



NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

ANNUAL REPORT 2020

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE	1
PRESIDENT'S REPORT	2
SECRETARY'S REPORT.....	4
TREASURER'S REPORT	5
REGISTRAR'S REPORT	9
GROUNDS & EQUIPMENT REPORT	10
COACHING & EDUCATION REPORT	11
TEAM MANAGER'S REPORT	12
RECORDS & RESULTS REPORT	13
CLUB CAPTAIN'S REPORT	15

PRESIDENT'S REPORT

North Rocks Carlingford Little Athletics Centre's end of season 2019/20 is a time to celebrate the achievements of our club and our athletes, as well as publicly acknowledging the fantastic volunteers that make it all possible.

Congratulations to everyone on a successful season at club competition and the interclub championships. By every metric, season 19/20 was more successful than the last: we had 471 members, including 28 multiclass athletes. Together we achieved 7,526 PBs, and broke 54 club records. We sent 188 athletes to Zone Championships, where we finished third in the inaugural interclub shield, and were well represented by our multiclass athletes competing in three events at Zone for the first time. Our Junior Boys relay won Gold and the Senior Boys relay won silver and progressed to Region. We had 123 athletes qualify for Regional Championships and had the highest number of officials representing the club. We had 34 athletes qualify for State Championships, which were unfortunately cancelled due to COVID-19.

All of this can't happen without a lot of work from a lot of good people. On behalf of the Committee I'd like to thank our:

- **Age Managers and Assistants.** Thank you for your dedication and hard work.
- **Club Captain,** Chelsea Smith
- **Coaching Co-ordinator,** Mathew Woodhouse
- **Club Coach,** Shannon Kavanagh
- **Thursday Coaches**
- **Starters,** Greg Smart (Chief), Chris Barker, Jenny Drury, Ben Collier, Geraldine Miller, and Kieron McKeown
- **Time Keepers,** Adam Boyd (Chief), Liz Parlevliet, Anita Boyd, Emily Wong, and Fiona Gathercole
- **Championship Officials,** Jenny Drury (Starter), Les Nagy (Throws), Ben Waldron (Throws), Joe Shahla (Throws), Adam Boyd (Time Keeping), Greg Smart (Starter), Kieron McKeown (Starter), John Nilon (Walks), Ben Jamieson (Jumps), Sankaran Loganathasundaram (Throws), Pia Fenson (Track), Chelsea Woodhouse (Track), Kathryn Khiroya (Jumps), Liz Parlevliet (Track), Marija Butler (Throws), Natalie Lambert (Track), Garry Dennis (Announcing), Dylan Yip (Jumps), Andrew Hazon (Jumps), Jo O'Neill (Track), Janet Lawrence (Track), Mick Reynolds (Jumps), Amish Khiroya (Jumps), Emily Wong (Track), Ben Collier (Starter), Jenni McBain (Track), Joe Perry (Throws), John Williams (Jumps), and Anita Boyd (Track)
- **Canteen Managers,** Phillipa Gately, Catherine Schneider, and Natalie Pokinghorne
- **BBQ Chef,** Chris Schneider
- **Championships' Team Mangers,** Annika Tilt, Carwyn Potbury, and Janet Lawrence
- **Club Photographer,** Leo Cunha

- **Data Consultant**, Adam Price

I'd like to thank NRCLAC club sponsors for their ongoing support:

- Carlingford Bowling Club
- Physio Fitness Castle Hill
- The Athlete's Foot
- Coles North Rocks
- FIT-TAPE
- Baker Crescent Meats

We value these relationships, thank you for your contribution, and are pleased to have you as members of our community.

I'd like to thank our Committee for all their work.

Some of the successful initiatives the Committee achieved this season, includes:

- We qualified 6 new Coaches through the Introduction to Coaching Course.
- We qualified all our Age Managers through Level 1 Officiating courses.
- We raised \$331 in gold coin member donations for The Smith Family charity and made a \$300 donation to The World's Greatest Shave.
- We won a grant from City of Parramatta to buy new tents.
- We won a grant from the NSW Government for equipment and uniforms for our Multi-Class athletes.
- We developed and launched a refreshed club logo.
- We trialled a new competition program.

I'd like to acknowledge the history of NRCLAC and express appreciation for the ongoing support and contributions of our Life Members. Thank you.

I want to thank all the families who make a contribution to help run the club week to week. We only exist because of good people getting involved. I strongly encourage all members to find a way you can help, and I know you will find it rewarding to make a contribution to our community.

