



# EASTERN SUBURBS LITTLE ATHLETICS

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## Message from the President

Well we are winding down to the end of the season – with a few weeks to go of competition. The final night for this season is officially 14 March. However, due to the Easter Break and the number of wet Fridays we have had, we are hoping to run for another week and finish on the 28 March, depending on the availability of Trumper Oval. I will advise in the next week or so.

A huge congratulations to all those athletes who competed at the Zone Championship at Hensley – we had a record number of athletes (53) who qualified for the Regional Championships. It was a wet weekend but a lot of fun ... thanks to all the parents who worked so hard over the weekend. Talking about records – 2 weeks later at the Regional Championships we had 19 athletes who qualified for the State Championships on 16 March at Homebush, as well as our Junior Boys relay team who won the silver medal. We usually average about 10 athletes who qualify for State

*continued on page 2*

## CONTACT US

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## Photos from the Zone and Regional Championships



*continued on page 3*

so this was a tremendous result. Brooklyn Barataud from the Under 8's also received a silver medal ( Under 8's do not go through to State). It was a fantastic weekend where great sportsmanship and team spirit was shown amongst the children. Whether you received a medal, made a final or just competed – it is a great honour to represent your Club at this level.

As an FYI, Eastern Suburbs compete in Region 3 (there are 5 regions in NSW) which is the toughest and most competitive in NSW, competing against 26 other clubs from Campbelltown to Port Hacking. So just to get to the Regionals is something you should all be proud of.

The State qualifiers for 2008 representing ESLAC are: Maddie McCathie, Charley-Rose Dunne, Emma Scott, Georgie Hatch, Tiana Penitani, Tavleen Singh, Remi Banuelos, Oliver Puffett, Kordell Payne, Campbell McDonald, Jonas Ellis, Thomas Banuelos, Tom Lorkin, Nick Jacobs, Matthew Scott, JP Curran, Oscar Pople, Lachlan Little and Zac Rea. A special mention must go to Ben Gordon in the under 13's . He was coming second with a metre to go in the 80m hurdles when he had a horrible fall His head came second but his grazed and bloody body was 4th – so 4<sup>th</sup> it was. Ben did everyone proud the way he dealt with his disappointment and injuries and said he would come back stonger next year – this what Little A's is about. It is not about medals!

The Presentation and Award night is currently being finalised for May – I will advise of dates ASAP.

*Regards.....Bernadette*

## Athlete of the Month



Name: David Robertson

**Favourite events:** hurdles, discus and walk. Possibly 800m or 1500m on a good day!

**Likes:** cricket, rugby union, rugby league and soccer; chocolate in all shapes and forms; fast cars.

**Dislikes:** Can't think of anything.

David started Little A's as a tot in 2000 (the Olympic year) with South Eastern before joining ESLAC in 2001. Before he was old enough to join ESLAC, he was often to be seen running alongside the U8 girls races (his sister's age group) and did particularly well in the distance races against the girls. Kids like David provided the impetus for ESLAC to start running a tots group for younger siblings. David joined ESLAC in 2001 and was joint age champion in 2001, age champion in his own right in 2005, and runner up in between. ■

## Thank You!

Thanks to all the wonderful parents who help out week after week – we could not run the club without you. All the parents timing on straight track with Nick Moore our regular starter and Darrin Gordon, the Kirks on circular rack, Sally Voss and Julie Verdiccio in the canteen and the BBQ team led by Frank, Cohen & So, Doreen Koh on the Newsletter and of course to all the Age Managers. You all do a fantastic job and that helps in the running of the Club and it is very much appreciated!! ■

Thank You Bunning's!



Eastern Suburbs would like to say a big THANK YOU to Bunnings at Rose Bay for their kind donation of the shade tent used at Zone. Bunnings Rose Bay is at 538 Old South Head Rd, Rose Bay, 2029. ■

## Coping with Carnivals

Kids competing at sports carnivals are often very excited and 'busy' which leaves little time to think about eating and drinking. Parents and coaches need to be responsible for monitoring and encouraging a sensible intake of food and fluids at these times. Here are some tips for sports carnivals:

- Take a cooler of food and drinks. Don't rely on the local canteen for all supplies.
- Include two water bottles per person, one each for water and a flavoured drink e.g. sports drink/sports cordial/juice. Encourage children to continually sip at their drink bottles (1-2 mouthfuls every 15 minutes) during any breaks in play. Take a large container of cooled water for 'top ups'.
- If it is hot, include frozen juice poppers as well as foods that don't require refrigeration, such as food bars and canned foods.
- If there is less than one hour before or between events, priority is for carbohydrate-rich fluids to boost energy levels as well as water. Jelly confectionery for quick energy boosts can also be helpful.
- If there is 1 - 2 hours between events, have fluids and a light snack e.g. energy bars, or canned fruit, bread with honey/jam, low fat flavoured dairy product, or a small amount of jelly lollies.
- If there is longer than 2 hours between events, offer sandwiches, spaghetti, noodles, cereal and milk, creamy rice and fruit, or pancakes. If nerves are a problem try a liquid meal like a smoothie instead of solid foods.
- If the break is longer than 3 hours, then use this time to consume a larger meal.
- Always remember to keep up the fluids during longer breaks in activity as dehydration continues without activity especially in hot, humid environments.

Sourced from: [www.sportsdietitians.com.au](http://www.sportsdietitians.com.au) Fact Sheet 12: Fuelling and Cooling the Junior Athlete ■

## More Photos

*continued from page 1*



## Tips for Sprinting

1. Keep your head level and still; look to the front
2. Hold your trunk and shoulders square to the front
3. Keep your body straight
4. Hold your hips under your body
5. Move your arms, legs and feet in a straight path
6. Swing your arms from the shoulder and keep your elbows bent at about 90 degrees
7. Lift your knees up
8. Lift your heel up high as you bring your knee to the front
9. Land on the front part of your foot
10. Use light, quick movements
11. Use a smooth, flowing action

Click [here](#) for more LAANSW tips on running, jumping and throwing. ▣

## GENERAL FITNESS

It is very important that Little Athletes are involved in a balanced, all-round development. The focus areas include: Motor Skills, Speed, Flexibility, Strength and Endurance.

**Endurance** is the ability to exercise for long periods of time. Endurance is important in any type of distance running or walking, but it is helpful in any sport, as being able to exercise for longer assists in all areas of practice and competition.

Little Athletes should concentrate on general aerobic endurance activities of moderate duration that can be completed without their technique breaking down.

Play and games, continuous relays and unstressful aerobic activities such as jogging, swimming or cycling are appropriate ways to develop endurance.

For more general fitness tips from LAANSW, click [here](#). ▣

## CALENDAR OF EVENTS

1-2 MARCH

LAANSW State Multi-Event Championships, Orange

9 MARCH

Leeton Carnival

9 MARCH

Parkes Annual Carnival

9 MARCH

Fairfield City Gala Day!

15-16 MARCH

LAANSW State Track & Field Championships, Sydney Olympic Park

28 MARCH

Last night of competition for 2007-8 season

28 MARCH

State Team Camp 1

11 APRIL

State Team Camp 2

6 JULY

LAANSW State Cross Country & Roadwalk Championships, Lithgow

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