

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INC.



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ANNUAL REPORTS 2013/2014 SEASON

PRESIDENT'S REPORT

What a fantastic season we had at Kingsdene Oval. We lost only 2 competition days to the weather, and had excellent attendance throughout from many of our athletes, and their parents. After Council top-dressed the oval prior to our season start, the dry weather early in the season meant we competed on a very sandy surface. Once the sand settled in, we saw excellent conditions on the oval throughout the season.

We had our second highest number of athletes register this season, down slightly from our record of more than 460 last year, and slightly higher than registrations in 2011/12.

I would expect athlete numbers above 400 again next season. If you intend to return to NRC, please ensure you sign on early when Registrations open in August.

In order to avoid clashes with the start of the winter sport season, the Committee decided to hold our annual Presentation Day on 30 March, one week after the end of our season, and earlier than we have held it in past years. This proved successful, as we had an excellent turnout from our athletes, their families, and our Life Members. Every athlete received an award from the Club for their efforts throughout the season.

With our high number of registrations, and particularly re-registrations from returning athletes, we had 5 athletes attain 10 years of service, each receiving a plaque, and 17 athletes reach 5 years of service, each receiving a boxed medal from the Club.

We had our regular 140 or so athletes participate at the Zone Carnival. Remarkably, that turned into a fantastic 78 qualifying for Region – the most I know of from our Club. In turn, our success at Region saw 26 athletes qualify for State, with 25 competing at the Carnival. A sensational effort.

All athletes who attended Zone received an NRC shoe bag, generously sponsored by Clint Bridges and his wife, from Physiowise, one of our sponsors. Thank you to the Bridges family. The athletes who competed at Region each received an NRC Region Team Member shirt, and our State representatives each received an NRC sports bag.

Our athletes combined to achieve 174 bronze, silver and gold PB medals from our weekly competition.

In a sign of where the domination on the oval came from this season, we had 11 individual record breakers this season, with 13 records going – and all of them were taken down by the ladies !!

Well done to all our athletes on your efforts throughout the season. All up, I think we can say that as a Club, we must be doing something right.

I would like to thank our Life Members for their continued support of our Club. It was great to see Dee and Tony Kish, Jenny and Ivan Drury, Rob and Margaret Ramsay, Mary O'Byrne, Jan Andrews, Peter Blackett, and Martin Horwood at our Presentation Day. In particular, I would like to thank Jenny Drury for her regular attendance throughout the season. Jenny is always happy to be a Starter or Timekeeper, as required. Thanks also to Mary O'Byrne for her continued support, and particularly for helping out at short notice during the season. It was also nice to see Jan Andrews at the oval, supporting his grandson in the 8B's. We were able to finally present Jan with his Life Member shirt at the start of the season. With 3 generations from the Andrews/Woodhouse family in attendance, it was a great reminder of the "Family friendly" atmosphere we endeavour to bring to NRC.

I would like to offer a big thank-you to all of our Age Managers, Assistant Age Managers, and the regular parent helpers with each group. You all did a great job with your group throughout the season. Thanks also to our key officials, particularly our Starters, Chief Timekeepers, and Timekeepers. Also to our field event officials who chased discus, shot put and javelin at our throws, and raked sand and helped measure at long and triple jump.

I would like to offer a special thank you to Lisa Lane in the Canteen, and Melinda Enright on BBQ duty. Thanks also to Susan Brownlow for assisting in the canteen, and cleaning up at the end of each competition day. Thanks also to those who helped Lisa and Mel in the canteen and on the BBQ when required, and to Adam Price and his regular band of data entry helpers for all things results and computer related.

Training took place again on Wednesday and Thursday nights throughout the season. At times we had more than 60 athletes in attendance, and Thursday was more popular this season, all

of which gives a great indication of how well Shannon's sessions were appreciated and run. Thanks Shannon.

I would also like to thank Erin Leverett for being our Clubs Team Manager at all of the external Carnivals. Erin does a great job of ensuring all our athletes are properly attired and at marshalling when called. Thanks also to Annette Todd for assisting Erin at these events.