On a personal note I'd like to thank the families, with whom we get to spend time at Little Athletics. I know I can speak for myself, Annika, Lily, Lachie, and Josh, in saying we are lucky to have you as good friends. Thank you.

Fergus Tilt, President

SECRETARY'S REPORT

The Annual General Meeting (AGM) on 5th May 2019 resulted in the formation of a new committee. Fergus Tilt (President), Ben Waldron (Vice President), Carwyn Potbury (Treasurer), and Chelsea Woodhouse (Registrar) remained in the same roles, with Garry Dennis continuing as the Public Officer. I took on the role of Secretary. Adam Boyd, Kathryn Khiroya, Liz Parlevliet, Mathew Woodhouse, and Andrew Hazon remained as general committee members. We welcomed new members Emily Wong and John Nilon.

During the 2019/2020 season committee meetings were held regularly, commencing from June 2019 in preparation for registrations which opened on 1 August.

The AGM will occur this year via Zoom meeting on 3rd May. Notifications to club members occurred via the Club Facebook page and Club website, advising all members of the date and method of delivery and calling for nominations for committee positions. Invitations to Life Members occurred via email.

I would like to thank the committee for their support during the 2019/2020 season. As a club, we very much rely on our volunteers and I encourage all members to think about being involved at committee level.

Janet Lawrence, Secretary

TREASURER'S REPORT

Please find attached the 2019/2020 accounts. These accounts have been audited by our Honorary Auditor Mr Simon Brownlow (ASA), Associate CPA Australia. We thank Simon for undertaking this on our behalf.

It has been a successful and enjoyable season and as Treasurer, albeit slightly interrupted one due to weather, smoke and finally COVID-19.

The Centre recorded a total income for 2019/2020 season of \$93,498 which represents a decrease of \$7,914 on the previous year. A mitigating factor for this decrease of income was the club received less Government Grants and Sponsorship than the previous season. The club did however have record registration numbers and this showed in the increase of income here. These things among others all contributed to the slight financial surplus recorded in the accounts. The Grants and Sponsorship received were predominantly used for the supply of new equipment for the club including new Javelins, Age Manager Training, NRCLAC Branded Tents to replace the old broken ones and for the MC athletes Registration and Uniforms. I would like to thank Fergus Tilt for all his time applying for the grants and sponsorship that help to make our club the success it is today.

NRCLAC had record membership, 471 paid registrations in 2019/2020 season bringing in \$57,200 in Registration Sales.

There was slight increase in Canteen sales this season. Canteen Sales for the year were \$16,171. Even though we missed a few Saturday competition days due to inclement weather, sales were very strong, especially through the first half of the season. The Square POS continues to be a positive inclusion to our canteen giving our members the opportunity to purchase by Credit Card or EFTPOS. It has proven to be very popular and almost 25% of this year's canteen sales have come through this system. The BBQ continued to be very well received and this is due to the continuity and quality of the cook. I would like to thank the Canteen Managers Phillipa Gately and Natalie Polkinghorne for their hard work in running the canteen and keeping it well stocked and also our BBQ Chef Chris Schneider.

Our Uniform sales of \$10,588 was on par with the previous season. The club will continue reducing the amount of line items it sells going forward. We will only be supplying Competition Singlets, Lycra Shorts, Crop Tops and the club supporter merchandise. The online Stripe facility set up on the NRCLAC website alongside our Square POS system give our members multiple ways of purchasing uniforms.

The Centre incurs considerable expenses to keep operational. The major expense for 2019/2020 is the \$30,124 fee paid to LAANSW for registration and insurance of our athletes. In addition to this:

- \$8,285 - was spent on trophies, medals, ribbons and other rewards presented to the athletes and parent helpers at our presentation day.
- \$13,553 - was spent on stocking the canteen.
- \$10,392 - in uniform cost of sales
- \$5,076 – for Region Shirts
- \$8,052 - for Equipment purchases and repairs
- \$1,584 – Printing and Stationery (includes Club rebranding)
- \$2,213 – Carnival Entry Fees

With NRCLAC being a not-for-profit organisation, we aim to return the funds to the athletes and parent helpers through the continuation of several initiatives that have enjoyed the ongoing support of the committee:

- Supply of uniforms and payment of registration for MC athletes
- Matched the \$165.80 Members Donation to Smith Family charity
- Sponsored an NRCLAC member for Worlds Greatest Shave for \$300
- Gift Vouchers for Age Group Managers and Parent Helpers
- Age Group Manager Training Day
- Introduction to Coaching for new Age Group Managers
- Paddle Pop Weekly Prize
- NRCLAC branded Athlete Clothing for Region and State Representatives
- Weekly Sausage Sandwich and Drink for Age Group Managers

Our bank balance remains healthy with an end of season balance of \$67,900 with \$3,665 in current petty cash.

