm  
Holroyd LAC  
Holroyd Sportsground  
Corner Peel & Roberts Streets, **MERRYLANDS**

### THURSDAY 17 OCTOBER 2019

Commencing 7:00pm  
Mount Druitt Little Athletics Centre,  
Hanna Reserve,  
Hyatts Road, **OAKHURST**

### TUESDAY 15 OCTOBER 2019

Commencing 7:00pm  
McDonald's, Southgate Shopping Centre  
Cnr Port Hacking Road & Princes Highway  
**SYLVANIA**

### SATURDAY 19 OCTOBER 2019

Commencing 4.00pm  
The Willoughby Hotel  
315 Penshurst Street, **WILLOUGHBY NSW 2068**  
*Please consider having dinner from the hotel bistro after the briefing as the Hotel are providing us with the briefing venue free of charge.*

## SELECTION OF THE TEAM

There will be no selection trials for the 2020 Tour. Performances between 1 October 2018 and 21 October 2019 will be used as the basis for team selection and must be submitted on the form provided at the same time as the nomination form. These performances will be verified by LANSW, so full details must be given.

Little Athletics NSW selectors will select a team comprising of:-

25 boys from under 11 years age group plus 4 reserves 25 girls from under 11 years age group plus 4 reserves

25 boys from under 12 years age group plus 4 reserves 25 girls from under 12 years age group plus 4 reserves

Athletes will be selected in no more than four (4) individual events and maybe a relay team.

Those wishing to nominate for the team may nominate in either 2 track & 3 field, 3 track & 2 field, or 2 track & 2 field.

**However, everyone must nominate and provide performance details in a minimum of FOUR events - 2 track & 2 field.**

Athletes who nominate in the 400m, 800m and 1500m will only be selected in a maximum of two (2) of these events, however 400m times are required for relay team selections.

**Everyone who nominates must attend the uniform fitting day on Sunday 3 November 2019 between 10.00am and 2.00pm at Holroyd Sportsground.**

**ATHLETES UNIFORM IN 2020 may include** a tracksuit, hat, 2 polo shirts, a lightweight cotton hoodie, 2 pairs of cargo shorts, running singlet and shorts, a hoodie, 2 pairs of sport socks and a backpack.

**OFFICIAL'S UNIFORM IN 2020 may include** a tracksuit, hat, 2 polo shirts, a lightweight cotton hoodie, 2 pairs of cargo shorts, 1 zip jacket, 2 pairs of sport socks and a backpack.

**In addition, everyone touring will be given a special souvenir polo shirt commemorating the final Trans Tasman Tour.**

**Team photo** is also included for all athletes and officials.

**Pocket money** has been standardised at A\$130.00 for each athlete. This money will be in the custody of the tour committee who will issue a certain amount daily to the section managers for each athlete.

### 2020 Trans Tasman Tour Committee

Chairman/Tour Manager	Heather Mitchell	0402 205 300
Secretary	Sally Richardson	0411 586 001 or 02 9427 0534
Team Manager Girls	Marian Bennett	0455 133 357
Team Manager Boys	Ron Budd	0409 826 804
Uniforms Officer	Maria McConville	0423 745 074
Communications & Social Media	Tracy Lennon	0404 055 204
Merchandising Officer	Claire Yeo	0409 248 454

Information Bulletins and Nomination Forms will be available on the LANSW website in September 2019:

[www.lansw.com.au](http://www.lansw.com.au)