



Revesby Workers' Little Athletics Centre

NEWSLETTER 2020/2021



Issue 2 - December 2020

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 :**

Keep an eye on Facebook to get
cancellation updates. Updates will not
be posted prior to Friday afternoon.

First Aid:

Available at the canteen.

**Committee:**

President: Christine Butters

Vice President: Erin Austin

Secretary: Jackie Bottrill

Treasurer: Les Rolls

Registrar: Mikaela North

Publicity Officer: Stuart McGraw

Uniform Officer: Leanne Thompson/
Louise Anthony

Canteen Manager: Rebecca Taylor

Equipment Officer: Wayne Hunter

Records & Ranking Officer:

Bree McGraw

Championships Officer:

Belinda Delacour-Batch

Coaching Officer: Peter Bottrill

General Committee:

Christopher Batch

Mitchell Wise

Richard Newton

Anthony Tahhan

Luke Glas

Pheobe Bottrill

Patrons

Daryl Melham President RWC

Alan Ashton

RWC Liaison Director

John Rodwell

Presidents Report - Christine Butters

How quickly the year rolls away.....

As I write this we only have 3 competition nights until the Christmas break. I am certainly looking forward to a break from our routine and hope you all are too. So far we have been fortunate with only losing one night of competition due to a ground closure by the University. We have 264 registered athletes and are averaging 80% attendance most evenings and often more than 200 pb's in a night. It is great to see so much enthusiasm among the kids.

Our parent rostering system through Signup is going extremely well and most weeks the roster is near full by the time we get to the grounds. A big thank you to those parents who have gone above and beyond with their commitment to the roster and are volunteering every week. It's people like you who help our Club run as well as it does. There are still a number of parents who have only done one rostered duty and you will be getting an email in the near future, as to be eligible for end of season awards all parents must have done at least 5 rostered duties and the children must also attend after the Christmas break. Volunteering for a duty means you get to see your child close up at their events which is an added bonus.

Covid restrictions are changing across the State again on the 7th December. At this stage nothing will change for the way we run our Friday night competitions and going forward we will be guided by LANSW and what the requirements are from them.

A friendly reminder to all parents also, that even if you are not actively assisting at the events, a parent must be present at the grounds for the duration of the competition, this means somewhere near the oval, not sitting in a car in the carpark. If by chance you are unable to attend and have arranged for another parent to bring your child and be responsible for them then the age manager at least needs to be informed so they know who to return the child to at the end of the evening.

I was delighted to present our 2020-21 Club Captains to the Centre a few weeks back. They were voted on by their peers and are Brianna Whitney and Adam Pittman (Captains), and Elizabeth Wastie and Nicholas Otomancek (Vice Captains). I look forward to positive input from all these athletes throughout the season.

Further information has now been distributed in regards to the State Championships in March next year. Please see further in the Newsletter for the information and ask either myself, Bree or Mikaela if there is anything you are not sure of.

I wish you all a very happy Christmas and look forward to seeing you all back refreshed and ready for action in mid January, our first competition night is the 15th.

Until next newsletter...

Christine Butters

RWLAC President.



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Important Information



Reminder, ALL parents, guardians and siblings are required to check in each Friday night when you arrive to the grounds by scanning our QR Code. These can be located at a number points at our canteen on the top of the hill. ***This is a NSW Health & Little Athletics NSW requirement.*** Don't forget to checkout through the App when leaving the grounds.



'Field of Play' signs are posted at key points around our grounds. ONLY Athletes and Officials are allowed past this point on to the Field of Play at any time. This is to ensure our athletes and others remain safe during events.



In this new world of COVID-19, a quick reminder for safety in terms of hand washing and sanitizing. Don't forget to use the hand sanitizer available at the events before and after each event. All throwing implements should also be wiped down when each age group finishes an event.



The grounds, buildings and surrounding areas are strictly non smoking areas.



There has been a noticeable increase in the number of athletes needing to go to the toilet within an hour of starting their events. This can be a big disruption to an age group as they wait for these athletes to return to complete the event and this can also delay the program. While we will never stop a child needing to go to the toilet can we ask parents to remind children to use the toilet prior to being called to events at 6.20pm



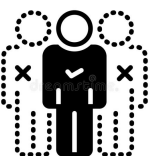
If a record is broken within an event, this needs to be sighted, verified and signed by a RWLAC Committee member before the next athlete can continue with the event. Field event measurement tools must remain in place until the record is verified and signed by the RWLAC Committee member. Records that are not accompanied by a Committee members signature will not be valid.



