



NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE

ANNUAL REPORT 2023

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PRESIDENT'S REPORT

Following what can only be described as a disappointing season last year, it has been an absolute delight to have experienced such a fantastic 2022/2023 season. The weather held firm, allowing us 20 fabulous weeks of competition. In addition to this, Covid restrictions eased to allow us to return to our usual Zone, Region and State competition, State Relays and the State Combined Event in Dubbo.

Whilst we had hoped to return to our home ground at Kingsdene Oval mid-season, this unfortunately did not eventuate, and we completed the entire season at Barton Park once again. It has been wonderful to share this ground with Parramatta Little Athletics Club, and we have developed a very special relationship between the two clubs over the past two years. Building works have now finished at Kingsdene Oval, with landscaping works and other peripheral works still being undertaken. Fingers crossed we can start the new season at this new facility and continue the history of our fabulous little club.

Back to this season. What an outstanding year it has been. Bouncing back from reduced registrations during Covid, we soared to a total of 481 registered athletes this season. These athletes ran, jumped, threw and walked their way to an extraordinary 9012 PBs.

Zone, Region and State teams also swelled this season. A Zone team of 205 athletes competed in 744 events over the Zone weekend. 125 of these athletes progressed through to Region in 303 events. Finally, we had one of our biggest ever State Teams, with 39 athletes progressing through to the State Championships, bringing home an extraordinary five gold, six silver and six bronze – a total of seventeen medals. Congratulations to you all.

This year, LAA have expanded the Australian Little Athletics Championships to cover both the U13s and U14s, as well as including U13/U14 Multi-Class events. It is my great pleasure to announce that NRCLAC have four athletes who have been named in the NSW team to compete at this year's event. Congratulations to Sophie Polkinhorne, Alexander Evans, Christopher Nilon and Ratu Viliame Lewanavanua on this amazing achievement. They performed exceptionally well at Nationals, bringing home three gold, two silver and one bronze medal. What a fantastic representation of their state and your club.

We also entered three teams into State Relays, achieving one gold and one silver medal. We also had a team of 12 Little Athletes head to Dubbo for the State Combined Events carnival. For the first time, NRCLAC was also able to send some 'Masters' athletes to the State Combined Event Carnival, with 6 of our parents competing over the weekend. These Masters athletes managed to bring home two gold and one bronze medal. This was an extraordinarily fun experience, and we encourage more parents to give it a go next year.

It takes a lot 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 Mangers.

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

I'd also like to acknowledge the ongoing support and contributions of our Life Members. The club has grown and developed thanks to the contributions of each and every one of you, to become the special community that it is today. Thank you.

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

- Carlingford Active Health
- The Athlete's Foot
- Coles Carlingford Court
- Parramatta Leagues Club through Vikings Sports
- Johnston's Transport
- Carlingford Gourmet Pizza
- Baker Crescent Meats
- Wholesale Trophies
- Truly Finance

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

The North Rocks Carlingford Little Athletics Centre's Presentation Day was held on Sunday 2nd April at Carlingford 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, Jan Andrews, Mary O'Byrne, Peter Blackett, Garry Dennis and Carwyn Potbury.

Lastly, however, none of us would be here if it wasn't for our athletes. This wonderful group of children who attend each Saturday morning – running, jumping, throwing, and walking. I am privileged to be able to watch our athletes each week, giving their best effort, demonstrating sportsmanship, developing friendships, and participating with a smile on their faces. Our athletes and their families are our club – a wonderful supportive community. A community I am proud to be a part of.

Following the amazing success and developments of the 2022/2023 season, we look forward to seeing the new opportunities that the 2023/2024 season will hold.

Chelsea Woodhouse, President

SECRETARY'S REPORT

The 2021/2022 Annual General Meeting (AGM) was held at Viking in May 2022 and resulted in the formation of a new committee.

Chelsea Woodhouse (President), Janet Lawrence (Vice President), John Williams (Treasurer), Carwyn Potbury (Registrar) and Ben Waldron (Secretary) remained in the Exec roles. Adam Boyd, Mathew Woodhouse, Andrew Hazon, Garry Dennis, Emily Wong, John Nilon, Kyiha Waddell and Joe Perry remained as general committee members. We welcomed new members Keryn Boland and Natalie Lambert and Matthew De Pomeroy. During the 2022/2023 season committee meetings were held regularly at The Vikings club.

