



CELEBRATING 40 YEARS

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

ANNUAL REPORT 2022

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PRESIDENT'S REPORT

How can I describe the 2021/2022 season? Different? Challenging? I'm sure many people here would agree if I used the words wet, and short. With Covid lockdowns delaying the registrations and the commencement of the season by two months, we were already well on the way to a shortened season. Then the rain came – the relentless rain that saw the grounds turn into a lake and resulted in the last two months of the season being cancelled.

Moreover, NRCLAC was operating out of new location. The new clubhouse build at Kingsdene Oval finally commenced in late September. The existing clubhouse was demolished, and work began on building our new clubhouse. As a result, we need to find an alternative location for this year's competition. With the assistance of Parramatta Council and Parramatta Little Athletics, we set up camp at Barton Park, operating our canteen, BBQ, uniform shop and storage sheds out of three containers.

The progress of the new building was also hampered by the rain. All initial earthworks and underground services, the ground floor slab and the main ground floor back wall are now complete, and the building is progressing well. Predictions remain for a July completion date, which will mean that the club can return to Kingsdene and commence next season back at our home ground. This will be an exciting development in our club's history.

Challenges aside, the 2021/2022 season was also one of great achievements, most notably, the club's 40th Anniversary. Covid put a halt on our plans to celebrate this at the start of the season, but we hope to celebrate this milestone in conjunction with our move into the new building.

We had 324 athletes register who, despite the short season, still managed to achieve 1,582 PBs.

We still had 132 athletes compete at Zone, 91 progressing through to Region and finally 34 athletes going through to represent the club at the State Championships, bringing home one gold, seven silver and four bronze – a total of 12 medals, which is an amazing result. Furthermore, we congratulate Ratu Viliame Lewanavanua from the 13 Boys, who was selected in the NSW team for the Australian Little Athletics Championships.

It takes an enormous amount of work from a lot of amazing people to make the season work. All these people volunteer their time for the benefit of our athletes. On behalf of the Committee, I'd like to thank our Age Managers, Coaches, Starters, Timekeepers, Qualified Officials, Canteen Managers, BBQ chef, and Team Managers.

I would also like to take this opportunity to thank our Committee for all their work. They are a pro-active and energetic group, and the club is in good hands as we move forward.

It is also important to acknowledge the ongoing support and contributions of our Life Members. Each and every one of them have helped to make NRCLAC the wonderful club it is.

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

- The Athlete's Foot
- Coles Carlingford Court
- Parramatta Leagues Club through Vikings Sports
- Johnston's Transport
- Carlingford Gourmet Pizza
- Baker Crescent Meats

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

However, the club exists because of our athletes. It is always my pleasure to see the effort, sportsmanship, friendship and joy each Saturday morning. Our athletes and their families are our club – a wonderful supportive community.

The North Rocks Carlingford Little Athletics Centre's Presentation Day was held on Sunday 10th April at Murray Farm Public School. It is a time for acknowledging the wonderful achievements of our athletes and our club, as well as recognising the amazing volunteers, without whom none of this would be possible.

We were privileged to have a number of NRCLAC Life Members present on the day to help celebrate the achievements of our athletes and it was my pleasure to welcome Tony Kish, Deanna Kish, Mary O'Byrne, Peter Blackett, Garry Dennis, Shannon Kavanagh, Fergus Tilt and Carwyn Potbury. Also present was former NRCLAC athlete Samantha Dale, who was inducted onto the NRCLAC Honour Shield for her extraordinary achievements.

Whilst there were many challenges in the 2021/2022 season, it was also a season to reflect on the great successes of the club, and we look forward with great anticipation for what the 2022/2023 season will hold.

Chelsea Woodhouse, President

SECRETARY'S REPORT

The Annual General Meeting (AGM) was held at Club Vikings on May 16th 2021, and resulted in the formation of a new committee. Chelsea Woodhouse (President), Ben Waldron (Vice President), John Williams (Treasurer), Carwyn Potbury (Registrar) and Janet Lawrence (Secretary) formed the executive committee, with Janet continuing in the role of Public Officer. Adam Boyd, Mathew Woodhouse, Andrew Hazon, Garry Dennis, Emily Wong, Kyiha Waddell, Joe Perry and John Nilon remained as general committee members.

