



EASTERN SUBURBS LITTLE ATHLETICS

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Ray White Bondi Beach

Issue 5

April 2007



Message from the President

Another season has passed and what a season we had with 9 athletes competing at the State Championships in March and the Junior Boys Relay team winning GOLD for the second year in a row in the 4 x 100m. The Club performed impressively against 246 Clubs from all over NSW - only 5% of registered athletes qualify for the State Championships - the top 8 athletes in the State reach a final! So a fantastic effort – we are very proud of you all! (See article State Championships – right).

Thanks also to our coaching staff – Head Coach Mal Baler with Hugh Sommerville and Elise Cochrane. They all did an amazing job working tirelessly with our athletes – our strong performance is a credit to their coaching program.

You all should have received an invitation for the presentation and award night Friday 18 May 6.00pm -9.00pm at Eastern Suburbs Rugby Union Club, O'Sullivan Road, Rose Bay (note – it is NOT at the Eastern Leagues Club where we held the presentation night last year . After the

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CONTACT US

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RAY WHITE BONDI BEACH - Contact Ric Serrao or Joe Canturi for all your real estate needs on 02 -9365 -5888

State Championships

All 9 ESLAC athletes and the relay team performed admirably at the State Athletic championships held at Homebush on 17 and 18 March.



State Team



Boys Relay Team

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awards there will be a disco for the kids! Come along and have some fun as it will be a great way to cap off a fantastic season.

On behalf of the Committee thank you to all those dedicated Age Managers, volunteers and parents who help tirelessly on Friday nights - our contributions make the club work better for the children.

A HUGE THANK YOU to all of you!

On a sad and tragic note, Paul Moore's wife, Simone Moore, (Paul was Centre Manager for many years until this season) was tragically killed in the boat/ferry accident on the harbour last week. The Moore's have been an active family in the Eastern Suburbs with both Little A's and Nippers for many years and will be known to many of you.

Paul, on behalf of the many people who know you and Simone from ESLAC we pass on our deepest condolences to you, Adelaide, Clarrie & Tilly.

Regards....Bernadette



State Championships

What are the State Championships? To qualify for the State Championships, athletes must first compete in the Zone Championships which represent the initial end-of-season competition among all six clubs in our Inner City zone of the Little Athletics organisation. The others are Randwick-Botany, South Eastern, Canterbury, Balmain and Western Suburbs.

The top four in each Zone event progress to the Regional Championships at Campbelltown (Feb 17/18).

Then the top three from the Regional Championships go to the State Championships at Homebush (Mar 17/18). ▣

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State Championships continued

The track athletes were outstanding:

- Zac Rea won double Gold medals in the 800m and 1500m
- Tiana Penitani won Gold in the 200m and Silver in the 200m and 4th in the Long Jump
- JP Curran won 2 Silver medals in the 400m and 800m
- Tom Lorkin won a Bronze in the 60m Hurdles.

The other athletes performed strongly against a competitive field although they did not bring home a medal:

- Georgie Hatch was placed 7th and 8th in the hurdles and high jump
- Oscar Pople 8th in the 100m
- Ben Gordon 14th in hurdles
- Riffat Ryan 5th in 100m, 7th in Hurdles and 8th in Long Jump
- Charlotte Wadsworth 6th in the 200m Hurdles

All these athletes deserve a huge CONGRATULATIONS!

They reached this level though dedication and hard work- training weekly though the season and competing at Zone & Region to qualify for these Championships. ▣

NSW Little Athletics State Cross Country & Road Walking Championships

The LAANSW State Cross Country & Roadwalking Championships is on 1 July at Campbelltown. This is a great event for those interested in walking and long distance events. If interested please contact Bernadette O'Regan. ▣

Awards Presentation Night

The presentation and awards night for U6 and up is on:

Date: Friday 18 May
Time: 6.00pm - 9.30pm
Location: EASTS Rugby Union Club
 O'Sullivan Rd Rose Bay

Don't forget to RSVP to Bernadette
 bernadette.oregan@cba.com.au

WILL I GET AN AWARD?

Awards are linked to points. But how are points calculated? Here's a reminder if you have forgotten how points and awards are calculated:

You do not have to be the fastest or strongest to receive an award or be an age champion. Our club prides itself on promoting participation as well as competition. In fact, many athletes will receive a 1st, 2nd or 3rd trophy in an event because they have attended the most and performed consistently in an event. So even if you've missed a meet every first, second or third week, you may still get an award.

PARENTAL SUPPORT – POSITIONS AVAILABLE FOR THE 2007-2008 SEASON

Age Managers: Parents please advise if you are interested in being an Age Manager for the 2007-2008 season. Training will be held in the off season.

Equipment Manager: A dad, mum or grandparent who can manage and maintain our equipment as well as manage the equipment set up on a Friday night.

Treasurer: We need a volunteer who has basic bookkeeping or accounts experience to assist with the books next year.

Website Manager: This is a great opportunity for a parent with basic computer or HTML skills to manage and maintain our Website. Training will be provided.

If you can help please contact Bernadette O'Regan on 0412 067140 or e-mail to Bernadette.oregan@cba.com.au

WE NEED YOUR HELP..... Please??

IMPROVEMENT AWARDS

These awards reward improvement over your own performance. We've handed out over 400 of these already this season. This is a programme to reward athletes for steadily improving their times, heights and distances throughout the season.

Each time a "personal best" is equaled or broken, an athlete earns up to maximum of 15 Improvement points, depending on the degree of improvement. As an example, a Bronze Certificate may be awarded on achieving 100 points, Silver for 200 points, Gold for 300 points and Platinum for 400 points. Thus, each athlete is encouraged to compete against him/herself to achieve improved performance.

AGE CHAMPION OR BEST OF AGE POINTS

In every event throughout the season, an athlete scores 10 "Best of Age" points for a 1st place reducing to 5 points for 6th place. All competitors receive 1 point for participation. At the end of the season trophies are awarded at our Annual Presentation Night for achieving 1st, 2nd and 3rd in each event in each age group from U6 upwards. Trophy winners are not necessarily the fastest or strongest, but often the most consistent. However no trophy is given to athletes who fail to participate after Christmas. All Tiny Tots receive a medallion at Season's end.

MULTIPOINTS DETERMINE CLUB CHAMPIONS

MultiPoints are awarded for each result for each event in each age group as determined by the State organization LAANSW. Again the more often you turn up the more points you will receive.

These allow athletes to be measured against state-wide standards. At the end of the season, the male athlete and female athlete who have achieved the highest number of multi-points are declared Senior (12 to 15 years) and Junior (6 to 11 years) Champions. ■

Archibald Parent

Congratulations to Little A's parent John Beard (father of Eliza U9's) who WON this year's Archibald Prize – you may recognise John as he is a regular timer on the circular track.

Also congrats to Rodney Pople (father of Oscar (U12 & George U7) who also had an entry in this year's Archibald. ▣



**2007 Archibald Prize winner John Beard
"Janet Laurence"**

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STUDIOS

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CALENDAR OF EVENTS

22 APRIL

Adidas Team Championships for U13 and U15 – Perth

Australian Little Athletics Championships - Perth

18 MAY

End of season presentation night

1 JULY

State Cross-Country & Road Walk Championships -
Campbelltown

21-22 JULY

LAANSW AGM & Annual Conference - Wollongong

NOV (TO BE CONFIRMED)

LAANSW State Relay Championships

10-22 JANUARY 2008

Trans Tasman 2008 – New Zealand

[Click](#) for LAANSW Interclub and international carnivals