- **Manually timed 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 the track chief official and a Committee member as verification of the record.
- **Track events timed via timing gates**, the result needs to be verified by the track chief official and the result sheet signed by the track chief official and a Committee member as verification of the record.
- **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 ball games are permitted on the grounds on Friday nights.



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**.



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LANSW State Championships Qualifications

Juniors (U9-U12) Saturday 20th and Sunday 21st March 2021

Seniors (U13-U17) Saturday 27th and Sunday 28th March 2021

Venue : (SOPAC) Homebush

Qualification to State:

Juniors must qualify by competing at a State Qualifying Event being held at Sylvania Waters Athletics Track on the 5th and 6th February 2021 (to be confirmed).

To enter this event an entry must be completed at Centre level by Friday 18th December, these will then be submitted to LANSW who will determine those athletes who qualify to compete at the State Qualifying Event (not all athletes who meet the qualifying time/height/distance will be successful depending on the numbers who apply). Successful athletes will be notified to Centres mid January and then families will be notified.

At the Qualifying event in February the first placed athlete in each event will automatically qualify for State in March, then the next best 8 competitors from all Qualifying events (8 Regions) from across the State will also qualify to compete at State.

Below is a table of the qualifying marks for the U9-U12 to consider when nominating for the State Qualifying event.

STATE QUALIFYING MARKS - REGION 8

U9		
Event	Girls	Boys
70m	11.99	11.61
100m	16.90	16.11
200m	33.97	35.29
400m	01:31.48	01:29.05
800m	03:26.04	03:22.10
60m/h	12.6	12.85
700m Walk	06:28.97	05:21.59
Discus	10.26	11.2
High Jump	0.90	0.95
Long Jump	2.85	3.15
Shot	2.59	3.93

U10		
Event	Girls	Boys
70m	11.66	11.66
100m	16.83	16.11
200m	35.37	33.95
400m	01:24.42	01:17.84
800m	03:12.19	02:52.58
60m/h	13.42	12.95
1100m Walk	07:38.40	07:46.70
Discus	10.29	15.03
High Jump	1.00	1.05
Long Jump	3.07	3.49
Shot	4.18	5.59

U11		
Event	Girls	Boys
100m	15.87	15.04
200m	36.21	31.82
400m	01:22.33	01:16.80
800m	03:21.09	03:10.66
1500m	07:26.77	06:32.92
80m/h	16.92	16.23
1100m Walk	07:36.80	08:03.10
Discus	13.97	11.00
High Jump	1.10	1.15
Javelin	6.39	10.66
Long Jump	3.05	3.64
Shot	4.77	6.92
Triple Jump	6.32	7.03

U12		
Event	Girls	Boys
100m	15.27	14.83
200m	32.13	32.26
400m	01:14.29	01:15.29
800m	02:57.12	02:52.41
1500m	06:00.34	05:51.48
80m/h	16.94	16.81
1500m Walk	11:00.00	11:00.00
Discus	11.84	15.93
High Jump	1.20	1.25
Javelin	11.69	15.02
Long Jump	3.75	3.91
Shot	6.80	7.85
Triple Jump	7.82	6.84

Seniors will be able to nominate for State sometime in late January/early February through LANSW (to be confirmed) and LANSW will then notify those whose nominations have been successful.

Multiclass athletes will also be able to nominate in the new year (timeframe to be advised).

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 Belinda Delacour-Batch on Friday nights or email

championships@RevesbyLAC.org.au

Upcoming Local Carnivals & Gala Days

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: Belinda Delacour-Batch

championships@RevesbyLAC.org.au for more information.

Mt Druitt LAC Gala Day
13th December

Albury LAC Gala Day
13th December

Albion Park LAC Carnival
13th December

Cantebury/Inner West Track Meet
16th December

Lake Illawarra LAC Summer Carnival
10th January

Scamper Carnival (Liverpool LAC)
U6-U8 only
13th February

2020 NSW ALL SCHOOLS Track & Field Championships



Congratulations to our athletes who competed at NSW All Schools Track & Field Championships this week. We are all extremely proud of our athletes for your conduct, sportsmanship and efforts with many PB's being smashed across the days of competition.

- Ciara Cassilles
- Niamh Mackenzie
- Rhiannon Bellette
- Adam Pittman
- Benjamin Pittman
- Matilda Richards
- Brooke Hunter
- Brianna Whitney
- Asma Fofanah

A special mention and congratulations to those athletes who also medalled in their events.