During the 2021/2022 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 Club Vikings on May 15th. 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 2021/2022 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 2021/2022 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 again this year.

It has been another successful and enjoyable season despite being cut short due to starting later than normal and multiple wash outs. As Treasurer I have been very happy to have played a small part and sincerely thank past and long serving Treasurer, Carwyn Potbury, for the support and handover of process, knowledge and documents.

The Centre recorded a total income for 2021/2022 season of \$39,681 which represents a decrease of \$105,599 on the previous year. The main factors for this decrease are:

- 1) A change in presenting Registrations in the Income Statement to reflect only the amounts received directly by NRCLAC, after LANSW & LANSW's appointed platform operator, currently GameDay, have retained their respective fees; and
- 2) Limited income, when compared to the previous year, from Grants & Sponsorship.

As a result of the shortened season there was a decrease in Canteen sales this season. With the temporary canteen and BBQ necessary at Barton Park, a reduced canteen offering was necessary however the BBQ was able to offer the full menu that it's well known for. I would personally like to thank the fantastic ongoing contribution of Natalie Polkinghorne and those many helpers who ensured the Canteen ran each week of competition and Chris and Charlie Schneider who ensured the BBQ was stocked and consistently well run.

Our Uniform sales of \$8,124 (this includes Merchandise sales) is a decrease of \$1,499 on the previous season. The club has consolidated suppliers for the athlete's uniforms to use local companies. The online Square facility set up on the NRCLAC website, as well as easy tap payments, has been instrumental in reducing the amount of cash being handled and allowing families to order and pay for uniforms online and then pick up on Saturday mornings.

Thank you to Kyiha Waddell for all her effort and focus as Uniform Officer during the season. Kyiha has introduced a number of new merchandise items to the range, refreshed uniform suppliers and ensured that shirts were ready for region representatives and hoodies for state representatives while navigating challenging production timelines.

The Centre incurs considerable expenses to keep operational. The major expense for 2021/2022 is the \$19,121 of equipment purchased from grants income received in previous years. In addition to this: \$13,220 was spent on trophies, medals, ribbons and other rewards presented to the athletes at our presentation day.

- \$17,900 – was spent on the new ATV Mule that was put to use at Barton Park on Competition days and for the Zone Championships.
- \$3,916 - was spent on stocking the canteen.
- \$11,685- was uniform cost of sales including Region Shirts and State Representative gifts
- \$8,883 - was Merchandise item purchases

NRCLAC is a not-for-profit organisation that aims 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 AWD athletes
- Weekly Prizes
- NRCLAC branded Athlete Clothing for Region and State Representatives

Our bank balance remains healthy with an end of season balance of \$77,599 and Merchandise on Hand, \$14,571, and Uniform Stock, \$9,500, being represented as assets to reflect a Total Assets as at 31 March 2022 of \$102,506. All known 2021/2022 expenses have been captured into these accounts. There is a \$13,204 accrual for presentation day costs.

For the 2021/2022 Season, being part of the committee has been rewarding. I thank the committee and everyone else who has supported NRCLAC. I'm looking forward to the new season and being able to move into the new facilities at Kingsdene Oval.

John Williams, Treasurer

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATEDBALANCE SHEET
AS AT 31 MARCH 2022**Assets**

Bank Account
Term Deposit
Petty Cash
Merchandise On Hand
Uniform Clothing Stock

Total Assets

31/03/2022	31/03/2021
77,599	105,595
837	978
14,571	
9,500	11,694
102,506	118,267
13,204	4,197
13,204	4,197

Liabilities

Accruals
- AGM & Presentation
- Canteen Purchases
- Carnival Entry Fees
- Registrations
- Repairs & Maintenance
- Uniform Purchases
- Electricity
- Oval Hire
- Medals & Trophies

Total Liabilities**Membership Equity**

89,302	114,070
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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 2022 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 2021 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:

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Simon Brownlow (ASA) - Associate CPA Australia
Honorary Reviewer

Dated at Sydney on 2nd May 2022

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INCORPORATEDSTATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDING 31 MARCH 2022**Income**