I would like to acknowledge our U17 athletes who finished at NRC this season. Some of these athletes have been with us since Tots or U6, and have been outstanding representatives of our Club, both at Centre and external carnivals. In particular, I would like to acknowledge Emily Dennis (12 years), Chris Tan (11), Ian Astalosh (10), and Josh Leverett (10) for their service to the Club. A big thanks to Ian who continued a tradition of Astalosh siblings running our weekly warm-up's, and for his corny jokes and funny poems.

Finally, I would like to thank our fantastic Committee for their efforts throughout the year. They have all worked hard to keep our Club running successfully. In particular I would like to acknowledge –

- Simon for assisting me, organising the athlete awards, helping with the weekly supplies, and Starting;
- Vicki for all her work behind the scenes on Committee matters and for Chiefing at Timekeeping;
- Joe for looking after our Finances and Age Managing the 11B's;
- Adam for maintaining our website and database;
- Eva for looking after our uniform store and assisting with the 14's;
- Amanda for acting as Officer for Officials; and keeping me in the loop on issues around the oval;
- Bob for organising our registrations, setting up each week, and Age Managing the 17's;
- Russell for helping out with canteen supplies and Age Managing the 7B's;
- Tom for looking after our equipment, setting up each week, and Starting at Club and beyond; and
- Shannon for training, organising our weekly BBQ supplies, and Age Managing the 9G's.

I would like to acknowledge the service of Tom Astalosh to our Club. Tom has been at NRC with his 4 children for 17 years, and with Ian finishing this year, steps down after serving on the Committee for many years. Tom has recently filled the role of Technical and Equipment Officer, and is well known around the oval as one of our Chief Starters. On behalf of the Club, it was a pleasure presenting Tom with an Outstanding Service Award at our Presentation Day. Thank you Tom, you will be missed.

As we move toward next season, it is vital that we have some new parents join the Committee to help build on the successes we have enjoyed over many years. I would be happy to discuss the roles of any position on the Committee that you may be interested in taking on. Please give this some serious thought over the coming weeks and months.

I wish all our athletes a successful winter sport season, particularly at your School athletics carnivals. I look forward to seeing you again next year for another season of Little A's at North Rocks Carlingford.

Garry Dennis
President

SECRETARY'S REPORT

This has been my first year as Secretary although I have been involved as a Timekeeper and Chief Timekeeper on Saturday mornings for the past 6 years.

During the season meetings were held once a month commencing from June 2013 in preparation for Registrations which commenced in August.

This season the Presentation Day was held separately to the Annual General Meeting. With the timing of the school holidays the Committee decided to hold it earlier so that more families and athletes would be able to participate in Presentation Day. The AGM is required to be held after 31st March and before 31st May. The AGM for 2014 will be held on Sunday 4th May.

In relation to Club administrative matters, North Rocks Carlingford Little Athletics Club is required to adopt a new Constitution prior to the AGM in 2015. Clubs have been sent a draft template as guidance. The Committee for 2014-2015 will be commencing this process in the next few months.

There were also a number of changes to competition made during the year. These changes can be found on the Little Athletics Australia NSW website www.laansw.com.au.

I would like to thank all the members of the Committee this year for their support and look forward to seeing some new members in 2014-2015.

Vicki Milne
Secretary

TREASURER'S REPORT

This being my second year as Treasurer, I am pleased to advise that the NRCLAC Centre has again performed well from a financial standpoint.

The operating surplus before equipment purchases for the 2013-14 season is **\$8,443.88**.

The following equipment purchases were made during the year:

- New BBQ
- New high jump mats
- New line marking machine

- New speaker/microphone
- 4 new marquees

After those capital purchases the Centre's net operating result is a deficit of \$3,550.18.

