



# Revesby Workers Little Athletics Centre

## NEWSLETTER 2018/2019

Issue 3 - December 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](http://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

I think I spoke too soon when I said in the last newsletter that the rain had left us. Unfortunately our planned Christmas competition night had to be cancelled because of the rain and thunderstorms.

We had a number of gift vouchers for raffle prizes which we will hold over to the New Year and conduct a raffle sometime before the end of season. Thanks to Revesby Workers' Club and Coles Revesby for their generous donations.

Since the last newsletter we have had our Southern Metropolitan Zone Championships and a team of 49 athletes competed over the 2 and a half days. Congratulations to our three Under 7 athletes who competed and cannot progress further. A great effort at your first major championship.

Out of the remaining 46 athletes, 35 qualified to go on to the Region Championships which are to be held on 2nd and 3rd February at The Ridge. Thank you to our Centre officials who were heavily involved in the smooth running of the Championships: Erin Austin Discus judge, Helen Wastie Long Jump judge, Barry Butters Shotput judge, John Rodwell announcer and Mikaela North Chief Field judge as well as Shotput judge (she certainly put multitasking to the test!!).

To all our parents who helped out and fulfilled their rostered duties and to our Captain Phoebe and Vice-Captain Elizabeth who ably assisted in call-room along with Logan and Jess Samoa, you were all a credit to our Centre. And finally to Erin, Bree and Stuart who between them managed our team of athletes, ensured everyone was where they needed to be and trained the relay teams as well, a tremendous effort.

Congratulations to Brianna Whitney who competed in the Australian All Schools Championships in Cairns the week after Zone. Bri placed a very creditable 7th place in High Jump whilst competing up an age group. Well done Bri.

We are now on a short break for the Christmas and New Year period and resume on the 11th January.

During January we will be asking all parents who are at the grounds to assist with rostered duties as we are aware of many families and key personnel being away for the holiday period.

On behalf of the Committee I wish all our families a safe and happy Christmas and a healthy and prosperous New Year.

Until next newsletter...

*Christine Butters*



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### 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

Have you heard about the new Sydney Zoo opening early 2019? Little Athletics NSW has partnered with RunWest to give you the chance to participate in a fun run through the new Sydney Zoo on 31 March 2019.

There is a 12km option or a 4km family fun run option. Early bird entry is \$20pp for the family fun run and includes a free pass to the new Sydney Zoo, a participation medal AND 25% of your entry fee will be donated back to RWLAC.

Simply register under Revesby Workers LAC when you register online.

<http://www.runthewest.com.au/>



**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.

**Reminder:** NO bikes, scooters or balls are permitted on the grounds on Friday nights.





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### Records Broken



**07/12/18**

### **Jonah Austin**

11 Boys

Discus 500g – 18.29m

### **Kael Austin**

12 Boys

Shot Put 2kg – 8.08m

### Athletics NSW State Relay Championships

Congratulations to our senior athletes who competed at the Athletics NSW State Relay Championships in November, representing Illawong Revesby Workers Athletics. Great results for these athletes who also competed up in older age groups.



**Adam & Ben Pittman - 1st in U14 Shot Put**



**Adam & Ben Pittman - 2nd in U14 Discus**



**Brianna Whitney - 1st in Open High Jump**



**Brianna Whitney - 3rd in U18 High Jump**

### Revesby Workers Club Scholarships

**Supporting local HSC and International Baccalaureate students who wish to pursue further study at a tertiary institution.**

As part of an ongoing commitment to the community, Revesby Workers' Club each year awards a number of scholarships to the value of \$500 per annum for the duration of a tertiary course of studies. Applications are now open. Simply complete the application form and submit by 31 December 2018

More information can be found at <https://rwc.org.au/about/tertiary-scholarship/>

### Zone Championships Results

Over the weekend of 30th Nov, 1st Dec, 2nd Dec, 49 RWLAC athletes competed at the Southern Metropolitan Zone Championships, hosted by Illawong LAC at Barden Ridge Athletics Track. All of our athletes tried their very best and we are very proud of their efforts. 35 RWLAC athletes have qualified for the Region 8 Championships, being held at Barden Ridge on 2nd and 3rd Feb 2019. Congratulations to these athletes.

Special mention to our U7 athletes who competed – Charlie Ashton, Natalie Biskalis and Aaron Pasnin.

