

## EASTERN SUBURBS LITTLE ATHLETICS

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**Ray White Bondi Beach**

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### Contact us:

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NEWSLETTER #1 OCT 2006

### MESSAGE FROM THE PRESIDENT

Welcome back to all last years athletes & families and a special welcome to all our new athletes who are joining Eastern Suburbs Little Athletics for the first time. It is a GREAT club and we are not entering our 36<sup>th</sup> Year I am sure the 2006-2007 season will be another fun and successful year for the Club.

Little Athletics is a fantastic to sport to be involved in - it not only a great way to keep the children fit and active but also fun and wonderful way for parents to be involved with their children. There are not many sports that parents can be so actively involved with their children – being an Age manager, helping out on the track with timing or helping with the BBQ on a Friday night

Remember Little Athletics is not run by anyone but the parents so please this season help out where you can. We are still after Age Managers so please take a look at the section on the newsletter and if you can help don't be shy.

We are a family Club who caters for both those athletes who are competitive and take the sport more seriously as well those athletes who attend Little A's because of the healthy lifestyle it offers, the friend's you meet and what a great way to stay fit in the summer season.

Take a look at the dates in the newsletter for the upcoming competitions – Trans Tasman (11 and 12's and the State Relays.

**Finally A big welcome back to our Sponsors– Joe Canturi at RW Bauer & Serrao.**

As usual we need helpers - if we do not find someone to manage the computer and the canteen this season there will be no results or food and drinks for the kids... please put your hand up if you can help.

Have a great season ahead - I look forward to seeing you all again

*Bernadette*

### COACHING

If you would like start preparing for the upcoming season/ competitions or just to keep up your fitness don't forget about our great coaching program with our professional coach's Mal, Hugh and Ellise

**REMEMBER Training is FREE (\$2 track entry fee) - Tues & Thurs at ES Marks 4-6pm**

### Trans Tasman Trials ( U11 and U12)

Trials for Trans Tasman will be held at Sylvania Track Sunday 5<sup>th</sup> November – see info on our website. Interested 11 and 12 yr olds need to have nominations to Bernadette O'Regan by October 13<sup>th</sup>.

**PARENTAL SUPPORT - POSITIONS**  
**AVAILABLE for 2006-2007 SEASON**  
**WE NEED YOUR HELP..... Please,??**

**Computer Manager** - If a Computer Manager is not found to coordinate the input of results on a Friday night the children will not be able to see their results and points will not be awarded. The children will be disadvantaged if we had to go back to a manual system so please come forward if you have a few spare hours a week.

**Canteen Manager** - Ditto on the Canteen Manager - we will need someone to help stock the canteen once a month - again if we don't get a volunteer their will NOT be a Canteen this season.

**Equipment Manager** - Need someone to get to the Club by 5.30pm to open up and help coordinate equipment set up. Basically if no one comes forward we the parents will have to do it and it will delay the start of the evening and we will finish later.

Please call Bernadette on 0412 067140 or email me if you can help.

If we cannot get the canteen and computers running we will need to go to a ROSTER SYSTEM by Age Group.

**How to make Friday nights run smoothly and efficiently -**

Seasons always open with a bang, with hundreds of athletes and parents milling around, half of them uncertain what to do and the other half madly catching up with the winter's gossip.

This year, we plan to keep each age group moving through its ongoing stream of events in a manner that minimises the inevitable frustrations.

On opening night, **each field event** area will have its own coach or red shirted official to train age managers and parents. That means a specialist will be at Discus, HJ, LJ, Shot Puts 1 & 2 for the U9s and Shots 3&4/Discus 2&3 for the U6s to U8s. Tots will have a specialist coach to lead them through the evening i.e. six specialists in all. Coaches will be asked **not** to give independent coaching to *each* child on the first few nights but instead give a single demonstration at the start of each age group's event and then run the children through the event as rapidly as possible. Individual coaching is offered at 4pm, Tuesdays &

Thursdays at ES Marks field on Anzac Parade

One of the points we will emphasise is that **Age Managers** can *halve* the amount of time taken at an event by simply having the **next** child lined up ready to go after the current athlete, as in "Jane, its your jump, Gina, get ready, your next." etc

**Starters and timekeepers** on the two tracks are in radio contact in order to maintain an efficient flow of racers. On each track, **timekeepers** will have **two independent** stop watches on 1<sup>st</sup> place for all races throughout the season so we can minimise any problems regarding potential records. **Recorders** must record both times for first place (the lowest is entered into the computer). Where we believe a record may be broken, e.g. where a known athlete is running his or her favourite event, we will endeavour to have **three** watches on first place, just to avoid arguments.

If we have enough **Circular Track** timekeepers, i.e. only four since we use electronic hand timers. we will be able to run two races simultaneously, one "pack start" on the inner two lanes and one "laned" event e.g. 200m & 400m, on the outside six lanes.

Regarding the use of equipment provided, we will provide two starting blocks to each track and those athletes planning to reach Region and possibly State Carnivals will be encouraged to use starting blocks throughout the season, along with, of course, any athlete who wants to use them. Athletes at the LJs and HJs will be encouraged to use markers or tapes to help them measure their run -ups.

To reduce any people pressure at events, Age Managers are reminded to **remain in the marshalling area** in front of the clubhouse and **not** to go to an event until called by the announcer. The **announcer** ( Mary Ellen Bard ) **and the Centre Manager** (John McCarroll) are in radio contact and their strategy is to keep the groups flowing to events so that as one approaches completion the next one is called. Where necessary, we will separate the boys and girls of the larger groups, usually the U8s, U9s and U10s.

As usual, the first two evenings of October 6 and 13 will be "practice evenings" and points will not be awarded towards end-of-season trophies etc. Newcomers are able to "trial" for one week before being required to register and buying a uniform after which we have a policy of no refunds.

## PARENT RESPONSIBILITY

Parents are reminded that YOU are responsible for your children on a Friday night. ESLAC cannot be responsible for the safety and wellbeing of your child or children before, during or after the Friday carnival. You are not permitted to drop them at the ground and go away. A parent or other designated adult must be present at all times during the night to remain responsible for the child at all times throughout the morning.

### **DATES FOR YOUR DIARY**

#### **29<sup>th</sup> September & 5<sup>th</sup> October**

Registration night – pick up numbers

#### **6<sup>th</sup> October**

Season Commences

#### **13<sup>th</sup> October**

Nominations close for U11 and U12

Trans Tasman Trials

#### **5<sup>th</sup> November**

Trans Tasman Trials –Sylvania Waters

#### **25<sup>th</sup> & 26<sup>th</sup> November**

State Relays - Homebush

#### **10<sup>th</sup> – 14<sup>th</sup> January**

Trans Tasman Championships

#### **3<sup>rd</sup> & 4<sup>th</sup> February**

Zone Championships- Hensley Track Pagewood

#### **17<sup>th</sup> & 18<sup>th</sup> February**

Regional Championships- Campbelltown

#### **17<sup>th</sup> & 18<sup>th</sup> March**

State Championships - Homebush