The revenue of the club was derived from four main income sources being:

- i) Athlete's subscriptions
- ii) Uniform sales
- iii) Canteen receipts
- iv) Term deposit interest

Our bank balance remains healthy with an end of season balance of **\$54,556.87**. We have a number of liabilities provided for in the accounts which have been accrued to the value of **\$13,805.00**. These are expenses we expect to pay in the next month, which will reduce our bank balance to \$40,751.87.

Our uniform stock balance has been reconciled to \$9,362.50.

The Centre recorded total income for 2013-14 season of \$63,092, which represents a decrease of \$1,038 on the previous year. The major contributor to this reduction is the decrease in uniform sales. Notwithstanding this, the Centre enjoyed increased revenues from registration fees given the record number of athletes who registered this year. With that being said, NRCLAC's corresponding payment to LAANSW for Association fees also increased accordingly.

The Centre incurs considerable expenses to keep operational. The major expense for 2013-14 is the \$19,920 fee paid to LAANSW for registration and insurance of our athletes. In addition to this;

- \$8,761 - was spent on trophies, medals, ribbons and other rewards presented to the athletes at our presentation day
- \$10,872 - was spent on stocking the canteen
- \$7,773 - in uniform cost of sales

\$11,994 - of NRCLAC funds were spent on sports equipment and improvements to existing equipment.

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

- 1) Paddle Pop Weekly Prize
- 2) Coffee Van
- 3) Meat Tray Draw
- 4) NRCLAC branded Athlete Clothing / Patches for Awards – the aim being for NRCLAC to be recognised at carnivals presenting a professional club look and feel

- 5) Continued expenditure on maintaining & improving IT systems
- 6) Developing and implementing PB's certificates
- 7) Continue our successful fun day for all athletes

The Treasurer function at NRCLAC would be all the more difficult without the efforts of the following people who volunteered their time on Saturdays, a very special thank you to:

- 1) Lisa Lane and Elizabeth Lane who ran the canteen week-in week out.
- 2) Shannon who in addition to her coaching duties, made the weekly butcher run.
- 3) Melinda Enright for performing the BBQ duties.
- 4) Eva Litherland who looked after the uniforms and uniform sales.

Thank you for a great 2013/14 season.

Joe Ivankovic
Treasurer

REGISTRAR'S REPORT

There were 420 registrations for the 2013 – 2014 season with distribution as follows.

Age Group	Boys	Change %	Girls	Change %	Group Total	Change %
T/Tots	26	-19%	21	29%	47	-2%
U 6	26	-13%	16	-20%	42	-16%
U 7	31	19%	19	32%	50	24%
U 8	18	-31%	16	-43%	34	-37%
U 9	22	-19%	32	16%	54	NIL
U 10	23	-15%	23	-8%	46	-12%
U 11	14	-17%	19	-30%	33	-25%
U 12	12	-45%	19	-17%	31	-35%
U 13	16	31%	14	-6%	30	13%
U 14	12	58%	6	-57%	18	-10%

U 15	5	-17%	9	45%	14	-21%
U 17	9	-25%	12	NIL	21	-12.5%
Total	214	-11%	206	-9%	420	-10%

As in the past couple of years, we have seen the benefit of technology with 94% of all registrations and payments being performed on line.

I thank all families who used this method of registration, as it makes the days of registration number collection much less stressful. I would also like to thank all parents & children for their patience during the busy registration days.

Finally, I would like to thank all the committee who gave up their time to assist with distribution of registration packs & uniforms sales at the start of the season & in particular to Adam for his invaluable assistance with correlation of data from the on line system.

Bob Todd
Registrar

OFFICER FOR TECHNICAL & EQUIPMENTS REPORT

The NRCLAC 2013-14 competition season started on the 14th September 2013 at Kingsdene. Due to the ground drainage improvements last year the field was in good shape. However Council had top dressed the fields with sand so there were some issues with the sand, a couple of developing holes to be filled and hours of fun finding the discuss pole holes. The initial line marking proved a challenge, but with the help of life member Rob Sutcliffe, the main set out positions were located and all was made ready for the season start.

