



NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

ANNUAL REPORT 2021

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PRESIDENT'S REPORT

NRCLAC Presentation Day was held on Sunday at Murray Farm PS. I was honoured to welcome our distinguished guests:

- Councillor Andrew Jefferies, City of Parramatta Council
- North Rocks Carlingford Little Athletics Centre Life Members: Tony Kish, Mary O'Byrne, Glenys Atkins, Peter Blackett, Martin Horwood, Jan Andrews, and Garry Dennis.
- Committee Members
- Athletes, families, and friends

North Rocks Carlingford Little Athletics Centre's Presentation Day is a time for celebrating the achievements of our club and our athletes, as well as publicly acknowledging the fantastic volunteers that make it all possible.

This time last year, COVID was just kicking off, forcing the last-minute cancellation of State Championships and our Presentation Day. COVID rolled on, shortening this season by a couple of weeks, our membership numbers were limited, Zone and Regional Championships were cancelled, and we couldn't do any of the more social activities at the oval.

Considering these COVID restrictions, I think we still had a successful season. We had 387 athletes achieve 6,361 PBs, which is similar to 2019 season. Our athletes broke 56 records, which is itself a record, the most ever in a season. Despite our reduced numbers, our average attendance was actually higher than last season. We had 36 athletes represent the club at State Championships, which is a record, bringing home 11 medals, which is a great result.

A successful season doesn'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, Coaches, Starters, Timekeepers, Qualified Officials, Canteen Managers, BBQ chef, Team Managers, Photographer, and Data Manager.

In particular, I'd like to thank our Committee for all their work. Some notable achievements this season:

We've grown the Committee to 17 energetic members, and I'm confident they're a vibrant group that will see the Club strengthen in seasons to come.

- We're in a strong financial position through new sponsorships and grant money.
- We have refreshed a lot of equipment this year, meaning our athletes have the best of everything.
- We qualified new Coaches through the Introduction to Coaching Course.
- We qualified all our Age Managers through Level 1 Officiating courses.

- We raised \$400 in gold coin member donations for the Clontarf Foundation, an indigenous education charity.

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

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

- Carlingford Bowling Club
- Physio Fitness Castle Hill
- The Athlete's Foot
- The Vikings Sports Club
- Johnston's Transport
- Carlingford Gourmet Pizza
- Baker Crescent Meats
- And thank you to Coles Carlingford Court for supplying produce for the BBQ on the day

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

As a club, we have been very fortunate to have dedicated people who've gone above and beyond as volunteers. On behalf of the Committee, and the Club, it was my honour to present the following people with Merit Awards for Outstanding Service to North Rocks Carlingford Little Athletics Centre:

- Annika Tilt
- Carwyn Potbury
- Shannon Kavanagh
- Adam Price
- Joe Shahla
- Philipa Gately

Annika, Carwyn, Shannon, Adam, Joe, and Pip have been great friends of North Rocks Carlingford Little Athletics Centre. Thank you. Carwyn, Shannon, (and myself) have also been nominated for Life Membership, to be voted on at our 2021 AGM.

Presentation Day is a celebration of results. However, it really doesn't matter whether we win or lose. More importantly, what makes North Rocks Carlingford Little Athletics successful, is the time we get to spend together, the community we build, and the friendships we make on the way. Thank you for coming together as a community.

Fergus Tilt, President

SECRETARY'S REPORT

The Annual General Meeting (AGM) was held virtually via a Zoom meeting on May 3rd 2020, and resulted in the formation of a new committee. Fergus Tilt (President), Ben Waldron (Vice President), Carwyn Potbury (Treasurer), Chelsea Woodhouse (Registrar) and Janet Lawrence (Secretary) remained in the same roles, with Janet also taking on the role of Public Officer. Adam Boyd, Kathryn Khroya, Mathew Woodhouse, Andrew Hazon, Garry Dennis, Emily Wong and John Nilon remained as general committee members. We welcomed new members Kyiha Waddell, Joe Perry, John Williams, Fiona Gathercole and Leo Cunha.

During the 2020/2021 season committee meetings were held regularly, commencing initially with Zoom meetings, returning to face to face meetings as COVID-19 restrictions eased.