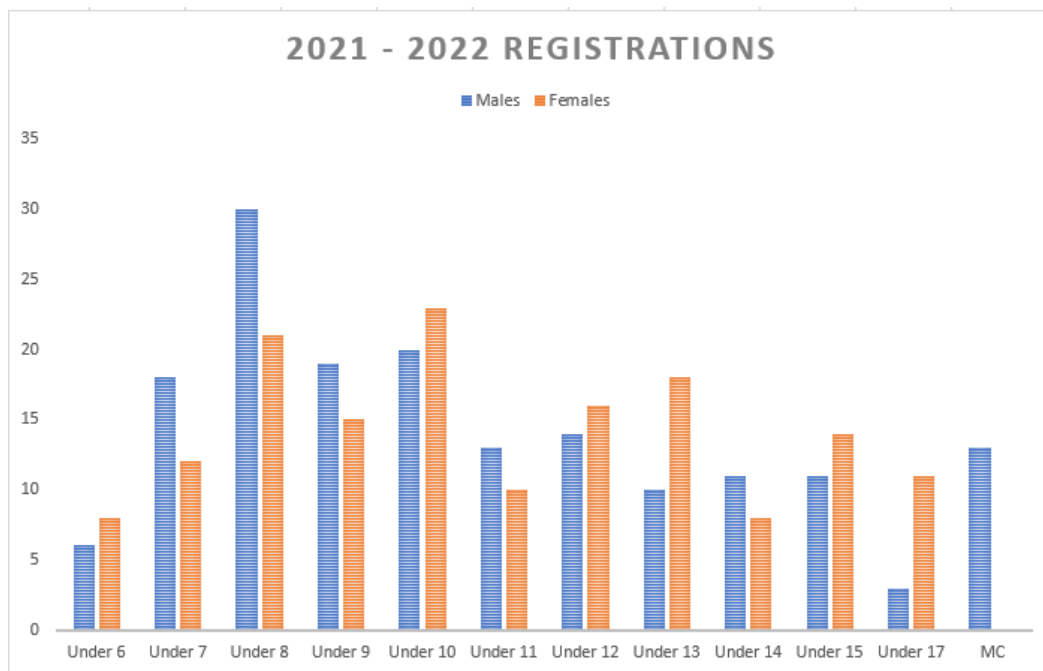
	Year to 31/03/2022	Year to 31/03/2021
Registrations	21,267	52,910
Canteen sales	3,790	10,545
Donations / Fundraising	500	
Uniform & Merchandise sales	8,124	9,623
Grants & Loyalty	6,000	71,350
Interest		
Sundry		851
Total Income	39,681	145,280

Expenditure

AGM Expenses	112	-
Bank Fees	188	1,374
Canteen Cost of Sales	3,916	10,126
Carnival Entry Fees	1,789	330
Computers, Recording & Website	2,969	1,039
Equipment Purchases & Repairs	19,121	42,575
General Expenses	2,569	2,719
Ground Maintenance & Consumables	-	2,668
LAA NSW Registration & Entry Fees	-	28,216
Oval Hire	-	776
Printing & Stationery	-	-
Repairs & Maintenance/Marking Paint		
Ribbons, Trophies & Medals	13,220	12,509
Training & Coaching	-	325
Less Collected from Athletes	-	-
Merchandise	8,883	-
Uniform Cost of Sales	11,685	9,618
Website		
Total Expenditure	64,451	112,274
Operating Surplus/(Deficit)	-24,768	33,006

REGISTRAR'S REPORT

In what was a COVID and weather interrupted year for NRCLAC, we had 324 athletes registered this season. Uncertainty around when or if the season was going to go ahead due to COVID restrictions and where NRCLAC was going to hold their season due to construction works at Kingsdene at the time are the most likely reasons for this decrease in numbers. We did however welcome back our multi class athletes this season and it was great to see them competing and having fun again. The Tots did not run again this season, but this will be looked at again for 2022/2023.



Our registrations for this season consisted of 156 girls and 168 boys. Whilst our younger age groups (6-11) continue make up most of our registrations (60%), 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.

Thanks to all and here's to a new and exciting 2022/2023.

Carwyn Potbury, Registrar

GROUNDS & EQUIPMENT REPORT

Where do I start for the season that was, season 2021-2022, our 40th year?

This year we lost our ground at Kingsdene for the rebuild of the club house. This raised a number of issues but thanks to Parramatta Little Athletic Club we were given access to Barton Park, so the season had some normality. Unfortunately, Covid and the weather had other ideas.

