



## ADMINISTRATION & FINANCE



### **Registration Rebates - Reminder**

A reminder that a rebate of \$5 per registration will be paid back to Centres, for all registrations recorded on the IMG database as active and financial, AND with fees paid to the office by the **31st October, 2011**.

### **Constitution Review - Expressions of Interest**

Expressions of interest are being sought for interested persons to join an expanded Constitution Committee with the primary objective of reviewing the more contested elements of the Constitution/Regulations package which failed to achieve the required 75% member voting support at this year's AGM.

Click [here](#) to download a copy of the memo calling for expressions of interest.

Expressions of interest are to be sent to the Association office by **November 2, 2011**.

### **Growth Focus Group – Expressions of Interest**

Expressions of interest are being sought for people who may be interested in becoming a member of a **Growth Focus Group**; a working party that is being set up to look at membership growth of our organisation. The objective of the group will be to identify strategies to increase the number of registered athletes and make Little Athletics more attractive to families. Ideally it is hoped that the members of the working party will be made up of: Centre representatives – both metropolitan and country; persons with an interest/expertise in Centre programming; and persons with an interest/expertise in skill development programs.

Click [here](#) to download a copy of the memo calling for expressions of interest.

Expressions of interest are to be sent to the Association office by **October 28, 2011**.

### **Macca's Equipment Grants – Applications Now Open**

McDonald's invites all Little Athletics Centres in NSW to apply for a Macca's Equipment Grant of \$1,000! To enter, applicants must send an email to [littleathleticsgrant@au.mcd.com](mailto:littleathleticsgrant@au.mcd.com) including their Centre name, contact person name, and contact phone number, and explaining in 200 words or less why their Centre deserves a \$1,000 McDonald's Equipment Grant and how they would spend the grant if they won. Up to eight (8) Centres will be chosen as winners to receive a grant. Entries close **November 30, 2011**. Terms and conditions are available from the LANSW website.

## ADMINISTRATION & FINANCE

Application are now open for both the 2012 Centre Grant Scheme & 2012 Country Athletes Support Program.

### IGA Docket Competition - Reminder

The IGA Docket Competition is back for another year! Start collecting your docketts and send them in every month! If you would like to earn money for your Little Athletics Centre, join the competition and get collecting those docketts! Remember first prize in each division is \$3,500, with runner up prizes of \$1,000 and \$500 for second and third places respectively. Please remember to send your tally with your docketts! Good luck to all Centres for this year's competition!

Click [here](#) to download a copy of the IGA Docket Competition flyer.

### 2012 Centre Grant Scheme

Applications are now open for the 2012 Centre Grant Scheme. To download an application form, click [here](#). Applications close **December 31, 2011**.

### Country Athletes Support Program – Applications Now Open

Applications are again being taken for the LANSW Country Athletes Support Program. The Country Athletes Support Program is designed to assist talented young athletes from country areas of NSW to access Little Athletics competitions held in Sydney Metropolitan area. Athletes eligible to apply for the Country Athletes Support Program must be: 10 years of age or older as at September 30; of a state level standard in at least 1 event; a permanent resident of NSW and live more than 200km radial distance from the old Sydney GPO.

For further information and an application form click [here](#).

## CHAMPIONSHIPS & OFFICIALS



### Association /Key Officials Seminar

Over 60 officials attended the Association /Key Officials Seminar, held at Holroyd Sports Ground on September 18, 2011. Prior to the seminar there was an opportunity for officials to sit for theory exams (8 officials sat for 14 B and C Grade theory exams). Training in the use of EDM's and Wind Gauges was also provided for interested officials.

Among the matters discussed at the seminar held in the afternoon were:-

- a) Update on changes to the Rules of Competition approved at this year's Conference
- b) Feedback from last season's carnivals
- c) Changes to procedures primarily in view of changes to the rules and feedback received
- d) Introduction of Officials Committee for 2011/2013

An important component of the seminar is the use of workshops to discuss various scenarios. The seminar attendees were allocated to workshops based on disciplines (e.g. throws, jumps, track) and given scenarios of situations/events that may occur during competition (including code of conduct matters). The attendees then discussed the rules and procedures that relate to the event and how officials should handle those situations.

# CHAMPIONSHIPS & OFFICIALS

A copy of the notes from the seminar will be sent to Association Officials. They will also be sent to Zone Co-ordinators to distribute to key officials in their Zones. The notes from the seminar and a summary of the workshops will be placed on the Association's website in the near future.



## Myths about Association/Carnival Officials Nominations

- Myth 1** You have to hold B Grade accreditation to be an Association/Carnival Official  
**Wrong** Officials with C Grade accreditation are welcome to nominate to be Association Officials. However, B Grade accreditation or suitable experience is required to be appointed a chief.
- Myth 2** All positions at Association Carnivals require accreditation  
**Wrong** There are a number of positions at most carnivals that don't require the official to be accredited. These include: Marshalling Assistants, Equipment Assistants, Gate, Program Sales, Finish Line Assistants etc.
- Myth 3** Association/Carnival Officials have to be available for all Association carnivals  
**Wrong** Association Officials should be available for multiple carnivals; they don't have to be available for all days of each carnival. Usually they should be available for the whole day of any day they officiate. Carnival officials should be available to officiate for a minimum of ½ day at any carnival they officiate at. They can nominate to officiate for ½, 1 day, or a full carnival. They can nominate for 1 or more carnivals.