Congratulations to the following athletes who placed top 3 in their events:

#### 1st

Liliana Anthony-Ligaiviu (8G) – 70m, 100m, 200m, 400m  
 Khloe Hunter (8G) – Shot Put  
 Cooper Hunter (9B) – Discus  
 Scarlett McGraw (10G) – 1100m Walk  
 Niamh Mackenzie (11G) – Triple Jump  
 Ciara Cassilles (12G) – 1500m Walk  
 Renee Penitani (12G) – 100m  
 Ben Pittman (13B) – Discus  
 Brianna Whitney (15G) – High Jump



#### 2nd

Benjamin Collins (8B) – Discus  
 Abbie Pasnin (9G) – 800m  
 Shea Cassilles (9B) – 800m  
 Cooper Hunter (9B) – Shot Put  
 Brooke Hunter (12G) – Shot Put  
 Renee Penitani (12G) – 60m Hurdles, Long Jump  
 Jake Bender (12B) – High Jump  
 Ben Pittman (13B) – Shot Put  
 Adam Pittman (14B) – Discus, Shot Put  
 Brianna Whitney (15G) – Triple Jump



#### 3rd

Benjamin Collins (8B) – Long Jump, 700m  
 Damon Beard (9B) – 400m  
 Charbel Khoury (10B) – 1100m Walk  
 Cayde Herbert (11B) – 100m  
 Matilda Richards (11G) – 1500m  
 Ciara Cassilles (12G) – 1500m  
 Brooke Hunter (12G) – Discus  
 Renee Penitani (12G) – Triple Jump  
 Elizabeth Wastie (14G) – Long Jump  
 Ella Ashton (15G) – 1500m Walk  
 Mitchell Carroll (17B) – High Jump





### Region Qualifiers

## Congratulations to our 35 RWLAC Region Reps for 2018/19

Liliana Anthony-Ligaiviu  
Ella Ashton  
Jonah Austin  
Kael Austin  
Damon Beard  
Jake Bender  
Sienna Bender  
Mitchell Carroll  
Ciara Cassilles  
Erin Cassilles  
Shea Cassilles  
Callum Clasper

Benjamin Collins  
Ryleigh Delacour-Batch  
Cayde Herbert  
Brooke Hunter  
Cooper Hunter  
Khloe Hunter  
Charbel Khoury  
Amelia Lukunic  
Niamh Mackenzie  
Ruby McGraw  
Scarlett McGraw  
Cody O'Brien

Abbie Pasnin  
Renee Penitani  
Adam Pittman  
Ben Pittman  
Cameron Poole  
Jacob Poole  
Eoin Richards  
Matilda Richards  
Elizabeth Wastie  
Brianna Whitney  
Lachlan Wise

A full list of RWLAC Region qualifiers and their events can be found on the LANSW website. Click the link below and scroll to pages 63-65.

### Link:

<http://www.lansw.com.au/Portals/44/Competition/Region%208%202019%20qualifiers%20-%20by%20centre.pdf>





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### Upcoming Carnivals

Lake Illawarra LAC Summer  
Carnival  
**6 January 2019**

Trans Tasman Gala Day – Holroyd  
**8 January 2019**

Trans Tasman Gala Day – Ryde  
**10 January 2019**

Wyong LAC Multi Event Carnival  
**17 January 2019**

Blacktown LAC Australia day  
carnival **Sunday 20th January**

Region Carnival Barden Ridge  
**2nd & 3rd February 2019**

State Multi Event Dubbo  
**2nd & 3rd March 2019**

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](mailto:championships@RevesbyLAC.org.au)  
for more information.

### Coaching

We have a number of coaching / training options available to our athletes. These sessions are a good chance to practice, get feedback and advice from our accredited coaches or to help you achieve your next PB.

Peter Bottrill (committee member) Level 3 Middle Distance Coach conducts coaching sessions in middle distance running events (400m, 800m, 1500m, 3000m) on Wednesday afternoons. These sessions are available to U9 to U17 athletes. Cost is \$2 per athlete, which goes directly to RWLAC. If you are interested in attending please speak to Peter at the circular track on Friday nights or phone Peter on 0407 904 146. ***Peter's current squad of 6 RWLAC athletes all qualified for Region in their middle distance events at the recent Zone Championships.***

We have accredited Illawong coaches Michael Dooley, Cassandra Dooley, Zach Holdsworth and Jess Thornton who offer coaching most Friday afternoons, primarily in sprint events. This season they have conducted coaching in starting blocks, speed and acceleration and also relay training. RWLAC funds this coaching for our athletes and the cost to athletes is \$2 per athlete per session.