Prior to the season commencing, the committee met and agreed to purchase equipment in readiness for the competition start. Items purchased were line marking paint, high jump bars (as spares, we didn't break any this year) and resplendent blue bibs for our chief time keepers.

We have made a number of major purchases throughout the year to benefit the future athletes and parents of the club, these are:

- A need was identified for a low height high jump mat, as the younger age groups found the regular matt too daunting to jump. Scissor mats 150mm high were purchased and by all accounts the techniques of the athletes are improving
- After a good number of years service some of our marquees needed replacing. We purchased 4 new aluminium frame 3x3m marquees with PVC tops,

branded with our logo and club name. These smaller, lighter marquees are easier to manage and transport.

- A new line marker was purchased at short notice after the Christmas break, as the old one refused to work. The new machine is excellent and hopefully will last for number of year. Thanks to Garry Dennis for purchasing.
- Microphone and amplifier went missing at the end of last season and we tried using a megaphone for a while. The real thing works great, thanks to Amanda Kelly for organising it.
- New javelins (500 gms) and a new trolley to safely transport all javelins to the event were purchased.
- Other minor purchases throughout the year included starting pistols, starting caps and long jump field marker sets.

The equipment is generally in good condition; we are well stocked and have everything covered. The hurdles used on the senior track

will need some attention in the upcoming years as they are showing their age and are looking well loved..

Whenever the lines couldn't be seen and when the grass was too high, the mowing/ line marking crew were out in force, ably led by Garry Dennis. Thanks Garry!!

This is my last equipment report as I am retiring from Little Athletics, well my children are, I don't know what I will do without my early Saturday morning starts and lunchtime finishes. I guess sleep ins are in order but I will miss those great sausage, bacon and egg bbq'd sandwiches. I will also miss the friendly banter and chats with parents, children and committee members of the Club. I have been associated with this club for around 17 years and at one stage had 4 children attending; NRCLAC has lived up to its reputation as a family friendly club. What other activity allows you to have all children at the same place, and start and finish at about the same time? Thank you to my fellow committee members past and present and to you all, it's been great!! Further I would like to thank Simon Brownlow (my trainee Starter and VP of some note) for his kind words on behalf of the Committee when announcing my Outstanding Service Award at the Presentation Day. Volunteering is very rewarding and I would recommend it to everyone.

The new Equipment Officer will be Ben Waldron. Good luck Ben there are lots of helping hands around, all you need to do is ask. Good luck in your winter sporting activities and we hope you will return and pursue your athletic endeavours in the summer of 2014.

Tom Astalosh
Officer for Technical and Equipment

COACHING AND EDUCATION REPORT

What another fantastic season for North rocks. I was so impressed by all the athletes that competed at Zone, regional and State.

In terms of coaching it was another fun filled year with approximately 60 athletes coming to train on a Wednesday and about 30 on Thursday nights. The numbers dropped off after Christmas but only slightly.

On Wednesdays we concentrated a lot on running mixing it between sprints and middle distance. Thursdays was a bit more specific and the athletes were able to choose between shot put, discus, long and triple jump and hurdles. This allowed the children to choose which events they wanted to work on and was very successful. I would like

to thank Ben, Carwin, Joe and Garry for their help on Thursday nights with the throws and jumps.

I would like to thank all the parents who happily brought their children down each week for training. A special thank you goes to all the athletes who came week in and week out ready to work hard and having fun while doing it. I once again enjoyed training all the athletes and look forward to next season.

Shannon Kavanagh
Club Coach

TEAM MANAGER'S REPORT

This has been a successful season for North Rocks Carlingford club as we have had many athletes compete in all high levels of competition in external carnivals. We should be very proud of athletes who give it a go and who qualify for further competition.

This season, 140 athletes competed at the Zone Carnival which was held at Barton Park, Parramatta on the 7th and 8th December. Many entered multiple events and were very successful in reaching finals and achieving PBs. Many parents also made the carnival run smoothly and I would like to thank Annette Todd for her assistance.