All known 2019/2020 expenses have been captured into these accounts.

So, for Season 2019/2020, working as part of this club and being centrally involved with all decisions made by the committee has been very rewarding. I wish to thank the committee and everyone else who has supported this club. I am looking forward to the new season.

Carwyn Potbury, Treasurer

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATED

STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDING 31 MARCH 2020

	Year to 3/31/2020	Year to 3/31/2019
<u>Income</u>		
Registrations	57,200	54,482
Canteen sales	16,171	14,298
Uniform sales	10,588	10,528
Grants & Loyalty	9,539	21,542
Interest		-
Sundry		563
Total Income	93,498	101,412
<u>Expenditure</u>		
Advertising		
AGM Expenses	0	-
Bank Fees	1,064	1,385
Canteen Cost of Sales	13,553	11,165
Carnival Entry Fees	2,213	2,139
Computers, Recording & Website	2,432	1,820
Conference Fees	0	-
Electricity	0	-
Equipment Purchases & Repairs	8,052	9,539
General Expenses	5,152	2,528
Ground Maintenance & Consumables	292	3,949
LAA NSW Registration & Entry Fees	30,124	30,328
Oval Hire	1,883	1,865
Printing & Stationery	1,584	-
Ribbons, Trophies & Medals	13,362	14,763
Training & Coaching	195	650
Uniform Cost of Sales	13,303	12,637
Website		
Total Expenditure	93,209	92,767
Operating Surplus/(Deficit)	290	8,645

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATEDBALANCE SHEET
AS AT 31 MARCH 2020

	3/31/2020	3/31/2019
<u>Assets</u>		
Bank Account	67,900	66,558
Term Deposit		
Petty Cash	3,665	1,806
Uniform Clothing Stock	9,500	12,411
Total Assets	81,065	80,775
<u>Liabilities</u>		
Accruals		
- AGM & Presentation		
- Canteen Purchases		
- Carnival Entry Fees		
- Registrations		
- Repairs & Maintenance		
- Uniform Purchases		
- Electricity		
- Oval Hire		
- Medals & Trophies		
Total Liabilities	0	0
<u>Membership Equity</u>	81,065	80,775

Honorary Reviewer's Report

I have examined the books of account and financial records of North Rocks Carlingford Little Athletics Centre Incorporated for the year ended 31 March 2020 and I am of the opinion that the above Balance Sheet and the Statement of Income and Expenditure on page 2 give an accurate view of the state of affairs and results for the year.

I have relied on the previous year's review for the March 2019 financial balances and have not performed a review on these figures this year.

The Balance Sheet and Statement of Income and Expenditure have been prepared for the members of the North Rocks Carlingford Little Athletics Centre and may not be relied upon by any other parties.

DocuSigned by:
Simon Brownlow
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Simon Brownlow (ASA) - Associate CPA Australia
Honorary Reviewer

Dated at Sydney on 24 April 2020

REGISTRAR'S REPORT

NRCLAC had 471 registrations for the 2019/2020 season, which was a 5% increase on the previous year and our largest ever membership level. This season saw 216 girls and 255 boys competing at and representing NRCLAC this season. The junior age groups (Tots – 11's) were once again the largest groups, with 294 (62%) of registrations being represented by these age groups. There were 149 (32%) registrations in our senior age groups (12's to 17's) and our Multi-Class group consisted of 28 (6%) athletes.



NRCLAC continues to encourage participation in Little Athletics of athletes with a range of special needs, and this is also being further encouraged at a higher level by Little Athletics NSW. The special needs group has proven to be an extremely successful and was once again a popular program, with 28 athletes registered in the group this year. The Committee would like to thank the group's managers, Natalie Portes and Paul Parsons all their efforts resulting in yet another wonderful season with the athletes.

NRCLAC prides itself on being a centre where all athletes are encouraged to compete, improve personal performance, keep fit and most of all have fun. Success in creating an enjoyable experience can be seen by the retention of athletes from season to season. This year, 73% of athletes were returning registrations, which is a fantastic result. We look forward to welcoming back all our athletes in the 2020/2021 season.

