



Revesby Workers Little Athletics Centre

NEWSLETTER 2018/2019

Issue 1 - October 2018

Important Information

Venue:

Western Sydney University
Bullecourt Ave, Milperra

Time:

Friday Nights
Arrive 6.00pm for 6.30pm start

Website:

www.revesbylac.org.au



Revesby Workers Little Athletics
Centre

**Wet Weather :**

Will be posted on Facebook & 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 North

Publicity Officer: Stuart McGraw

Uniform Officer: Leanne Thompson

Canteen Manager: Rebecca Taylor

Equipment Officer: Barry Butters

Records & Ranking Officer:

Bree McGraw

Championships Officer:

Erin Austin

Coaching Officer: Peter Bottrill

General Committee:

Louise Anthony

Christopher Batch

Wayne Hunter

Robert Keast

Benjamin North

Patrons

Daryl Melham President RWC

Alan Ashton

RWC Liaison Director

John Rodwell

Presidents Report - Christine Butters

The 2018-19 season is well underway now and after the unfortunately wet start we are settling in to the rhythm of weekly competition. Welcome to all our new families and thank you for joining Revesby Workers' Centre. And welcome back to all our returning families. It is great to see familiar faces and how much the kids have grown in the off season! As usual the start of the season has been fairly hectic and we have needed to make some adjustments across the age groups to accommodate numbers and 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. I am delighted to welcome to our Committee this year 4 new parent members, Louise Anthony (Liliana U8G), Chris Batch (Ryleigh U11G, Kenzie U8G), Wayne Hunter (Brooke U12G, Cooper U9B & Khloe U8G) and Rob Keast (Oliver U7B & Flynn U6B). It is great to have some new ideas and enthusiasm to complement the existing committee. All Committee members wear the white and maroon shirts and are available to assist with any enquiries on a weekly basis.

Welcome back to Maddie Carroll (past Club Captain and athlete) who assisted with Skill development last year and this year is running the OnTrack Program for our U6 and U7 athletes. This is a skills based program designed to better teach our young athletes the fundamentals of athletics skills. We are a trial Centre for LANSW this season and have been supplied with a lot of equipment to complement the running of the program.

As many of you will be aware the age group parameters changed for Little Athletics this year hence we have a number of children who have "missed" an age group. From what we have seen so far those children have settled well into their new groups and I thank the age managers for assisting with this transition. We currently have 272 athletes registered (including 6 trialists) down 13 from last season. We will no doubt boost the numbers after the October holidays when we have children completing their trials with us.

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. A roster reminder is emailed to all parents and it is important to check emails including your spam box so you are aware of when you are on roster. I 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.

All communication with parents is via email so if email addresses change please also inform us so you can be kept up to date with what is happening at the Centre. Our coaching schedule has not been finalised yet but a big thank you to the Illawong coaches who attended prior to the holidays for an initial coaching session. It is unfortunate that we have not been able to conduct competition through the holidays, this is due to the University needing to do some work on the oval.

Until next newsletter...

Christine Butters



Revesby Workers Little Athletics Centre NEWSLETTER 2018/2019

Issue 1 - October 2018

RWLAC Mission Statement



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

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 and keep the finishing lines clear.
Athletes cannot stop to avoid you.

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.

STAY SAFE!

If a record is broken, it needs to be verified to be valid as a Centre record.
This includes having a RWLAC Committee member verify the record.

For track events, two stopwatches are required to verify the record. The slowest stopwatch time shall be applied. The result sheet needs to be signed by a Committee member as verification of the record.

For field events, the measuring spike / tape should NOT be removed until a Committee member has verified the result and signed the result sheet to validate the record.

NO SMOKING - The grounds are strictly a non smoking area



Results Online

Uniforms & Athletes Numbers

ResultsHQ

All athlete results are available to families online again this season.

Family ResultsHQ Log In Steps:

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

1. Go to www.resultshq.com.au
2. Click on Forgot My Password
3. Enter your username (this is the email address you used to register with RWLAC)
4. Press Submit
5. You will get an email with the log in details for your family area

If you have difficulties logging in, email recording@revesbyLAC.org.au

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

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 red 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.



Coaching - Middle Distance - Peter Bottrill

Peter Bottrill (committee member) and Level 3 Middle Distance Coach (Athletics Australia Accredited) will be conducting coaching sessions in middle distance running events (400m, 800m, 1500m, 3000m). These sessions are available to all athletes in the U9 to U17 age groups and will be held on Wednesday afternoons at the athletics field, starting after the school holidays. If you are interested in attending please speak to Peter Bottrill at the circular track on Friday nights or phone Peter on 0407 904 146.

Cost is \$2.00 per athlete.