The AGM will occur this year at the Vikings Club on May 16th. Notifications to club members occurred via the Club Facebook page and Club website, advising all members of the date and location 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 2020/2021 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 2020/2021 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.

In what has been an unusual season due to COVID, it has still been a successful and enjoyable one despite it all.

The Centre recorded a total income for 2020/2021 season of \$145,280 which represents an increase of \$51,872 on the previous year. A mitigating factor for this increase of income was the club received additional Government Grants and Sponsorship than the previous season. These things among others all contributed to our 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 High Jump Mats, new Timing Gates, Javelins, Age Manager Training, NRCLAC Branded Tents to replace the old broken ones and various other equipment. I would like to thank Fergus Tilt and John Williams for all their time applying for the grants and sponsorship that help to make our club the success it is today. We have also got a new sponsorship through Vikings Club, Dundas. I would like to welcome them to the NRCLAC team.

Registrations were capped this season due to Government COVID Restrictions based on how many people were permitted at the oval during competition and this showed in the decrease of income here. There were 387 paid registrations (either fully paid registrations or paid utilising the Active Kids Voucher) in 2020/2021 season bringing in \$52,910 in Registration Sales.

There was a slight decrease in Canteen sales this season due to the COVID shortened season and bad weather. Canteen Sales for the year were \$10,545. 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 45% 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 \$9,623 were slightly down on the previous season due to the same issues highlighted with the registrations. 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. I wish to thank Kyiha Waddell for taking on the responsibility of looking after the uniforms this season.

The Centre incurs considerable expenses to keep operational. The major expenses for 2020/2021 are the \$28,216 fee paid to LAANSW for registration and insurance of our athletes and \$42,575 spent on Equipment purchased for the club some of which is highlighted earlier.

Other expenses include;

- \$10,495 - was spent on trophies, medals, ribbons and other rewards presented to the athletes and parent helpers at our presentation day.
- \$10,125 - was spent on stocking the canteen
- \$9,618 - in uniform cost of sales
- \$2,013 – for State Rep Gifts
- \$2,668 – Ground Maintenance

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 \$200 Members Donation to Clontarf Foundation charity
- Gift Vouchers for Age Group Managers and Parent Helpers
- Dinner and Drinks paid for at Viking Club, Dundas for Age Group Managers, Parent Helpers and Families after Presentation Day
- 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 \$105,595 with \$978 in current petty cash.

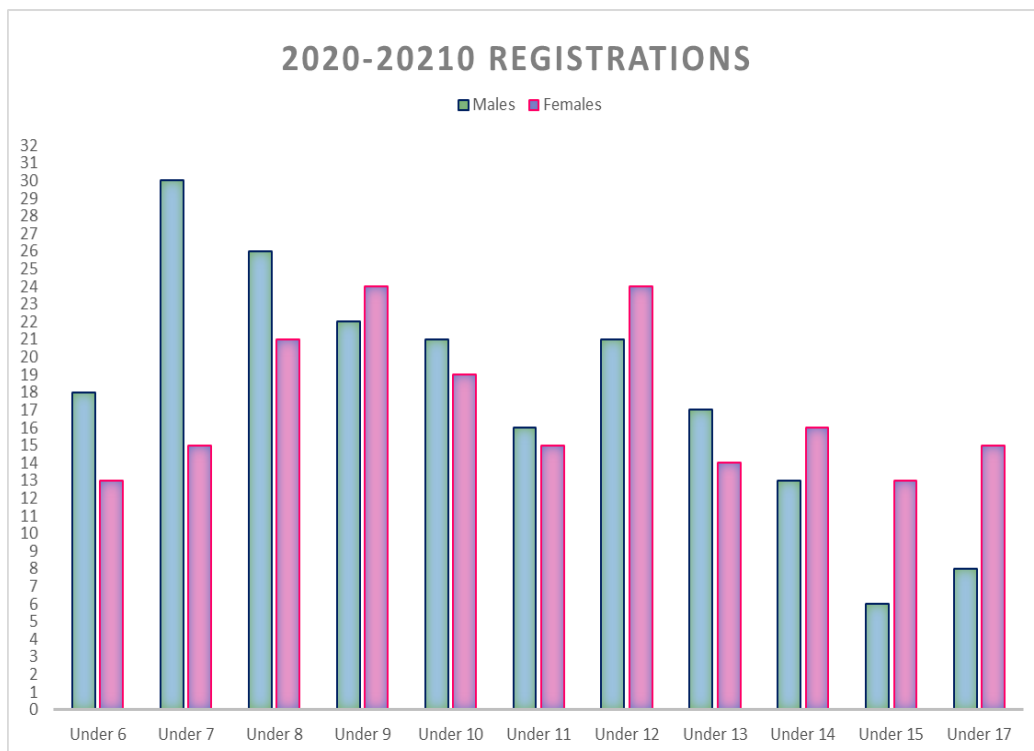
All known 2020/2021 expenses have been captured into these accounts.