Entries for the Trans Tasman Trials close on Wednesday, October 19.

## State Relays

Senior Day (U/12 to U17) Sunday 27th November will now start at 9.15am (for field events) which is 15 minutes earlier than the Junior day, which is a 9.30am start for all events.

There will be a FAQ document uploaded onto the website which will explain the procedures for clashes on the Senior Day.

## Trans Tasman

Each Centre will receive the official entry form (No. 1 Bulletin) for all athletes and parents who wish to accompany the tour as officials. This No. 1 Bulletin is also available for download from the LANSW website. Each child will also receive a promotional flyer regarding the tour, as well as an information email.

We hope that all Centres will assist in distributing all this information to their members.

## CHAMPIONSHIPS & OFFICIALS

Information days/nights are being held on Sunday, October 9, at Pennant Hills, Wednesday, October 12, at Sylvania, Thursday, October 13, at Kingswood and Sunday, October 16, at Merrylands. All details are in the No. 1 Bulletin on the website.

Don't forget the Trials are on Sunday, November 6, at Myimbarr Community Park, Wattle Street, Flinders (Shellharbour) and **entries close on Wednesday, October 19**, at Association office at 5pm.

As this is the first Association carnival and full Centre uniform must be worn; please remember that the Centre number no longer can have the Coca Cola logo on it. New numbers are available from Centres, or parents can cut off the word "Coca Cola".

## DEVELOPMENT



### 2011 Multi-Event Coaching Clinic- Don't Miss out

This is a quick reminder that 2011 Multi-Event Coaching Clinic is fast approaching.

Will athletes from your Centre be competing, or thinking of competing, at the LANSW State Multi-Event Championship? Or, do your athletes just want some extra coaching? If your answer is "yes", LANSW is conducting a 2-day coaching clinic at Cessnock, at the 2011/12 Championship venue. The 2-day clinic will be held October 29-30, 2011, and reflects all the events contested at the Little Athletics State Multi-Event Championships. It is open to any interested registered athlete of any ability from the U9-U17 age groups.

Here is an opportunity for a weekend of great coaching from well respected, and nationally accredited coaches with 7 specialised athletic coaching sessions. All Little Athletics Multi Event Championship events will be covered (except for javelin), including high jump for all age groups! Athletes will rotate between all events with the aim of improve techniques, develop new skills, have lots fun and meet lots of friends by being active and "giving it a go". Parents are also encouraged to stay, watch and learn from the coaching sessions or take time out to enjoy what the Hunter Valley District has to offer

An "early bird" price of \$75 is offered if online registration / application form with full payment is received by or before close of business, Monday October, 10, 2011. The cost of this 2-day clinic after this date is \$85. The final closing date is October 24, 2011.

Hurry, as this clinic proved very popular last year and numbers are limited.

## DEVELOPMENT

The 2011 Christmas Camp is filling fast - early bird applications close on November 14.

### 2011 Annual Christmas Camp

Little Athletics NSW (LANSW) most popular and longest running camp, the "Annual Christmas Camp" is on again. Registrations have already been received and numbers are rising.

This year's camp will be held on December 16-18, 2011 "Blue Gum Lodge", Springwood. An "early bird" price of \$150 is offered if registration is received before close of business, Monday, November 14, 2011 and the cost of the camp after this date is \$170.00. Final closing date for applications is 5pm on Monday, December 5, 2011.

If you would like to attend the camp, simply register online or download, complete and return the application form, with full payment, to Little Athletics NSW by the closing date.

Numbers are limited so early applications are advised. A minimum of 40 athletes is required for the camp to proceed.

### We Are Looking for Centres to Host School Holiday Clinics

Every school holidays, Centres have the opportunity to host a School Holiday Coaching Clinic. The purpose of these coaching clinics is to provide registered and unregistered athletes (eligible for the U9 to U 17 age groups) access to affordable quality coaching in running, jumping and throwing events. It is also a "come & try" opportunity for those who have never tried Little Athletics and want to "give it a go"!

The clinics will help participants to identify the sport with enjoyment, friendship, improvement, learning, personal achievement and positive experiences. The clinics also assist to raise interest about athletics in the community.

Centres who have hosted a clinic in the past have benefited from the day. Canterbury Little Athletics Centre hosted 2 clinics (July & October school holidays) and President Tim Pullen commented as follows:-

- the clinics give our athletes an opportunity to learn correct event techniques from qualified and experienced coaches
- the athletes don't have to travel a long distance to attend the clinic
- offering the clinic during the school holidays gives the kids a healthy, structured whole day activity in a safe environment
- the September clinic comes right at the start of the season when everyone is getting back into athletics which is very timely
- the July clinic is good preparation for school carnivals and a great opportunity to get new kids involved in athletics in the local area
- the Association does the registration and assists in promotion and provides the coaches; there is not much for the Centre to do except provide the venue and some equipment

We are currently looking for expressions of interest from Centres to host clinics in 2012.