Chelsea Woodhouse, Registrar

GROUNDS & EQUIPMENT REPORT

2019-2020 was another big year for NRCLAC with somewhat of an abrupt ending. I was ably assisted by Drew Hazon, who has become a great assist to the club with his ability to fix almost everything. Thanks Drew for all your help.

This year we saw the club obtain a number of private and government grants which resulted in the club buying some equipment. The main purchase again was tents. With confirmation of Parramatta Council building a new club house, purchases of equipment were limited this year.

I would like to thank Drew and Johnson's Transport, who again this year have helped the club with storage of our bulky equipment during the off season.

I would like to thank all the parents and sometimes grandparents that turn up weekly to assist with set up and pack up. Our club is the envy of all local clubs with such a great relationship between the competing kids and the parental volunteers that assist to make our competition days run so well.

Finally, to the committee, as the VP and jack of all trades I see the time and effort you selflessly put into the club. From the president to the club captains your work has made this club great as we go from strength to strength, the envy of the rest.

Ben Waldron, Vice President

COACHING & EDUCATION REPORT

During this season Matt Woodhouse took over from me and became the Coaching Director for the club. It showed this year with the club having a large Region Team and State Team even though state was a victim of Covid-19. The club continued with the 2-day training program with fitness on Wednesdays and event specific on Thursdays.

Firstly, I would like to thank Shannon for all your time, knowledge and patience over the training season. Further to that Shannon thank you for making it fun for the kids. This was evident in the large number of athletes attending.

Second, I would like to thank the Thursday Coaches; Carwyn, John, Leo, Kyiha, Drew, Matt, Lis, Maria, Shannon and the many parents, your ongoing support allows the kids to improve. Due to your hard work as a club the Kids had their most successful year ever.

Lastly, I would like to thank the kids who turn up to training each week. Keep healthy, Keep exercising and see you all next season.

Ben Waldron, Vice President

TEAM MANAGER'S REPORT

Carwyn and I were helped this season by Janet, with the three of us working together as Team Managers. I would like to thank Carwyn and Janet for their support with the major carnivals we attended in season 2019/20. There is a lot of planning that goes into allocating athletes for events, organising parent helper duty rosters, marshalling, and answering queries. I would also like to thank Fergus for his support and his many hours spent behind the scenes helping the carnivals run smoothly.

Zone Championships, Barton Park

NRCLAC was well represented by 188 athletes competing in 695 events and 4 relays. The carnival ran very well as usual thanks to the hard work of our Zone Committee. Our North Rocks Tent City was as usual very impressive. Thanks to Ben, Drew, Russell, Mat and Garry for helping set up the area on Friday afternoon. We competed at Zone this year for the inaugural Inter-Club Shield, finishing third behind Northern Suburbs and Ryde. A special mention to Alex Shahla for breaking the Zone record in the U17 Boys Shot Put with a throw of 15.59m. Great work Alex! A special thank you to our Multi-Class athletes who were able to compete at Zone in three events this year. MC Long Jump was added to Discus and 100M, and it was great that NRCLAC had the majority of the athletes again. Thank you to the parents and helpers for officiating the MC events. It was well received, and a very proud moment for the club. Hopefully we can do it again next season with more events and even more athletes.

Regional Championships, Narrabeen

An eventful Region this season, being postponed at the last minute due to flooding at Narrabeen! We came back the following weekend in significantly better conditions. We were well represented by 123 athletes - a record for the club, competing in 328 events. Our medal tally finished at 13 Gold, 11 Silver, and 7 Bronze. Thank you to everyone for their patience and understanding and to the Region Committee for keeping us well informed about the necessary changes.

State Combined-Event Carnival, Tamworth

10 athletes travelled to Tamworth this year. The weather was warm but not as warm as previous years so we were lucky. There was a lot of PBs on the new Tamworth track. Congratulations to Emma Barker winning Bronze in the 7G, Sammy Price winning Silver in the 11B, and Sophie Kavanagh and Lily Tilt for winning Silver and Bronze in the 17G.

State Track and Field Championships

Unfortunately, the season ended suddenly with the cancelation of State Championships due to coronavirus. Congratulations to all our athletes on a strong season. We can't wait to see what you can achieve next year.

