



NEWSLETTER

Important Information

Venue:

UWS Bankstown
Bullecourt Ave
Milperra

Time:

Friday Nights
Arrive 6.00pm for 6.30pm start
(check centre calendar)

Website:

www.revesbylac.org.au

Revesby Workers
Little Athletics Centre



@RevesbyLAC

Wet Weather : Will be posted to
Facebook, Twitter & our website
as soon as cancellations are known

First Aid:

Available at the canteen.

Committee:

President: Christine Butters

Vice President: Anthony Tahhan

Secretary: Jackie Bottrill

Treasurer: Les Rolls

Registrar: Mikaela Butters

Publicity Officer: Mara Basic

Uniform Officer: Leanne Thompson

Canteen Manager: Rebecca Taylor

Equipment Officer: Barry Butters

Records & Ranking Officer:

Maureen Carey

Championships Officer: Erin Austin

General Committee:

Lisa Wedgwood

Peter Bottrill

Ben North

Bree McGraw

Scott Wastell

Richard Loane

Stuart McGraw

Patrons

Daryl Melham President RWC

Alan Ashton

RWC Liaison Director

John Rodwell

2017 / 2018 SEASON

President's Report—Christine Butters

A big welcome to the 2017-18 season of Little Athletics and thank you for joining Revesby Workers' Centre. And welcome back to all our returning families. As usual the start of the season has been fairly hectic and we are trying to balance the numbers across the age groups to ensure groups are neither too big nor too small. The theme of Little Athletics is Family, Fun and Fitness and we as a Centre try to promote this in a variety of ways.

We have now run a full round of our three-week program as well as our State Relays Trial night and have looked at where we need to tweak the program to ensure that events are completed by 9pm at the latest and preferably between 8.30 and 9pm. We ran the first round with athletes only having one measured jump or throw and the aim of this was to try and teach skill and technique rather than focus on results. Now we will be measuring all throws/jumps for each athlete bearing in mind that in some age groups and on some nights the athlete may get two rather than three turns depending on how the program is running.

We have combined the U13-U17 boys into a Seniors boys group and likewise the U13-U17 Girls into a Senior girls group. This is to encourage the competition and participation across the age groups and also to try and ensure we have enough helpers in these groups. We have also joined the U12 boys and girls group to make for smoother running. I am aware that some parents are not happy with this arrangement however as a committee we have looked at how we can best suit the needs of all age groups and will continue to run these combined groups. By doing this we have 23 boys in the Senior boys group and 17 girls in the Senior girls group. In past years we have run the U13 and U14 boys and girls together and the U15-U17 boys and girls together. If we were to do that this season we would have 24 in one group and 15 in the other so really not much difference. It will be good to see the seniors run combined races and no doubt we will see some PB's as the older athletes challenge the younger.

We currently have 264 athletes registered, down 26 from the same time last season. This is a trend being seen across all the Centres in our Zone. We will no doubt boost the numbers in coming weeks when we have children trialling athletics for the first time.

At the AGM of the Centre held in May this year I was delighted to present Life Memberships to Rebecca Taylor (our Canteen Manager) and to Sharon and Mike Korremans (Walks Judges). These three people have given many volunteer hours to our Centre and without them we would be much the poorer. We also welcomed Stuart McGraw to the Committee and Richard Loane back onto the Committee after a couple of years break. Thanks to them both for volunteering.



**Revesby
Workers Little
Athletics
Mission
Statement:**

*“Revesby
Workers Little
Athletics
Centre
promotes fun,
fitness & skills
development
in a friendly
competitive
environment
while
encouraging
family
participation,
community
spirit &
values”.*



PRESIDENT’S REPORT CONTINUED

Our three-week parent roster has once again been adopted and it has so far been pleasing to see the number of parents who have willingly taken up their role. This season we have introduced a data entry role so we can try and get results entered on Friday nights and available to the athletes as early as possible over the weekend. We are also heavily reliant on 2-3 people to man the bbq each week as we no longer have a regular bbq person. We will email all parents when they are on roster and appreciate if you can email back when you are not going to be attending as this helps us adjust the roster and ensure safe coverage of all events.

