

# BALMAIN LITTLE ATHLETICS CENTRE

## Welcome to the new season!

What a fantastic start to the season. We have almost 800 registrations this year, an increase of more than 200. A big thank you to those parents who have already volunteered. The canteen/bbq volunteers were fantastic on Saturday and thank you to the parents who have offered to be age managers, enter results and be starters for their age groups.

**Starters** - please familiarise yourselves with how to start events by going to our website and then to Event Information Sheets.

**Results data entry** - please note that each group must provide a parent volunteer to enter results for the age/gender following competition on Saturday. Result sheets need to be taken home by a parent each week and entered via your home computer. An instruction sheet is in the age manager's folder. If you cannot find yours, email [annabel.landels@ozemail.com.au](mailto:annabel.landels@ozemail.com.au). Results will only appear on our website, and points awarded, if a parent has entered weekly results. Once entered, sheets should be returned the following Saturday to the red "data results" box. If you are away one week, please organise another parent to enter results data for that week/s.

## Volunteers

Volunteers are still needed for the following age groups: **U6B** - age manager 1; age manager 2; race starter. **U7G** - results data entry. **U8B** - age manager 1; age manager 2; race starter; results data entry. **U8G** - age manager 2; race starter; results data entry. **U9B** - race starter. **U9G** - age manager 2. **U12B** - age manager 1; race starter. **U13+B** - race starter; **U13+G** - age manager 2. Please email [gmbbeer@ozemail.com.au](mailto:gmbbeer@ozemail.com.au) with your details if you can help to fill any of these roles. Please remember that Balmain Little Athletics is entirely run by volunteers. The fee structure of the club assumes that parents will accompany their children to Saturday morning competition, and will assist with timing, measuring, marshaling etc. The

Committee members are happy to assist, but with 14 committee members and 800 competitors, parental assistance is critical to make things run smoothly each week.

## Online officials assessment

Available now at [www.lansw.com.au](http://www.lansw.com.au). We encourage all age managers and parents to complete one or more level D Officials Tests. They involve 15 multiple choice questions per event and act as a great tool on how to run an event.

## Event information sheets

Available on our website and give a quick introduction to all events run at club.

## Field events

If groups are experiencing long delays, Age Managers should consider athletes having 2 jumps or throws, rather than 3.

## Club Records

If a child breaks a record at club, age managers must notify a committee member. A record can only stand if:

**Track events** - at least 2 timers have timed first place and both times are under, or equal to, the existing record (make sure you do not delete times until a committee member has verified results).

In general, all track events must have a back-up timer for first place.

**Field events** - a committee member has verified and signed off on jump/throw.



**BALMAIN  
LITTLE  
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CENTRE**  
Est. 1972

## NEWS AND UPCOMING EVENTS



Angus Beer seen here after winning the recent Sydney East PSSA Junior Boys 800m



Inter Club competition is great experience and fabulous fun for all competitors

### New uniform stock will be available next week.

Please pin your registration number & age patch to a t-shirt to wear for Club competition until you have a singlet.

### Coaching - begins Tuesday from 4.30-6pm.

As we are expecting large numbers, please arrive at the oval at 4.15pm in order that the groups can be organised. U7's+ welcome.

### High performance out of club

We would love to know how our athletes are going outside of Little Athletics. If your child has reached the levels of NSWPSA (primary school) or SSA (secondary school) please let us know at [balmainlittleathletics@hotmail.com](mailto:balmainlittleathletics@hotmail.com) so we can add to our newsletter. Congratulations to Angus Beer who came second at NSW All Schools Cross Country and an amazing 10th at the Australian All Schools in Adelaide. Also, good luck to our athletes who will be competing at the upcoming NSWPSA State Championship: Angus Beer in junior boys 800m; Ross Batho in 11 boys long jump after a CIS record-breaking jump of 5.03m; Lara Bosnich in 11 girls 100m, 200m, & long-jump; Oliver O'Shea in 12/13 boys long jump. Good luck also to Lachlan Cooksey who is soon to compete at the Catholic State carnival in discus.

### State Relays coming soon

State Relays will take place on the weekend of 24 and 25 November 2012. 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.

### New senior club for Balmain

NSW Athletics has approved the Balmain Athletics Club. This is a senior club and anyone in the U12's+ is welcome to join. Registration is free for those registered with Little Athletics and for the 18's+ registration is \$110.00. David Murphy will be setting up a registration table on 29 September 2012 at the oval. Members of Balmain Athletics Club will be able to participate in NSW Athletics events, generally held on Saturday afternoons. More information is available at [www.nswathletics.org.au](http://www.nswathletics.org.au).

### Safety

Children must be supervised at all times on Saturday. We are mindful that our track is bordered by Leichhardt Bay, the car park and Callan Park. Parents/carers must know where their children are at all times. Please also ensure siblings are kept off the track/out of competition areas when in use by our little athletes. We had several near misses on Saturday when toddlers wandered onto the track during races.

### Packing up equipment

The last age group at each event is responsible for packing up equipment at that event. The age groups responsible for packing up events each week are below. Age managers may find it easier to allocate a couple of parents to pack up equipment in order that you may continue to the next event with your group:

Week	T 1	T 2	T 3	T 4	LJ	SP	Discus	Jav	HJ 1	HJ 2
1	U9/U10	U10	U8	U8	U6/U9	U9	U11	U12/13	U11	U11
Week	T 1	T 2	T 3	T 4	LJ	SP	Discus	HJ 1	HJ 2	
2	U10/U11	U10/11	U8	U8	U9/U12	U11	U13	U10	U10	
Week	T 1	Hurdles	T 3	T 4	LJ	SP	Discus	HJ 1	HJ 2	
3	U13	U13	U10	U9	U13	U10	U8	U11	U11	

### 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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**Advice**