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NEWSLETTER 2018/2019

Issue 1 - October 2018

Records Broken

Personal Bests



14/09/18

Brooke Hunter

12 Girls

Javelin 400g - 16.49m

Gemma Lenertz

15 Girls

300m Hurdles - 1:00:88

Brianna Whitney

15 Girls

300m Hurdles - 59:04

21/09/18

Scarlett McGraw

10 Girls

1100m Walk - 6:47:36

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. During the first round of competition PB's will not be counted in the end of season calculations as these initial performances are setting the athletes benchmark. From Friday 26th October onward PB points will count!

This season three new weights have been introduced for throws events: Under 11 Boys and Girls Discus is now 500g, Under 12 Boys Shotput is now 2kg, and Under 13 Boys Discus is now 750g. The old records for these events have been retired. The inaugural record setters for these events are:

U13 Boys Discus - **Benjamin Pittman** with a distance of 27.12m

Under 12 Boys Shotput - **not yet set**

Under 11 Boys Discus - **not yet set**

Under 11 Girls Discus - **not yet set**

PLEASE NOTE: To be eligible for end of season awards athletes must compete in at least 60% of timetabled events including three competition nights after the Christmas break.

On Track - Maddie Carroll

The On Track Program is aimed for the under 6's and 7's in practising the skills and motions to effectively complete events each week. Each week is aimed at a different athletic component, whether it be projection, sprinting, or jumping, and focuses in on teaching the kids how to properly execute certain movements to prepare for when the events are performed. Although the program is based off a structural program each week an element of fun and getting up and moving around is incorporated to ensure that the kids have the most enjoyable experience possible.





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NEWSLETTER 2018/2019

Issue 1 - October 2018

State Relay Championships

The State Relay Championships is a competition run by LANSW in which athletes from our centre form a team and compete against other teams from all over NSW in relay events. State Relay trials were held on our competition night on 28 September 2018 and Championships Officer Erin Austin has been reviewing athlete performances in each age group in order to select the teams. The State Relay Championships are being held on the weekend of 17 & 18 November 2018 at Sydney Olympic Park Athletic Centre. Junior athletes (U8 to U11) will be competing on the Saturday and Senior athletes (U12 to U17) will be competing on the Sunday.

Once teams have been selected there will be additional training to practice baton changes and this training will take place outside the normal Friday night competition. All athletes selected on a relay team must attend the training so that each relay team can train together and practice their actual baton change sequence. Parents of athletes competing at State Relays will be required to fulfil a parent duty on the day their child is competing.

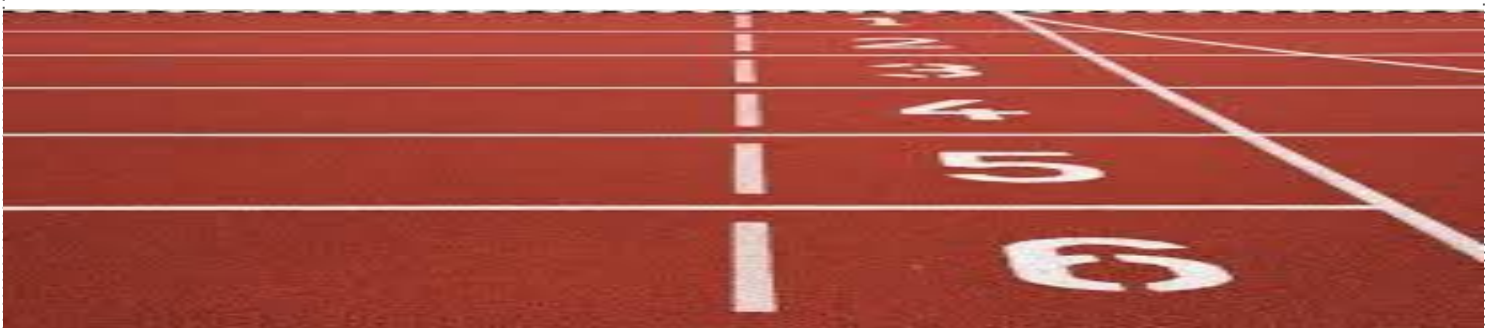
Zone Championships

Zone Championships are conducted in each of the 23 zones throughout the state. We are in the Southern Metropolitan Zone, together with Bundeena Maianbar, Helensburgh, Illawong, Port Hacking, St George and Sutherland. Athletes from U7 to U17 are eligible to compete at Zone. The Southern Met Zone Championships are being held at The Ridge Athletics Track, Barden Ridge over three days: 30th November, 1st and 2nd December.