You will be aware that we have been holding coaching sessions at the Centre each Friday from 5.15pm and we are very grateful to the coaches from Illawong Seniors who have been running these. I know a lot of children are gaining some valuable skills from attending. I thank the coaches for their time and effort. Now the coaching sessions will be held fortnightly and will be focusing on some specifics such as starting block use and relay changes.

Until next newsletter...

Christine Butters

IMPORTANT INFORMATION

Javelin & Discus—DO not cross the infield of the track

Long / Triple Jump—NO one should cross the track of a competing athlete

Track—Always check the track before crossing. Athletes cannot stop to avoid you and keep the finishing lines clear. Remember if you are not competing in an event, then DO not run next to or on the track at any time for any reason.

For track events two stopwatches are required to verify the record. The slowest stopwatch time shall be applied; for field events record to be verified by a committee member before the event continues on to the next attempt the spike must not be moved.

NO SMOKING—the grounds is strictly a non smoking area

**REGISTRATIONS AND UNIFORM
SALES ARE STILL AVAILABLE.
PLEASE SEE A COMMITTEE-
MEMBER AT SIGN ON TABLE-
FOR ASSISTANCE.**



UNIFORMS & ATHLETES NUMBERS

All athletes must now be in full uniform with their registration number attached to the front of their top and age patch on left side of top or shorts.

Jetstar patches on last year's uniforms must be removed as LANSW now has a new sponsor and will soon be getting new patches for the athlete's uniforms.

Absence of an athlete registration patch may mean no results recorded!

Plain black bike pants or compression shorts with black stitching may be worn underneath the maroon shorts. A plain white or neutral colour T-shirt may be worn underneath the singlet top for sun protection or for warmth. All numbers & patches must be visible otherwise athlete will need to tuck tops in.

REGISTRATION NUMBER

Registration numbers must be displayed on the front of the singlet or crop top and must have the border visible.

Age patches must be displayed on the top LEFT side on the front of the singlet or on the bottom LEFT side on the shorts or bike pants. All printing on the age patch must be visible.

TRAINING - MIDDLE DISTANCE

Peter Bottrill (committee member and coach) will be conducting coaching sessions in middle distance running events. These sessions are available to all athletes in the U11 to U17 age groups and will be held at the athletics field.

Cost is \$2.00 per athlete.

Any interested athletes should contact Peter on 0407 904 146 and leave your name and number for Peter to contact participants and determine a universally suitable day and time.

RECORDS & PERSONAL BESTS (PBs)

This season a new shotput size has been introduced for our Under 6 athletes, it is the 500gm shotput and thus the old records for the U6 shotput have been retired. The inaugural setters of the U6 Boys and Girls 500gm shotput records are

Matthias Pinder with a distance of 3.92m and;
Kenzie Delacour-Batch with a distance 2.91m Congratulations to them both.

On a weekly basis, the aim for all athletes is to improve on previous performances and better their own skills and abilities. This is reflected in athletes achieving Personal Bests or PB's in the athletics jargon: In the first week of competition after the orientation night there were 102 PB's, in week 2 there were 61 and in week 3 there were 132. Congratulations to Hayley Foster U11G who achieved 3 PB's in week 3. During the first round of competition (ie three weeks) PB's will not be counted in the end of season calculations as for many events the performances are setting the athletes benchmark. From Friday 13th October, onward PB points will count!

Little Athletics Association of NSW Mission Statement

"The Little Athletics Association of NSW aspires to provide the community with recreational athletics activities that contribute to the healthy development of our children. Such activities will promote:-

- * Fun
- * Fitness
- * The development of skills
- * The building of character & self esteem
- * The fostering of good sportsmanship

In a safe, positive, family-friendly & inclusive environment.