So, for Season 2020/2021, 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

REGISTRAR'S REPORT

It has been another fantastic year for NRCLAC with a total of 387 athletes registered this season. Whilst this is a decrease on previous years, most of this decrease is due to the limitations that were necessarily placed on registration numbers due to COVID-19. With strict attendance limits of 500 people on site, the committee decided to place an upper limit of 400 registrations for the season. Further, in order to better achieve registrations under this limit, it was also decided to forego the Tots group for the year.



Our registrations for this season consisted of 189 girls and 198 boys. Whilst our younger age groups (6-11) continue to make up most of our registrations (62%), our senior groups (12-17) are showing a continually strong attendance, particularly our senior girls. As a club, we strive to provide an enjoyable and supportive athletics community that encourages returning registrations, and we have again shown a strong result in that area, with 72% of our athletes being returning members.

In discussion with our Para Athlete group manager, it was decided that the stringent and ever-changing restrictions and regulations that COVID-19 placed on the club created an environment that would be difficult for many of our Para athletes. Accordingly, the dedicated Para group was not offered this year; however, our Para athletes continued to be

welcome to register in their age group. We look forward to welcoming our Para group back for the 2021-2022 season and hope to see this group continue to grow and thrive.

Chelsea Woodhouse, Registrar

GROUNDS & EQUIPMENT REPORT

In this space 2020-2021 was the biggest year for NRCLAC to date. I was ably assisted by Drew Hazon who has become a great asset 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 loads of equipment. The main purchases were new high jumps, tents and timing gates. We have set aside money for further purchases when we finally get our new club house.

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 was the Coaching Director for the club. It was another great year with the club having a large State team and a number of kids making nationals. 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. I would like to thank the Thursday Coaches; Carwyn, John, Leo, Kyiha, Drew, Matt, Maria, Shannon and our 17's Caitlin and Sophie, your ongoing support allows the kids to improve.

Lastly, I would like to acknowledge Shannon who has been with the club as coach for the last 15 years. It has been a mammoth effort and that is why myself and the committee have nominated her for club 'Life Membership' Shannon you truly deserve it for all the work you have done for our club. Again thank you.

Kid, Keep healthy, Keep exercising and see you all next season.

Ben Waldron, Vice President

TEAM MANAGER'S REPORT

Janet and I worked together as Team Managers for the club during the 20/21 season. I would like to thank Janet for her support with the major carnivals we attended during this different COVID changed season 2020/21. 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

The Zone Championships were cancelled in December due to COVID restrictions. While understandable, it was a big disappointment to a lot of our members as this is generally the carnival that is the most fun for all to attend.

U9-U12 State Qualifying Meet, Narrabeen

The Region Championships were also cancelled early in the season, but as COVID restrictions started to lift during the start of 2021, it was decided that instead of a Regional Championships being run, that a State Qualifying Meeting for the U9-U12 athletes only would happen at Narrabeen for our Region. This meet was to assist in selecting those who will compete and qualify for the State Championships. The weekend was well run and less hectic than the usual Regional Championships due to the reduced number of events and competitors. We had 53 qualified athletes and 2 relays compete with many PB's and good results achieved. Thank you to the parents and helpers for officiating over the weekend.

State Track and Field Championships

This season the State Track and Field Championships this season was split over two weekends to assist with reducing numbers at SOPAC due to COVID.

First up was the U9-U12's and unfortunately to those 13 athletes qualified that the weather was horrible, heavy rain and storms all weekend. These athletes competed to their very best with many medals and top 10 finishes.