Ciara Cassilles
SILVER - 3000m walks



Rhiannon Bellette
BRONZE - Long Jump (multiclass)
BRONZE - Shot Put (multiclass)





Bunnings BBQ Fundraiser

When: **Sunday 20th December**

Where: **Bunnings Milperra store**

If you are able to volunteer an hour or two on the day, please sign up to a role via the online sign up link: signup.com/go/snhqGRK The designated volunteer roles are a Bunnings covid safe requirement. Unfortunately children will not be able to assist or be present inside the BBQ area.

Congratulations

to the following athletes who have broken Centre Records this season

Ava Small

6 Girls

Discus - 9.61m

Damon Beard

11 Boys

Discus - 20.33m

Amelia Lukunic

12 Girls

Javelin - 21.68m

Jacob Poole

12 Boys

1500m - 5:05.73

Charbel Khoury

12 Boys

1500m Walks - 9:38.87



Wanted - Preloved uniforms

If your child has outgrown their RWLAC uniform and you have purchased a new one would you please consider donating their old uniforms back to us as we have a number of children still requiring uniforms and we are not ordering anymore this season due to minimum order numbers required and going forward we are planning a uniform change in 2021 season.

Please bring any you have to the announcing table area on Friday evening. THANK YOU!



Peter Bottrill - Banks Volunteer of the Year Award

Congratulations to Peter Bottrill, one of the event managers on the Circular track who is also our middle distance coach, committee member and coaching coordinator. Peter was nominated for the Banks Volunteer of the Year Award through the Federal Member for Banks office.

Peter has been with our Centre for more than ten years and although he no longer has children involved he has maintained his involvement with us. His coaching in middle distance has paid dividends with a number of his athletes qualifying for the State Championships. Peter's time and input to the Management Committee of the Centre are invaluable. Peter's contribution to our centre and the community was recognised as part of the Banks Volunteer of the Year Award with fellow volunteers across the community.

Congratulations Peter and thank you for your ongoing support and contribution.



Shot Put

TOP TIPS

Shot Put is a throwing event that requires a pushing or "putting" action. The most suitable technique for starters and amateurs involves the standing put. Young athletes often hold the shot on the palm of the hand, or too high in the fingers, or hold or pull the shot away from the neck prior to delivery. We have put together a few tips for using the right technique.

Gripping the Shot

The main thing to master is the placement of the shot in your hand. The shot should be placed on the upper pad of the hand. Fingers adjustment is another important factor. All fingers should be placed on the shot. It is a general practise to position the shot safely under the chin. Its exact position is at the starting point of jaw and just below the ear.

Balance

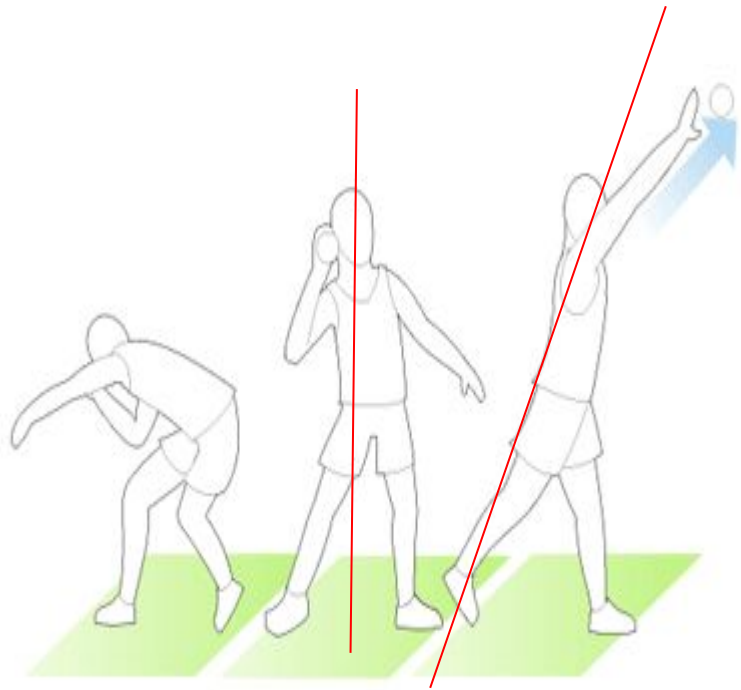
A loss of balance can cause breakdown in the acceleration and reduce force on the shot.

Proper attention should be given to the following points:

- Centre of mass of the thrower (legs, head, trunk, hip, arms)
- Base of support of the thrower
- Desired direction of travel

Direction

An athlete should understand the path of travel along the circle. It is not important enough to know where your ball is going to land; rather it is important to understand the direction of movement of your body's centre of mass.