Barton Park like many other grounds were severely hampered by the weather. Unfortunately, we were only able to participate in about a third of our regular season. On a positive I got to buy my new toy 'the Mule' which arrived just before the Zone carnival. It was a real hit for the few times we got to use it.



Using Barton Park and temporary living in shipping containers the Mule was the only purchase of note.

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 – we really are the envy of the rest!!

Ben Waldron, Vice President

COACHING & EDUCATION REPORT

During this season I took over from Matt Woodhouse as the Coaching Director's role for the club. It was another great year with the club having a large Region team, State team and a number of kids making the Nationals team. The club continued with the 2-day training program with fitness on Wednesdays and specific events on Thursdays.

This was the first year for about the last 12 years, we didn't have Shannon's coaching expertise for the Wednesday fitness sessions. Luckily for the club, Caitlin and Nico took the reins looking after fitness. Thank you for making it fun for the kids. This was evident in the large number of athletes attending your Wednesday sessions.



I would like to thank the Thursday Coaches; Carwyn, John, Kyiha, Drew, Matt, Maria, Shannon, Nico, Alex, Caitlin and Sophie - your ongoing support allows the kids to improve, even if it was only for a few weeks. Unfortunately like a lot of things this year the weather got the better of us and this resulted in a lot of our State and National qualified kids training themselves at local parks when the weather permitted.

Lastly, Kids - keep healthy, keep exercising and see you all next season.

Ben Waldron, Vice President

TEAM MANAGER'S REPORT

Janet Lawrence and I worked together as Team Managers for the club during the 21/22 season. I would like to thank Janet for her enormous support with the major carnivals we attended during the season. There is a lot of planning that goes into allocating athletes for events, organising parent helper duty rosters, marshalling, and answering queries and her support made all that so much easier. I would also like to thank Chelsea, Ben and the rest of the committee for their support and their many hours spent behind the scenes helping the carnivals run smoothly.

Zone Championships

The Zone Championships made a comeback, albeit later in the year than usual. We were blessed with a great weather at Barton Park over the weekend, which in itself was unusual for this season. We had 134 athletes entered into Zone. There were some fantastic results by all. We had 91 x athletes qualify to the Region Championships. A very special mention to our Under 7 team, whose amazing results resulted in NRCLAC winning the Under 7 Point Score award.

I wish to thank all the parents who committed to performing parent duties over the weekend and especially those who backed up more than once. These types of events cannot run without your support. It is always a fun weekend at Zone based under the NRCLAC Tent City and as a club I believe that we always look and are the best prepared and supported.

Region Championships, Narrabeen

The Region Championships were held at Narrabeen Sports Centre on 12th and 13th of February. Congratulations to all the competed on their efforts and results. Region is always a tough step up compared to Club and Zone competitions and all that do attend fly the colours and represent the club proudly. It is always easy to spot the NRCLAC athletes around the place at Narrabeen in their new Region Shirts and they look great. The support and encouragement that both children and parents give to the rest of the team is inspiring to see and be a part of.

State Track and Field Championships

The State Championships were held on the 19th and 20th of March at Sydney Olympic Park Athletics Centre. NRCLAC had 34 athletes qualified competing in 63 events over the course of the weekend. The weather especially on the Saturday was extremely challenging, due to constant heavy rain.

NRCLAC had some amazing results;

- 1 x Gold Medal
- 7 x Silver Medals
- 4 x Bronze Medals
- 19 x athletes achieved a Top 5 performance in the State (inc above)
- 30 x athletes achieved a Top 10 performance in the State (inc above)
- Many PB's were achieved by our athletes some of them resulting in significant improvement in performance.
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I would also like to call out Ratu Viliame Lewanavanua who as a result of his achievements at the State Championships was selected for the NSW team in U13B that competed at the Australian Little Athletics Championships in Melbourne at the end of April. Well done Vili.

Carwyn Potbury and Janet Lawrence, Team Managers

RECORDS & RESULTS REPORT

All events were held at Barton Park this season. With the change in venue, it was decided that no records would be held or created for this season. Instead, Season Bests were awarded for each event.

The timing gates continued to be used on both the main and short track. 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 continue to be 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. The speakers used for starting races will need to be serviced prior to the 22/23 season starting.

Unfortunately, due to health and weather impacts, we were only able to run 6 weeks of competition. On average we had 234 athletes (from U6 to U17) compete each Saturday morning. Our busiest competition day saw 271 athletes in attendance.