Annika Tilt, Team Manager

RECORDS & RESULTS REPORT

Timing Solutions' wireless gates were used on both the main and short track this season. All races up to the 400m were electronically timed. Thank you to the team of regular helpers who set up and operated the recording system each week. The Timing Solutions' app and website were used by age managers to enter field event results via phone again this year. A laptop was set up in the recording room as an alternative to the use of a phone for all entries. Timing Solutions was used to host our results again for this season.

On average we had 302 athletes (from U6 to U17) compete each Saturday morning. Our busiest competition day saw 365 athletes in attendance.

PB's Achieved

Of the 438 registered U6 to U17 athletes, 347 achieved 10 or more Personal Bests during the season. The following table shows the number of athletes who achieved the various award levels:

PBs	Award	No of Athletes
30	Gold Medal	31
25	Silver Medal	54
20	Bronze Medal	92
15	Certificate	94
10	Certificate	76

Records Broken:

Age	Athlete	Event	New Record	Date
7B	Liam Lawson	Long Jump	3.64 m	07-03-20
10B	Matthew Lawrence	1100m Walk	6:25.12 min	25-01-20
10G	Sophie Polkinghorne	1100m Walk	6:12.74 min	14-12-19
10G	Evana Butler	Shot Put	7.97 m	14-12-19
11B	Samuel Price	Triple Jump	9.57 m	07-03-20
11B	Samuel Price	Discus	34.76 m	22-02-20
11B	Benjamin Lawrence	Javelin	29.97 m	22-02-20
11B	Christopher Nilon	1100m Walk	6:05.66 min	29-02-20
11B	Joshua Tilt	80m Hurdles	17.23 sec	21-09-19
11B	Samuel Price	80m Hurdles	15.10 sec	26-10-19
11G	Carys Byrnes	80m Hurdles	16.65 sec	25-01-20
12B	Benjamin Woodhouse	800m	2:22.93 min	16-11-19
12B	Tyler Boyd	1500m Walk	10:03.58 min	26-10-19
12B	John Lawson	80m Hurdles	14.89 sec	26-10-19
12G	Lani Khiroya	80m Hurdles	15.45 sec	25-01-20
12G	Lani Khiroya	Long Jump	4.49 m	19-10-19
12G	Lani Khiroya	Triple Jump	9.72 m	26-10-19

13G	Amelia Nagy	Javelin	26.82 m	26-10-19
14B	Nicholas Woodhouse	3000m	11:11.49 min	07-03-20
15G	Isabelle Nilon	1500m Walk	8:43.86 min	29-02-20
15G	Caitlin Waldron	Discus	27.36 m	14-12-19
17B	Alexander Shahla	Shot Put	16.54 m	01-02-20
17B	Joseph Boyd	800m	2:21.80 min	14-09-19
17B	Joseph Boyd	1500m	4:52.54 min	14-12-19
17B	Joseph Boyd	3000m	10:30.39 min	16-11-19
17B	Kale Burton	300m Hurdles	45.03 sec	19-10-19
17B	Lachlan Schneider	Javelin	39.57 m	21-09-19
17G	Lily Tilt	300m Hurdles	50.89 sec	25-01-20
17G	Arabella Price	800m	2:37.32 min	14-09-19
17G	Arabella Price	1500m	5:18.12 min	16-11-19
17G	Skye Grosvenor	3000m	12:35.49 min	16-11-19
17G	Sophie Kavanagh	High Jump	1.60 m	16-11-19

Adam Boyd, Officer for Championships, Records, & Results

CLUB CAPTAIN'S REPORT

I started little A's in U8's. for the past year it has been an honour to be North Rocks Carlingford's Club Captain.

When I started little A's, I didn't really know anyone except from my one friend from school. Now 9 years later, our group has developed lifelong relationships. It is amazing how close a group we have become from the first welcoming meeting till now.

Although I leave the club and little A's a year earlier than what I was originally meant to and my friends due to the rule and age group changes a few years ago, our friendship that we made will last a lifetime.

North Rocks Carlingford is so fortunate to have athletes from tots to U17's as such a tight knit community. Everyone is so welcoming and generous.

It's amazing to see the number of records beaten this season. Congratulations to those athletes (and their parents) for their great achievement. What a great Job!

I have learnt so much over the last 9 years and I hope every little A's member is able to enjoy the same experience.

Thank you to the committee, age managers, athletes and parents for the great work you have done throughout the year. It has been a pleasure to be a part of it.

I also want to congratulate who ever becomes the club captain or club captains for next season. I'm sure you will do a great job.

Chelsea Smith, Club Captain