Our Zone winners were Charlotte Gathercole (7G) 500m; Hayley Reynolds (7G) Long Jump; Lachlan Tilt (7B) Long Jump; Lily Tilt (9G) Long Jump; Monique Brown (9G) Shot Put; Nathan Hall (9B) 100m and High Jump; Alicia Fartek (12G) 100m, 200m and Triple Jump; Eliza Harvey (13G) 400m and 800m; Timothy Ng (13B) 100m; Austin Lee (14B) Triple Jump; and Maya Leverett (15G) Long Jump and Triple Jump.

In the 7's, congratulations also to Charlotte Gathercole 3rd 70m, 3rd 100m, 3rd 200m; Hayley Reynolds 2nd 50m, 2nd 100m; Emmeline Wookey 2nd Discus; and Lachlan Tilt 2nd 70m, 2nd 100m, 2nd 200m. Under 7's do not proceed past Zone.

78 athletes qualified to compete at the Regional Carnival at Narrabeen on 15th and 16th February. 13 athletes received 19 medals for their performances. 2 athletes won Gold medals – Nathan Hall (9B) 200m; and Maya Leverett (15G) Triple Jump. George Shahla (8B) won Silver in the Shot Put; Arabella Price (9G) Bronze in the 800; Lily Tilt (9G) Silver in the Long Jump; Sophie Kavanagh (9G) Bronze in the Long Jump; Monique Brown (9G)

Silver in the Shot Put; Nathan Hall (9B) Silver in the 100m and Bronze in the high Jump; Alana Kavanagh (11G) Silver in the 1100mW and Bronze in the Triple Jump; Tarsha Wayne (11G) Bronze in the Long Jump; Alicia Fartek (12G) Silver in 60mH and Bronze in the 100m; Zoe Fajemisin (12G) Bronze in the Triple Jump; Eliza Harvey (13G) Silver in the 800m and 1500m; Maya Leverett (15G) Bronze in the Long Jump; and Karissa Kuka (15G) Bronze in the Javelin.

Lake Illawarra hosted the State Multi Event on March 1st and 2nd. 9 of our athletes competed in their respective age groups and points were scored for times and distances. Many PBs were achieved, and the following were placed in the top 10 of their age group with some tough competition:

Riley Leverett	U12B	5 th
Charlotte Gathercole	U7G	10 th

All 9 athletes should be very proud of their efforts over the 2 days of outstanding competition.

Finally, we come to the Little Athletics State Carnival at Homebush on March 21st, 22nd and 23rd, where our 25 athletes competed in 42 events.

Monique Brown 9G	3 rd Shot Put
Sophie Kavanagh 9G	8 th Long Jump, 13 th 800m, 14 th 60mHurdles
Arabella Price 9G	6 th 800m, 12 th 400m
Lily Tilt 9G	2 nd Long Jump, 11 th 200m
Caitlin Waldron 9G	10 th Shot Put, 21 st Discus
Nathan Hall 9B	6 th High Jump, 10 th 100m, 18 th 200m
Alex Shahla 10B	20 th Discus
Alana Kavanagh 11G	7 th 1100m Walk, 11 th Triple Jump
Tarsha Wayne 11G	13 th Long Jump
Jared Ivankovic 11B	18 th 1500m
Zoe Fajemisin 12G	8 th Triple Jump
Alicia Fartek 12G	4 th 60mHurdles, 14 th 200m, 18 th 100m
Riley Leverett 12B	10 th Triple Jump
Madelyn Fartek 13G	8 th 80mHurdles, 10 th 200mHurdles
Eliza Harvey 13G	3 rd 1500m, 4 th 800m
Sara Kely 13G	2 nd Long Jump AWD, 3 rd 100m AWD, 2 nd Discus AWD
Ashleigh O'Keefe 13G	15 th 1500mW
Jessica Cunningham 15G	10 th 3000m
Abbey Hodge 15G	9 th 90mHurdles
Karissa Kuka 15G	7 th Javelin, 17 th Shot Put
Maya Leverett 15G	4 th Triple Jump, 5 th Long Jump
Sarah Travis 15G	14 th High Jump
Stephen Todd 15B	16 th Triple Jump

Krishni Jayawardana 17G
Emma Longworth 17G

12th 800m
10th 800m, 20th 400m

Congratulations to Lily for winning a Silver Medal, Sara for winning 2 Silver Medals and a Bronze Medal, Monique for winning a Bronze Medal, and Eliza for winning a Bronze Medal.