RWLAC Coaching

Cost is \$2.00 per athlete per session

We have a number of qualified coaches who have volunteered their time to provide coaching across a range of events. These sessions have a nominal cost of \$2 per athlete, which goes to the centre and will be put towards end of season awards.

Middle Distance Coaching (400m, 800m, 1500m, 3000m)

Peter Bottrill (Committee member) Level 3 Middle Distance Coach (Athletics Australia Accredited)

- 4pm Thursdays
- U9 - U17

Straight Track Coaching (50m, 70m, 100m, 200m)

Stuart McGraw (Committee member) Level 2 Athletics Coach (Athletics Australia Accredited)

- 5pm Tuesdays
- U9 - U17

Race Walks Coaching

Bree McGraw (Committee member) Level 2 Athletics Coach (Athletics Australia Accredited)

- 9am Saturdays (Weeks 1 & 2 of the RWLAC program)
- U9 - U17

High Jump Coaching*

Brianna Whitney (Club Captain/senior athlete) Level 1 Athletics Coach (Athletics Australia Accredited)

- 5pm Fridays (Weeks 1 & 2 of the RWLAC program)
- U11 - U17

*Numbers are limited for High Jump coaching, please email Christine if you are interested in attending (president@revesbylac.org.au)

If you would like more information about coaching please speak to Peter Bottrill on Friday nights or phone Peter on 0407 904 146.



VALE - Matt Gleeson

The RWLAC community extends our sympathy to the family of the late Matt Gleeson. Matt's two daughters Sophie and Georgia were long time members at our Centre from 2007-2011 and his wife Lisa assisted on a regular basis. Matt had a physical disability and while unable to assist was always present with a smile on his face and cheering the girls on in all their events. Matt was later a member of RW Darts Club and was reknown in the neighbourhood of Revesby. Matt died in his sleep on 26th November 2020 aged 50 years. R.I.P Matt.



MiniFit Clinic - with Anthony Minichiello

If the kids are looking for something fun to do in the school holidays, Revesby Workers' Club is hosting a free MiniFit clinic, led by Anthony Minichiello. For kids aged 5-12. Sessions will be held in the Whitlam Theatre at Revesby Workers' Club.

Bookings can be made online:
<https://www.minifit.com.au/kids>



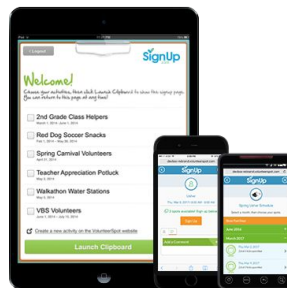
Revesby Workers' Scholarship Program

Each year Revesby Workers' Club awards a number of scholarships to the value of \$500 to support local HSC and International Baccalaureate students who wish to pursue tertiary study. Applications close 31 Jan 2021.

Apply online: <https://rwc.org.au/scholarships/>

Sign Up - Parent event duties

Thank you to all parents/carers who have so far signed up to undertake a duty on a Friday night. We have a number of families where a parent has helped every week and in some instances both parents have helped each week. This has been a fabulous response and we hope you will continue this trend. While parents need to assist five times in the season for their child to be eligible for end of season awards, there is nothing to stop you helping more and the kids love to see their parent(s) at an event. If you are struggling with the app to sign up please send an email to president@revesbylac.org.au and Christine will assist you.



Plan



Sign Up



Remind

Athlete Results Online



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

Newsletter Content

If you would like to contribute any news, information 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.

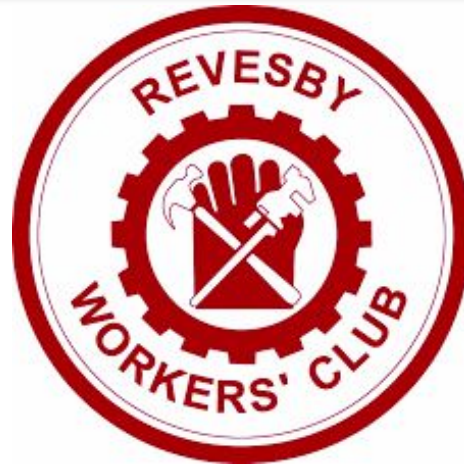


Like and follow us on Facebook 'Revesby Workers Little Athletics Centre' to keep up to date notices about;

- Wet weather / cancellation
- Important updates
- Announcements
- Photos
- Athlete achievements and more



Thank you to our sponsors



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"



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".