Zone entries need to be made online via Results HQ. When you log in, click on the RED bar - New Notifications. Then click on View. Then beside Southern Met Zone click Begin Registration. U7-U12 athletes can enter up to 4 events and U13-U17 athletes can enter up to 6 events. Once you have entered online, please print your confirmation email, including your event nominations. Bring this to the sign on table on **19th October or 26 October, with \$15 per athlete** entry fee. **NO LATE ENTRIES CAN BE ACCEPTED.**

A parent roster **deposit of \$20 per family** is also payable and will be returned when the parent has completed their Zone duty (or Region duty).

Athletes U8 and above who perform well at Zone then qualify for Regional Championships, which are being held at The Ridge Athletics Track, Barden Ridge on 2nd and 3rd February 2019. U7 athletes do not progress to Region but are awarded medals if they place 1st, 2nd or 3rd in their respective events.





Revesby Workers Little Athletics Centre NEWSLETTER 2018/2019

Issue 1 - October 2018

Carnival Results

Congratulations to these RWLAC athletes who braved the cold, wind and rain to compete at the Lake Illawarra carnival on 7th October.

Brooke Hunter (U12G)

1st in Javelin
2nd in Discus
2nd in Shot Put

Cooper Hunter (U9B)

2nd in Discus
2nd in Shot Put

Khloe Hunter (U8G)

1st in Shot Put
2nd in 100m
3rd in Long Jump
3rd in 200m

Ryleigh Delacour-Batch (U11G)

1st in 100m
1st in 800m
2nd in Discus

Kenzie Delacour-Batch (U8G)

5 participation ribbons



Gala Days & Club Level Carnivals

Gala Days and Carnivals hosted by other Little Athletics Centres throughout the season are a great way to prepare for Zone Championships or just to spend a day participating in your favourite events with athletes from other centres. We have posted all entry forms and information flyers on our Facebook page. For more information speak to our Championships Officer Erin Austin on Friday nights or email championships@RevesbyLAC.org.au

Upcoming Local Carnivals & Gala Days

Liverpool LAC Gala Day - **21 October 2018**

Kings Langley LAC Multi-Event Carnival - **28 October 2018**

Mid West Met Zone Multi-Event Carnival (Fairfield) - **28 October 2018**

Central West Met Zone Multi-Event Carnival (Prestons) - **28 October 2018**

Albion Park LAC Gala Day - **28 October 2018**

Edgeworth Challenge Carnival - **4 November 2018**

Werrington LAC Gala Day - **4 November 2018**

The Scamper Carnival (Fairfield) (*for U6 and U7 athletes only*) - **10 November 2018**

Nepean LAC Memorial Shield Carnival - **11 November 2018**

Dapto LAC Carnival - **11 November 2018**

St Georges Basin LAC Annual Dragon Derby Carnival - **11 November 2018**

Raymond Terrace LAC Twilight Pentathlon - **17 November 2018**

Shoalhaven LAC Gala Day - **25 November 2018**

Mount Druitt LAC Gala Day - **2 December 2018**

If you are interested in your child participating in any of the above Carnivals & Gala Days, keep an eye on our Facebook page or contact our Championships Officer: Erin Austin - championships@RevesbyLAC.org.au for more information.



TRACKSIDE with Mikaela North



Mikaela North (nee Butters) joined RWLAC as an athlete in U6's in the 1996/1997 season and competed through to U15's in the 2006/2007 season.

In 2009, Mikaela took on the running of the Skills Development program with the U6 and U7 athletes, which she has continued to do every season since.

Mikaela joined the RWLAC General Committee in 2011/2012 and has been Registrar since 2012/2013.

Mikaela is an accredited Athletics Australia Official (AAOES) and Level 2 State Official in Throws (Shot, Discus, Javelin).

We went Trackside with Mikaela to ask her a few questions:

1. What was your favourite Little A's event as a child?

Always Shot Put, followed closely by Discus.

2. What is your favourite memory of Little A's?

There are 2... First was the mass shaving cream fights we used to have at the end of each season on our last night of competition then getting hosed by the big fire hose reel. The other was Zone Championships at Port Hacking track (spent a few birthdays at that carnival), would be there most of the weekend as back then programs were never timed. I loved the atmosphere of the carnival and the one occasion where I won a Gold medal!! (U7 Shot Put).



That's
Mikaela





Revesby Workers Little Athletics Centre NEWSLETTER 2018/2019

Issue 1 - October 2018

Contacts

Thank you to our sponsors

Newsletter Content

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

Stuart McGraw
publicity@revesbyLAC.org.au

Do you have a small business that is interested in sponsoring RWLAC or could contribute to fortnightly meat/fruit or other raffles to support RWLAC? If you are interested please contact our Publicity Officer above.



All important updates, announcements, photos, athlete achievements and also wet weather / cancellation notices will be posted on our Facebook page. This is the best way to keep up to date.



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Little Athletics NSW Mission Statement

"Little Athletics 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"