The AGM will occur this year at the Vikings Club on May 21st. 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. I would like to thank the committee for their support during the 2022/2023 season.

As a club, we very much rely on our volunteers, and I encourage all members to think about being involved at committee level.

Ben Waldron, Secretary

TREASURER'S REPORT

Please find attached the 2022/2023 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. As Treasurer I have been very happy to have played a small part in the season.

The Centre recorded a total income for 2022/2023 season of \$73,505 which represents an increase of \$33,824 on the previous year. The main factors for this increase are:

1. Compared to the prior year, 2022/2023 included a fuller timetable of competition weeks & a record number of registrations.
2. Compared to the prior year Canteen Sales & Grants income significantly increased.

I would personally like to thank the fantastic ongoing contribution of Natalie Polkinghorne, Monica Waldron 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 \$10,355 (this includes Merchandise sales) is an increase of \$2,230 on the previous season. The online Square facility set up on the NRCLAC website, as well as easy tap payments, continues to assist reduced 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 while navigating challenging production timelines.

The Centre incurs considerable expenses to keep operational. The major expense for 2022/2023 is the \$19,167 of equipment purchased from grants income received in previous years. In addition to this:

- \$13,951 was spent on trophies, medals, ribbons and other awards presented to the athletes at our presentation day.
- \$12,706 - was spent on stocking the canteen.
- \$15,430 - was uniform cost of sales including Region Shirts and State Representative gifts

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
- Grants to athletes who are selected for national representation.
- Weekly Prizes
- NRCLAC branded Athlete Clothing for Region and State Representatives

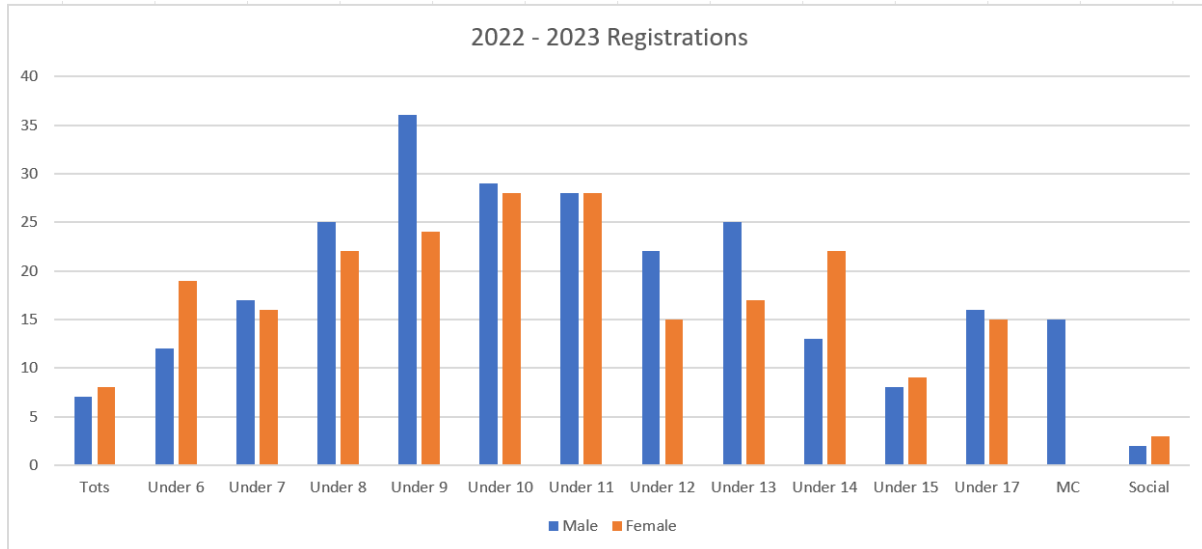
Our bank balance remains healthy with an end of season balance of \$76,001 and Uniform Stock, \$16,402, being represented as assets to reflect a Total Assets as at 31 March 2023 of \$102,611. All known 2022/2023 expenses have been captured into these accounts. There is a \$5,460 accrual for presentation day costs & \$6,756 for a Sports NSW Local Sports Grant that will be spent in the next season on new timing solutions wireless speakers.