This was a very busy and successful year of competition for the athletes at North Rocks Carlingford Little Athletics. Congratulations to all of you for representing the club to the best of your ability. Good luck to all in your school athletics season, and we hope to see you all again for the 2014/2015 season.

Erin Leverett
Team Manager

RECORDS REPORT

PB's Achieved in 2013-2014

Of the 420 registered U6 to U17 athletes, 308 (73%) achieved 10 or more Personal Bests during the season. The following table shows the number of athletes who achieved the various award levels:

PB's	Award	No. of Athletes
10 PB	Ribbon	308
15 PB	Ribbon	255
20 PB	Bronze Medal	101
25 PB	Silver Medal	43
30 PB	Gold Medal	30

Records Set/Broken in 2013-2014

The following table shows the records broken and standing at our club during season 2013 / 2014:

Age	Athlete	Event	Record	Date
6G	Caitlin Brennan	200m	44.5s	22/02/14
7G	Charlotte Gathercole	500m	1m57.5s	07/12/13
9G	Monique Brown	Shot Put	6.87m	24/01/14
9G	Caitlin Waldron	Discus	17.95m	01/02/14
9G	Lily Tilt	Long Jump	4.03m	15/03/14
9G	Monique Brown	Discus	18.13m	15/03/14
11G	Alana Kavanagh	Triple Jump	8.83m	08/03/14
12G	Alicia Fartek	60m Hurdles	10.3s	22/02/14
13G	Eliza Harvey	800m	2m29.3s	30/11/13
13G	Ashleigh O'Keefe	Javelin	22.2m	30/11/13
15G	Karissa Kuka	Javelin	29.88m	02/11/13
15G	Maya Leverett	Long Jump	4.78m	09/11/13
15G	Maya Leverett	Triple Jump	10.41m	28/09/13

Congratulations to all athletes on their achievements during the season.

Adam Price
Data Manager

CHAMPIONSHIP REPORT

The Club had 140 athletes who competed at the Zone Carnival held at Barton Park, North Parramatta on 14 and 15 December 2013 and many of our athletes managed PB's in their events. Seventy eight athletes qualified for the Regional Carnival, held at Narrabeen Sports Centre, on 15 and 16 February in 181 individual events.

Twenty five athletes went on to compete at the State Carnival at Homebush on 21, 22 and 23 March in 42 events. Results are outlined in the Team Manager's report.

All athletes are to be congratulated on their personal achievements and we look forward to seeing you again in 2014-2015.

OFFICER FOR OFFICIALS REPORT

Thank you to everyone who attended and took part this season with the weekly setup of equipment, Age Managers and Assistants, Field Officials, Time keepers and starters, canteen and BBQ, and general upkeep and tending to the athletics field.

I especially appreciate all the Families, parents and Grandparents who take the time out of their day to bring their children every week and support and encourage them in their athletics. Also for their volunteer help in setting up equipment, assisting the Age Manager, the starters and time keepers. Without their help many of the day's activities and events could not take place.

A huge thank you to all of our Officials, the starters, chiefs and time keepers for their unselfish commitment to making sure that all the athletes compete to the best of their abilities. Also all the Age Managers and assistants who look after the athletes and help the athletes have a great day every week. It's a big job, but very rewarding for all involved.

Thanks to all the parents who helped out with various duties at Zone, Regional and State Carnival as well. Again, a Huge thank you to everyone who attended or helped out this seasons. You make it special for all the children who compete each week and make it a fun day for all.

Amanda Kely
Officer for Officials