A special call out to our medalists:

- Gold Medal - Hannah Lambert, Matthew Lawrence and Alexander Song (postponed due to weather and event run the following weekend)
- Silver Medal – Evana Butler, Alexander Evans x 3, Sophie Polkinghorne
- Bronze Medal – Christopher Nilon

The following weekend the U13-U17 athletes competed and in far better conditions than the previous weekend and once again we were well represented with 23 athletes qualifying. It was a fun weekend with all the kids and families from NRCLAC supporting each other. There were many great results.

- Gold Medal – Alexander Shahla, Sophie Kavanagh
- Silver Medal – Lachlan Waldron, Benjamin Woodhouse x 2, Sophie Kavanagh
- Bronze Medal – Lani Khiroya

Carwyn Potbury, Team Manager

RECORDS & RESULTS REPORT

The timing gates continued to be used on both the main and short track this season. All races up to the 400m are electronically timed. Thanks go 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. Timing Solutions was used to host our results for this season. A set of new speakers were created by Greg Smart for the 100m / 400m and 200m starts. This has resolved an issue with the megaphones suffering from wear and tear.

On average we had 292 athletes (from U6 to U17) compete each Saturday morning. Our busiest competition day saw 333 athletes in attendance.

As established in previous years, when there were issues with the timing gates and it was not possible to determine accurate race results (ie. the gate start device was triggered early or late) the first placed athlete in the problematic heat was awarded an equal PB, with the remaining athletes in that heat having their results adjusted with reference to the time awarded to the 1st placed athlete, such that time differences between the athletes remained the same. Where full gate failure meant that no results were able to be determined (and it was decided not to re-run the race), all the athletes in question received equal PBs. Neither of these scenarios occurred frequently and the vast majority of sessions were run without any technical problems. The older start devices had an issue with the internal soldering of the antennae connection in the unit. It was prone to damage and found to be the cause of many of the issues where there was a delay in receiving the start signal. These older start devices have been replaced.

Adam Boyd, Officer for Championships, Records, & Results

CLUB CAPTAIN'S REPORT

My athletics journey began in 2011 in the U/7 girls. To be completely honest, I don't really remember much of my time in those younger age groups, except that I must have enjoyed myself, because I kept coming back!

I was honoured to have been selected as club captain alongside Joe this season. I am grateful to be able to represent this club in a sport that is so important to me.

As I grew, so did this club, not just in athlete numbers but in community spirit, through inclusiveness and with athlete success. Through the hard work and dedication of the committee, NRC has become a club that people want to belong to, compete for and to spend their Saturday mornings at. I am proud to be a part of this club, which has helped many young athletes like me forge lifelong friendships and discover their love for athletics.

I would in particular, like to thank my parents. Without your tremendous support, I definitely would not have had such an amazing experience. Mum, thank you for being my age manager year in, year out, and for taking time out of your day to support me. Dad, you have done so much for me and the club. In your time as President, you have created such a successful, inclusive and friendly environment. Thank you both so much.

Athletics has become such a large part of my life. I can't imagine how different I would be. With athletics I have been lucky enough to have had many life changing experiences, and to have met so many people who I am fortunate to call my friends. To all the committee members, age managers or fellow athletes, I am so thankful to have shared my athletics experience with you.

I have been lucky enough to be in an age group with a group of athletes that have had such success at all levels. You guys have become some of my closest friends and I cherish all the time we spend together. As one journey ends, another begins, and I wish you all success for your future.

Lily Tilt, Club Captain

I am Joseph Boyd one of the club captains alongside Lily Tilt for North Rocks Carlingford Little Athletics. Little Athletics has taught me the importance of hard work and trying new things.

When I first started little athletics I didn't know anyone else in the group. However everyone was super welcoming and supportive. Because of this everyone became good friends and kept on coming back. This is displayed in the size of the u17's age group.

Throughout my time here the club has continued to improve. I remember when we got new long jump pits or when we got electronic timing gates. This is a result of the hard work of the committee who are constantly trying to improve the club.

I want to take the opportunity to say thank you. Thank you to Mat and Shannon for helping to coach me. Thank you to all of the parents and committee who get to the oval to help set up and pack up. Thank you to Garry for his encouragement and support to everyone. Thank you to Fergus, the President, and the committee for all they do for the club.

I hope that everyone continues to enjoy athletics. Thank you.

Joseph Boyd, Club Captain