



# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## Important Information

### Revesby Workers' Little Athletics Centre

#### 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)



#### 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

**Canteen Manager:** Rebecca Taylor

**Equipment Officer:** Wayne Hunter

**Records & Ranking Officer:**

Bree McGraw

**Championships / Uniform Officer:**

Belinda Delacour-Batch

**Coaching Officer:** Peter Bottrill

**General Committee:**

Christopher Batch

Phoebe Bottrill

Sean Cassilles

Luke Glas

Siobhan Mackenzie

Richard Newton

Anthony Tahhan

Leanne Thompson

Glynis Warner

Mitchell Wise

Simone Zantiotis

#### Patrons

Daryl Melham President RWC

Alan Ashton

#### RWC Liaison Director

John Rodwell

## RWLAC President's Report - Christine Butters

A big welcome to all our athletes, parents and family members for season 2021-22. Last season I started my newsletter report saying that the season was shaping up to be very different to any I had ever experienced. And now in season 2021-22 I have to repeat my words all due to the pandemic setting the tone for many changes to the way we run our sport. It is also because of this that we have had to delay our commencement and I trust you will all understand and appreciate the decisions made by the Committee to try and keep our sport alive. These have included a dramatically reduced registration fee and the option of uniforms as opposed to the compulsory wearing of same. We feel that this in some way will assist those families who may have been severely financially hit by Covid and will also give the kids some inspiration to move into the new year with sport and activity taking the place of lockdowns.

The very delayed commencement of the sport means we will try and get a full 5 rounds of our 3 week program in (weather permitting) and set the tone for a full and active season in 2022-23.

We have been delighted with the amount of interest shown in our Centre, our numbers have already surpassed those of last season at a time when a number of clubs are seeing a decline in numbers.

Our first week of competition saw 86% of all registered athletes competing. We have had to restructure age groups according to numbers to try and keep groups at a manageable number and I thank all the Age managers who have put their hand up to work with age groups this year. Seasoned age managers will tell you it is very rewarding watching the kids compete together, grow and develop friendships as the seasons pass.

As I write this report I am listening to the rain and hope that we don't have to cancel too many competition nights. The University closes the grounds if they think it is too wet so sometimes the decision to cancel is taken out of our hands.

This season we are trialling Tiny Tots with five-year-olds able to participate providing they have an older sibling also registered. We have nine little athletes in this group and they seemed to really enjoy their first week. It is heartening to see our older athletes step up to co-ordinate this group.

At the AGM in May we welcomed new Committee members Siobhan Mackenzie (Niamh U14G), Glynis Warner (Paige U14G and Erin U11G), Simone Zantiotis (Zoe U10G) and Sean Cassilles (Erin U11G, Shea U12B and Ciara U15G). We didn't have any committee resignations but were delighted to welcome our newest Life Member Mikaela North who started as a Little Athlete in 1997, completed 10 years and then joined the Committee working with the young athletes in the skills program, becoming a throws judge at State level and also undertaking the role of registrar for the past 10 seasons. A terrific contribution well deserving of Life Membership.

Following the 40th anniversary celebrations being cancelled last year due to Covid, we held a 40+1 celebration earlier this year which was well attended by past athletes, parents and committee members alike. A great way to mark the history of the Club.

Finally, a big congratulations to Andrew Pittman, age manager of the Senior Boys who has been a parent at our Centre for 12 years and has been an age manager for many of these years. Andrew has been nominated for the Banks Volunteer of the Year Award. The presentation for this is scheduled for the beginning of December.

Until next newsletter.....

*Christine Butters*

RWLAC President.



# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## Important Information



Reminder, ALL parents, guardians and siblings are required to check in each Friday night when you arrive at the grounds by scanning our QR Code. These are located at a number of points at our canteen on the top of the hill. **This is a NSW Health & Little Athletics NSW requirement.** Don't forget to check out 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. This is to ensure the safety of our athletes and officials during events.



In this new world of COVID, 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.



It is LANSW requirement that **only** U11-U17 athletes may wear spike shoes and only in events entirely run in lanes.. Spike shoes may also be worn for long jump, triple jump and javelin. Additionally, starting blocks **must** be used for all track events when wearing spike shoes. Spike shoes are not permitted to be worn to and from events.

Any athlete that wears spike shoes is required to attend at least **3 RWLAC straight track training sessions** in order to be able to use starting blocks on a Friday night. This is to ensure an athlete has the ability to set up and use blocks independently and correctly.