Adam Boyd, Officer for Championships, Records, & Results

CLUB CAPTAIN'S REPORT

I am Caitlin, one of your 2021/22 club captains and am honoured to have been selected alongside Jasmine this season. I am so grateful to be able to represent this club in a sport that I love so much.

After 11 years at the club, I have learnt to love the sport of athletics. My athletics journey began in 2011, and clearly I loved it because I've come back year in and year out despite my lack of running ability.

My first memory was my first zone carnival where I discovered that I could throw heavy objects pretty well. And from then I fell in love with the sport of athletics. 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 the sport. Athletics has become such a large part of my life and I have been lucky enough to have had many fun and memorable experiences.

Through the hard work of the committee and club, North Rocks Carlingford has been thriving. Despite the rough season we had, community spirit was always high.

Firstly, I would like to thank my main motivations, my parents. Thank you so much for all the help you have given me over the years, driving me around, coaching me, paying for all the merch we wanted and so much more. I don't even have the words to say how much I appreciate you both.

Secondly, I would like to thank all the committee members who have made my athletics experience so memorable. Thank you to Shannon and the committee who have encouraged me to continue and have supported me all the way through little athletics, and helped train and coach me. I appreciate you all so much and am so grateful for all of you.

A big thank you to past and present presidents: Chelsea, Fergus and Garry. Thank you for organizing us all and supporting us in all our endeavours. Your efforts week in, week out are much appreciated.

I would also like to thank all the parents and helpers at the club for making this year possible and so memorable for all the 17's finishing up. We appreciate all that you have done for us.

Lastly, my fellow 17's, Belle and Jas. Congrats and thank you for sticking with me and making athletics such a memorable experience. I love you all so much. And for first year 17's, all three of us wish you all the best for next year.

Caitlin Waldron, Club Captain

Hi everyone! If you don't know me - and I promise I won't take it personally if you don't, considering how short this season has been - my name is Jasmine, and I am one of your co-club captains this year for North Rocks.

Firstly, I'd like to thank some people. To start, the committee; who have generously poured out their time and thought into building the foundations of this community. Chelsea; for being such a great club president this year. And lastly, but certainly not least; the entire community of the North Rocks Carlingford Little Athletics Centre for creating such a wonderful environment in which athletes and people alike can thrive.

I love how we as a community and club have built a legacy on achieving personal bests. For me, I feel like it has fostered a mindset in which I've stopped fixating on comparing my capabilities to another athlete, and have begun to concentrate on what I have achieved as an individual. Over the years of being an athlete here, I have come to understand that participation and effort are things that are genuinely worth celebrating. And I mean that. Because it's not how many times your name is in the record book, or how many medals are around your neck that people will remember when you leave - it's the way you give your all when you run that race, the mental and physical strength you exert as you push yourself over that finish line. Honestly for me, this was my struggle for three years trying to find the long jump board - which I eventually did, thanks to the help of Carwin and Shannon. And whether that means you place first or last in that race - the effort you display in each event is something to be celebrated.

So, to everyone who wakes up early on a Saturday morning to compete - or set up, because that can sometimes be a trek in itself - I congratulate you for doing your best - that is the mark of a true athlete.

I have called NRCLAC my club for nine years - if only I could stay one more year to get my ten years service! And what a great nine years it has been - the friends I've made, the people I've met, and the races I've run. It's been a wonderful journey, and I feel privileged to include upholding the position of co-captain alongside Caitie in my chapter of little A's.

This season of athletics has been quite a short one, many thanks to the rain which decided that each week, Saturday was the perfect day to occur. I don't think I did high jump even once! This season, I got to meet the new and amazing younger under 17's, who are not only great athletes, but are also genuinely great people. I also had the extremely fun experience of having the amazing Mat Woodhouse as age manager with his envious flamboyant long socks - who in metaphorical terms told us to break a leg - then literally did! And finally, I got to spend my last year as one of the only three girls in the eldest under 17's age group alongside Belle and Caitie, who have shown time and time again the passion and effort which Little A's fosters and needs.

So in saying all of this, thank you to everyone for being here and being a part of this community, and I wish you athletes all the best for your future in little athletics.

Jasmine Khiroya, Club Captain



Caitlin and Jasmine