For more information of any of the above, please contact Alvin Umadhay or Hayley McBurney at the Association Office.

We are currently looking for Centres to host School Holiday Coaching Clinics in 2012.

## DEVELOPMENT

### 2011 LANSW State Team

All Centres are encouraged to promote the opportunity of LANSW State Team involvement to all athletes in the Under 13 and Under 15 age groups.

Preliminary details are below:

The 2012 ASICS Australian Little Athletics Championships will be held on Saturday April 21 at the Domain Athletic Centre, Hobart, Tasmania.

The selection policies for both the Under 13 Team and the Under 15 Team to compete at this event will soon be available on the Little Athletics website.

Selection in the Little Athletics NSW State Team is considered a great honour and a major highlight of Little Athletics involvement.

The proposed 2012 LANSW State Team Program is:

- **Team Camp 1:** Friday March 30, 2012 to Sunday April 1, 2012 (Sydney Academy of Sport & Recreation)
- **Team Camp 2:** Friday April 13, 2012 to Sunday April 15, 2012 (Sydney Academy of Sport & Recreation)
- **Team travels to Hobart:** Thursday April 19, 2012 (Team will travel and be accommodated together)
- **Australian Little Athletics Championships:** Saturday April 21, 8am to 5pm, Domain Athletic Centre, Hobart
- **Team returns to Sydney:** Sunday April 22

Please note:

- The 2012 LANSW State Multi Event Championships serve as the selection trials for the Under 15 team members. The 2012 LANSW State Track & Field Championships serve as the selection trials for the Under 13 team members.
- Team members are required to attend all scheduled team activities including both pre-championship camps.
- A Parent/Guardian of each team member is required to attend a State Team Introductory Session with their son/daughter on Friday March 30, 2012 at the Sydney Academy of Sport & Recreation, Narrabeen, which coincides with the start of Team Camp 1.

For the most up-to-date LANSW State Team information, go to the NSW section of the Little Athletics website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or [admin@laansw.com.au](mailto:admin@laansw.com.au).

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The most up-to-date State Team information is available on the website under Competitions, Championships.

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## DEVELOPMENT

### Junior Encouragement & Talent Squad (JETS)

**Hurry! Last Chance to register for the JETS using last season's performances!**

Athletes have until October 31, 2011, to submit JETS applications that use qualifying performances achieved between October 1, 2010 and September 30, 2011.

Any applications submitted after October 31 must use qualifying performances achieved from October 1, 2011, compared against the standards of the age group that the athlete is registered in the 2011-2012 season.

In other JETS news:

- The JETS program is predicted to soon reach record numbers!
- The first JETS coaching clinic of the new season will take place on Sunday October 23 at Sydney Olympic Park Athletic Centre! More than fifty athletes have already registered for this clinic!

*All Centres are encouraged to promote the JETS program to their members who are in the relevant age groups. Become familiar with the qualifying standards and alert your members when they have qualified. Don't allow them to miss out on the fantastic opportunities offered by the JETS.*

For those not familiar with the JETS program:

The Little Athletics NSW Junior Encouragement & Talent Squad (JETS) program aims to recognise, reward and foster emerging talent in the sport. The program gives athletes in the **Under 12 – 17 age groups** the opportunity to further develop their skills, knowledge and performances to a higher level in an enjoyable social environment.

The program consists of numerous activities, primarily consisting of coaching clinics, aimed at motivating, encouraging and supporting squad members. The sessions, recognised as the highest level of coaching clinics offered by Little Athletics NSW, are conducted by some of New South Wales' leading Little Athletics coaches, are held at some of the State's best athletics facilities and feature a low coach-to-athlete ratio.

The benefits of JETS membership include:

- The opportunity to attend all JETS coaching clinics for a heavily discounted fee.
- Discounted registration to other selected Little Athletics NSW Coaching Clinics.
- Access to some of NSW's top Little Athletics coaches.
- Use of some of the state's best athletics facilities.
- The chance to meet elite athletes.
- The opportunity to train alongside other talented and motivated JETS members.
- Education in a variety of sport-related topics.
- An exclusive JETS member T-Shirt.
- Regular "JETS News" emails.
- Access to special JETS training information, fact sheets, resources and more.
- Special invitations to events that may arise.
- Access to JETS members-only competitions and prizes.
- Opportunities for social interaction with other JETS members.
- A fun, friendly, supportive atmosphere!

Athletes have until October 31 to submit JETS applications using last seasons performances.

## DEVELOPMENT

Parents/guardians of JETS members receive benefits too! There are a number of opportunities for parents to watch the coaches up-close in action, ask questions and take part in the education sessions alongside the athletes.

For more information (including qualifying performances) or to apply for the 2011-2012 JETS Program click on the JETS logo on the left-hand-side of the Little Athletics NSW homepage.

All phone enquiries can be directed to the Little Athletics NSW Coaching & Development staff on 02 9633 4511 or 1800 451 295.