Committee member Erin Austin has an interest in High Jump and is offering training sessions for athletes U8 to U17 on Friday afternoons. Cost is \$2 per athlete, which goes directly to RWLAC.

Stuart and Bree McGraw recently attained their Level 2 coaching accreditation and will also be offering coaching sessions in the near future.





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### COACHING – FEEDBACK FROM THE KIDS

We asked our athletes to tell us what they think about the coaching and training options on offer at RWLAC. Here's what they had to say:

#### High Jump Training with Erin – Sienna Bender (U9 Girls)

**1. What is your favourite thing about the high jump training sessions with Erin?**

To take as many jumps as you need, and to have the time to work out the best starting place.

**2. What do you like about Erin as a high jump coach?**

Erin lets you start at whatever height you want, she's friendly and really helpful because she gives you good tips that are easy to follow.

**3. Describe the high jump training sessions in a few words.**

Fun, and good to challenge yourself with no pressure.

**4. Is there anything else you want to add?**

It's nice to meet kids from other age groups.



#### Middle Distance Coaching with Peter – Ciara Cassilles (U12 Girls)

**1. What is your favourite thing about the middle distance coaching sessions with Peter?**

That each week we do a variety of different activities so it's never boring.

**2. What do you like about Peter as a coach?**

Peter is a great coach because he is very friendly and always encourages you to do your best.

**3. Describe the middle distance coaching sessions in a few words.**

Helpful, challenging and fun.

**4. Is there anything else you want to add?**

If you want to improve your middle distance running then you should come down and give it a try.



#### Illawong Sprint Coaching – Elizabeth Rolls (U17 Girls)

**1. What is your favourite thing about the Illawong coaching sessions?**

Learning new techniques that will help me with my athletics skills and hopefully make me a better athlete.

**2. What do you like about the Illawong coaches?**

All of the coaches are great and they all have different strengths so that when combined they can all help us with different areas, whether it be the way we warm up or our sprinting techniques, they can always see something that needs improving or tell us when we have improved and that is really helpful.

**3. Describe the Illawong coaching sessions in a few words.**

Very helpful, valuable to any athlete and fun.

**4. Is there anything else you want to add?**

I'm very grateful that we have this opportunity at Revesby Workers LAC and encourage all our athletes to take part and train with the coaches and I thank the coaches for helping us.





### TRACKSIDE with Chris Batch

Chris Batch joined RWLAC as an U6 athlete in 1984. Chris' daughter Ryleigh joined RWLAC in U8's in 2016 and Kenzie joined last year in U6's. Chris also joined the RWLAC committee this year and manages the straight track timekeeping on Friday nights.

**Chris still holds a centre record at RWLAC in the U9 Boys 400m, with a time of 1:15.00. And last year Ryleigh broke the U9 Girls 400m centre record, with a time of 1:15.83!!!**



We went Trackside with Chris to ask him a few questions:

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

Long Jump and High Jump.

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

The last night of the season, I remember it was always a really fun night.

**3. Do you have any advice for our athletes?**

Enjoy your time at Little A's, listen and have loads of fun. It will be something you will remember for a long time.



Ryleigh, Chris & Kenzie





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Contacts

Thank you to our sponsors

### Newsletter Content

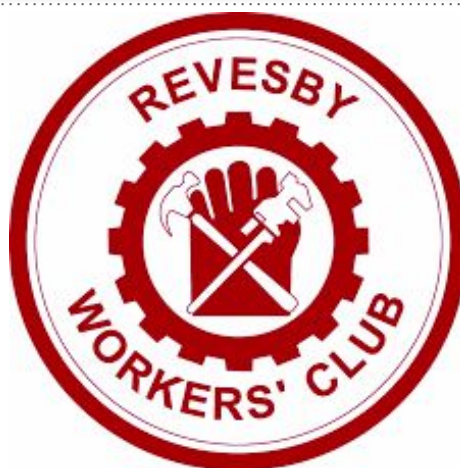
If you would like to contribute any news, information etc contact:

**Stuart McGraw**  
[publicity@revesbyLAC.org.au](mailto: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"*