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, as unscheduled toilet breaks 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.



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** animals or 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.**



# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



On 21 November 2021, Revesby Workers' Little Athletics was named as the **Little Athletics NSW Metropolitan Centre of the Year.**

This award is given to a centre that meets the criteria of having a welcoming culture, inclusive environment, positive and friendly approach, opportunities provided to athletes, volunteer support, community involvement and Centre promotion.

We pride ourselves on having a strong emphasis on family, fun and fitness. We have a hardworking, dedicated and cohesive committee. Over the last 5 years we have achieved consistent growth in athlete numbers, we have provided increased coaching opportunities for our athletes across a range of events, we have delivered the On Track program to our youngest athletes to develop their fundamental motor skills and we have contributed to our local community through the Revesby Workers' Bill Bullard Charity Foundation which supports local charities throughout our community.

This award is a tribute to our athletes, our committee members, our volunteers and officials, our age managers, and our families who bring their kids along to Little A's every Friday night and support us in providing a positive environment for the kids.

Thank  
You







# Revesby Workers' Little Athletics Centre **NEWSLETTER 2021/2022**



## **LANSW Coach of the Year Finalist - Peter Bottrill**

Our Coaching Coordinator Peter Bottrill was announced as a Finalist for the LANSW Coach of the Year Award. Peter is an Athletics Australia Level 3 accredited coach and has been our Coaching Coordinator for several years. Peter has supported and mentored our other club coaches and our Centre has been able to offer coaching for our athletes in a variety of disciplines, including middle distance, sprints, race walking and high jump. Peter's promotion of these coaching sessions has seen the number of athletes taking up these coaching opportunities increase significantly and over the last three years we have had record numbers of athletes qualifying for State championships. Peter's contributions to RWLAC are highly valued and this nomination is a credit to the time, effort and enthusiasm that Peter dedicates to supporting our athletes to grow and reach their potential.

**PETER BOTTRILL**  
**REVESBY WORKERS**  
**LITTLE ATHLETICS**



## **LANSW Volunteer of the Year Finalist - Mikaela North**

Our superstar volunteer Mikaela North was announced as a Finalist for the LANSW Volunteer of the Year Award. Mikaela works tirelessly behind the scenes for our Centre, our Zone and our Region. Mikaela is our club Registrar but her roles and functions are many and varied. She dedicates endless time and energy to support our athletes, her fellow committee members and the centre itself. Mikaela is a highly valued volunteer, who has made a significant impact on our centre through her commitment and passion for Little Athletics.

**MIKAELA NORTH**  
**REVESBY WORKERS**  
**LITTLE ATHLETICS**





# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## 2021 Sport NSW Awards

Congratulations to **Rhiannon Bellette** (U14 Girls) on being nominated by Little Athletics NSW in the **Sport NSW Young Athlete of the Year with a Disability** awards category. At the LANSW Youth State Championships in March 2021, Rhiannon competed in U13/14 Girls multi-class events and won:

- ❑ Gold in Discus
- ❑ Gold in Shot Put
- ❑ Bronze in Long Jump
- ❑ Bronze in 800m

Rhiannon was also named in the **NSW State team for the 2021 Coles Little Athletics National Challenge**.

We are super proud of Rhiannon's drive and motivation, her passion for Little Athletics and her consistent competition achievements.

Winners will be announced by Sport NSW at the 2021 NSW Sports Awards on 24 January. Good luck Rhiannon!



## LANSW Official Of the Year - Jackie Gilroy

Congratulations to our committee member Jackie Gilroy/Bottrill who has been named **LANSW Official of the Year**.

Jackie has volunteered as an official at many events over the last 12 months including Region and State Championships and various Athletics NSW seniors meets. Jackie is our circular track official on Friday nights and a hard working committee member and Centre volunteer.

A well deserved accolade for all that Jackie has done over many years. We thank Jackie for her time and effort and her passion for little athletics.





# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## Registration

We continue to take registrations for new athletes. If you know a friend or family member who might be interested, let them know that it is not too late. Registrations can be completed online via our website and rego packs are available to collect each week at the canteen.

## Uniforms & Registration Numbers

All athletes must have their registration number displayed on the front of their singlet or crop top and must have the red border visible. Age patches must be displayed on the bottom LEFT side on the shorts or bike pants. All printing on the age patch must be visible. The Coles patch must be displayed on top RIGHT side of the singlet/crop.

These are all part of your uniform and it is important that athletes wear these each week as they also facilitate recording.