RESULTS ONLINE



Results online this season:

All results will be available to families online this season.

Family ResultHQ Log In Steps

To log into your family area to view results, tickets and graphs follow these steps:

1. Go to www.resultshq.com.au
2. Click on Forgot My Password
3. Enter your email as your username
4. Press Submit
5. You will get an email with the log in details for your family area

If you need a hand call 1300 954 487 or email support@timingsolutions.com

SNACKS PRICE LIST

Milkos and Redskins	\$0.15
Pythons	\$0.80
Zappos	\$0.80
Zombie Chews	\$0.80
Furry Friends	\$1.00
Lolly Bags	\$1.00
Triple Dippers	\$1.50
Push Pops	\$1.50
Fairy Floss	\$1.50
Ring Pops	\$1.50
Nerds	\$1.80
Chips	\$2.50

CANTEEN PRICE LIST

REVESBY WORKERS' LITTLE ATHLETICS CENTRE

CANTEEN PRICE LIST 2017-2018

HOT FOODS:

STEAK PIES	\$4.50
STEAK & POTATO PIES	\$5.00
SAUSAGE ROLLS	\$4.00
CHICKEN NUGGETS	3 for \$2.50
HOT DOG	\$4.50
TOASTED CHESSE SANDWICH	\$3.50
CHICKEN BURGER	\$4.50

BBQ FOODS:

SAUSAGE ON A ROLL	\$3.50
BACON ON A ROLL	\$4.00
BACON & EGG ROLL	\$5.00
BACON & SAUSAGE ON A ROLL	\$5.50
BACON, EGG & SAUSAGE ROLL	\$6.00

DRINKS:

WATER	\$2.00
CANS OF SOFT DRINK	\$2.50
POWERADE	\$4.50
FRUIT BOX	\$1.50
CAPPUCINO/HOT CHOCOLATE	\$3.50
TEA	\$2.50

BIRTHDAY ROLL CALL

HAPPY BIRTHDAY to the following registered athletes who have birthdays in December 2016 & in January 2017.
We hope you have a great day!!

September Birthdays

Benjamin	Mifsud
Abby	Freeman
Bonnie	Lonsdale
Amelia	Facey
Michelle	Truong
Lauren	Gorham
Pollyanna	Tilley
Alannah	Chaheen
Jonathan	Boulos
Flynn	Lovett
Erika	Glas
Angel	Choumar
Alexis	Deane
Lily	Madden
Kayleigh	Montgomery
Brooke	Hunter
Harrison	Dunstan
Matthew	Wastie
Angel	Al Massoud
Thomas	Padron

October Birthdays

Ethan	Bennett
Kenzie	Delacour-Batch
Jaylan	Peric-Bordelais
Emily	Walker
Oliver	Glas
Mahdi	Orabi
Ava	Hounslow
Mackenzie	Walker
Daniel	Heneen
Emily	Embrey
Meekah	Embrey
Sophie	Bennett
Sabina	Khoury
Tristan	Otomancek
Lydia	Alrahil
Kamran	Kumar
Callum	Powell
Jessica	Sewell
James	Khoury
Nelson	Carey





REVESBY WORKERS'
LITTLE ATHLETICS
CENTRE

P.O. Box 536
Revesby NSW 2212

Phone:
0413 886 431
9792 2031 (after hours)
E-mail:
bjcmbutters@yahoo.com.au

Newsletter Contact

If you would like to contribute any news, information etc just contact

Christine Butters
president@revesbylac.org.au

We're on the Web
www.revesbylac.org.au

The Centre's website contains a wealth of useful information including:-

- Event Programs
- Awards
- Sporting Links
- Centre Information
- Calendar of Events
- Comments Section
- Members Section
- Results
- Newsletters
- History

We would like to thank our sponsors

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McDonald's Revesby
McDonald's Padstow

LANSW SPONSORS



If anyone would like to become a sponsor of the centre please contact the Centre's President Christine Butters (0413886431)