For the 2022/2023 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

REGISTRAR'S REPORT

NRCLAC had 481 registrations for the 2022/2023 season, which was our largest ever membership level slightly ahead of 2019/2020 and our first season without COVID restrictions since then. The junior age groups (Tot's - 11's) were the largest groups, with 299 (62%) of registrations being represented by these age groups. There were 162 (34%) in our senior age groups (12's – 17's), the Multi-Class group consisted of 15 (3%) and 5 in our new Social group (1%). Our registrations for this season consisted of 255 males and 226 females.



This season we welcomed back the Tiny Tots group and a new Social group was started for those parents who wished to join the club for social competitions. 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 2023/2024.

Carwyn Potbury, Registrar

GROUND'S & EQUIPMENT REPORT

For the 2022/2023 season 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.

It has been relatively quiet this year, with the club still running its weekly competition at Barton Park and I would like to thank Parramatta LAC for its continued support.

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, 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, Secretary

COACHING & EDUCATION REPORT

During this season Mathew Woodhouse and I shared the Coaching Directors role for the club. It was another great year with the club having its largest 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 Nicko and Chelsea for all your time, knowledge and patience over the training season.

Further to that Nicko, 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, Caitlin, Lachlan, Ben and Maria for your ongoing support allows the kids to improve.

I would like to acknowledge Mathew W and Lachie for the new Sunday training for jumpers, hurdlers and throwers. It's been great to see the improvement in the kids. Lastly, I would like to thank Kevin Fisher for his Tuesday Javelin Session that saw 10 kids compete at State in javelin. Again, thank you. Kids, keep healthy, keep exercising and see you all next season.

Ben Waldron, Secretary

TEAM MANAGER'S REPORT

Janet Lawrence and I worked together as Team Managers for the club during the 22/23 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, John 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 were back to their normal time at the start of December after a couple of COVID years . We were blessed with great weather at Barton Park over the weekend. We had 205 athletes entered into Zone in 744 events. There were some fantastic results by all. We had 125 x athletes qualify to the Region Championships in 303 events.

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, Sydney Olympic Park

The Region Championships were held at Sydney Olympic Park in February. Congratulations to all the athletes that 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 SOPAC 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 in March at Sydney Olympic Park Athletics Centre. NRCLAC had 39 athletes qualified in 75 events in what was our biggest State Team to date.

NRCLAC had some amazing results;

- 5 x Gold Medal
- 7 x Silver Medals
- 4 x Bronze Medals
- 8 x athletes achieved a Top 5 performance in the State (excl above)

- 21 x athletes achieved a Top 10 performance in the State (excl above)
- Many PB's were achieved by our athletes some of them resulting in significant improvement in performance.

A special mention to Sophie Polkinghorne, Alexander Evans, Christopher Nilon and Ratu Viliame Lewanavanua who as a result of their achievements at the State Championships were selected for the NSW team in U13's, U14's and U13/U14 Multi Class that competed at the Australian Little Athletics Championships in Melbourne at the end of April. Congratulations on all of your fantastic results and you have all done NRCLAC proud. A special call out to Sophie Polkinghorne on her National Record in the U13G 1500m walk.

Carwyn Potbury and Janet Lawrence, Team Managers

RECORDS & RESULTS REPORT

All events were held at Barton Park again this season. With the continued change in venue, it was decided that no records would be held or created for this season. Instead, Barton Bests were awarded when an athlete broke the previous season's best set in the 21/22 season. These results will be recorded on the website.

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. There is a plan to replace the starting speakers prior to the 23/24 season starting.

This season we ran 18 weeks of competition as a club, with 481 registered athletes. 373 of those athletes achieved 10 or more PB's throughout the season and 80 athletes achieved 30 or more PB's.

Adam Boyd, Officer for Championships, Records, & Results