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.



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



If there are several children in your family, please ensure each child is wearing their correct number as this too causes confusion in recording when they are wearing a number that doesn't match the recording sheets.

As we transition towards our new uniform, we have made the decision that uniforms are not compulsory this year for Friday night competition. This year only, athletes may wear plain coloured shorts/bike pants and a plain coloured t-shirt, but must have their registration number and Coles patch pinned to their shirt and the age patch pinned to their shorts.

All athletes competing at external carnivals, gala days, Zone and Region MUST be wearing full uniform (current uniform or last year's uniform).



## Congratulations

to the following athletes  
who have broken Centre  
Records this season

### Ben Pittman

U17 Boys  
Discus 1.5kg  
39.73m

## Upcoming Carnivals

**Nepean LAC 50th  
Anniversary Carnival** Sun  
5th Dec 2021

**Lake Illawarra Summer  
Carnival**  
Sun 9th Jan 2022

**Southern Met Zone**  
4-6 Feb 2022  
Sylvania Waters Athletics  
Track

**Region 8 Championships**  
19-20 Feb 2022  
The Crest Bankstown





# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## On Track skills program U6-U7

Once again this season, our Under 6 and Under 7 age groups will be participating in the On Track skills program as part of their three-week program of events. On Track is a coaching program that was developed in Victoria. It is based on research that has been done on how children learn sporting skills, what children want out of their early sporting experiences and the learning capacities of children at different ages.

How do children learn sporting skills?

Children learn sporting skills in a sequential manner, early learning is based on simple fundamental motor skills like **hop, run and leap**. As children learn and master these skills they are expanded and combined into more complex skills. Skills like **hop, run and leap** combine into skills like triple jump.

What are the benefits of On Track?

- **It's fun**
- **It is designed to increase participation**
- **Less waiting around to participate**
- **Skill correction on the spot**
- **Children practise the skills they are learning repeated**



Each week, the children will have a different skill focus that will relate to the events for that week's program. Our On Track program coordinators, Phoebe and Mikaela are both ex-athletes with many years of experience in Little Athletics and are both happy to answer any questions about the program.

## Tiny Tots

Our first week of competition for the 2021/2022 season saw our inaugural Tiny Tots age group start at RWLAC. This year we are trialling a Tiny Tots age group for the very first time, for children turning 5 in 2022, who have an older sibling also registered with RWLAC.

With eight eager little athletes, there was plenty of fun, giggles and activities had with new skills learned and new friends made.

A big thank you to two of our older athletes Scarlett McGraw (U13G) and Ryleigh Delacour-Batch (U14G) supported by our Committee member Bree McGraw who have worked across the off season to bring Tiny Tots to RWLAC.





# Revesby Workers' Little Athletics Centre **NEWSLETTER 2021/2022**



## Southern Met Zone Championships

The Zone Championships will be held on 4th, 5th & 6th February at Sylvania Waters Athletics track. Athletes U7-U11 can nominate for up to 4 events. Athletes U12-U17 can nominate for up to 6 events.

Please see Championships Officer Belinda on Friday nights to complete your nomination. Nominations must be received by Friday 14th January 2022. No late entries can be accepted.

Zone entry fee of \$20 per athlete is payable at time of nomination. Parents of athletes competing at Zone must commit to undertaking rostered duties at the championships as a condition of athlete participation.

Following the Zone championships athletes who qualify will compete at the Region Championships on 19th & 20th February. Full RWLAC uniform must be worn at Zone Championships.



## Region 8 Championships

The Region 8 Championships will be held on 19th & 20th February at The Crest Bankstown. Athletes must qualify through the Zone championships to be eligible to compete at the Region Championships.

Parents of athletes competing at Region must commit to undertaking rostered duties at the championships as a condition of athlete participation.

Following the Region championships athletes who qualify will compete at the State Championships at Sydney Olympic Park Athletics Centre. Date TBC.

Full RWLAC uniform must be worn at Region Championships.







# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## Blocks Start (U11-U17)

### 5 key tips for a great start!

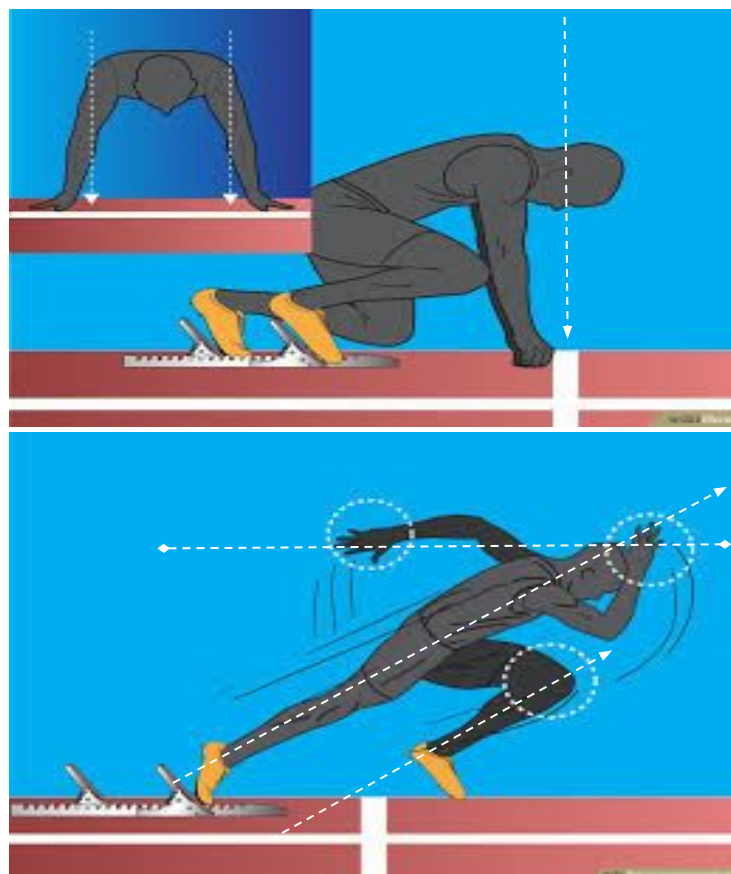
1. Hips ahead of front block.
2. Head and eyes down.
3. Push not pull.
4. Force on the back block.
5. First movement forward.



The use of starting blocks is restricted to U11-U17 only. RWLAC athletes **are required** to attend a **minimum of 3 RWLAC Straight Track/Blocks training sessions** before being allowed to use blocks on Friday nights.



1. A young athlete should try get into a "set" position that positions their hips slightly ahead of their front block (*and therefore their front foot*), their head and eyes down inline with their hands and start line.
2. Athletes should try to keep their head and eyes down as they accelerate from the blocks. It is helpful for them to imagine that all of their force is being directed out of the top of their head.
3. During their first few steps away from the blocks, the athlete's feet should land under or behind their hips. Athletes must avoid over-striding.
4. Young athletes should focus on pushing out of the blocks with their back foot. Both feet should push away from the blocks. Most athletes push with their front foot, but many just lift their back foot away from the back block. The back foot needs to assist the front foot as this will help the hips to move forward at the start.
5. A young athlete's first movement on the sound of the gun must be forward. When the gun goes, many young athletes go backward before they go forward, wasting valuable time. (*This can often be picked up by videoing an athlete then watching it back at a slower speed*).



## RWLAC Coaching

Cost is \$2.00 per athlete per session

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

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

### Middle Distance

(400m, 800m, 1500m, 3000m)

- 5pm Thursdays
- U9 - U17

(contact Coach Peter 0407 904 146)

Athletics Australia Level 3 accredited coach

### Race Walks

- 10am Saturdays Wk 1 & 2 ONLY (commencing 4th Dec)
- U9 - U17

(contact Coach Bree 0414 376 082)

Athletics Australia Level 2 accredited coach

### Straight Track & Blocks

(50m, 70m, 100m, 200m)

- 5pm Mondays
- U9 - U17 (Blocks U11 - U17)

(contact Coach Stuart 0407 237 904)

Athletics Australia Level 2 accredited coach

### High Jump

- 5pm Fridays
- Wk 1 & 2 U8-U17
- Wk 3 U8-U10



# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## Sign Up - Parent event duties

This season we are once again using an online tool for parents to sign up to assist at an event on a Friday night. Thank you to all parents/carers who have so far signed up to undertake a duty on a Friday night. This has been a fabulous response and we hope you will continue this trend. While parents need to assist six 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](mailto: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](http://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](mailto:recording@revesbyLAC.org.au)



# Revesby Workers' Little Athletics Centre NEWSLETTER 2021/2022



## Newsletter Content

If you would like to contribute any news, information 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.



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



**coles**



**i'm lovin' it™**



**MERIT AWARDS PTY LTD**

## 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".