



# EASTERN SUBURBS LITTLE ATHLETICS

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Issue 6

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## Message from the President

Welcome back to all last years athletes and families, and a special welcome to all our new athletes who are joining Eastern Suburbs Little Athletics Club for the first time.

It is a GREAT club and we are now entering our 37th year, and I am sure the 2007- 2008 season will be another fun and successful year for the Club.

Little Athletics is a fantastic to sport to be involved in. It is not only a great way to keep the children fit and active, but also a 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 help out where you can during this season. We are still after Age Managers so please take a look at the Red Short section in this newsletter. Don't be shy if you can help.

*continued on page 2*

## CONTACT US

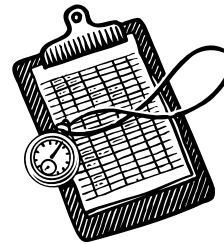
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## State Relay Selection Trials at Trumper Park Friday 12 and 19 October



Eastern Suburbs LAC has a great history at the NSW State Relay Championships – at least one team has always come away with a medal or two.

Athletes for the 4 x 100m for age groups U8 and above will be selected to represent Eastern Suburbs Little Athletics Club (ESLAC) from Friday night competitions on 12 October and 19 October.

Selected relay teams will be competing at the State Championships against clubs from all across the State. This is not only a great honour, but a fantastic experience on the Homebush track.

This carnival was changed to a 2-day format last year, and the State Relays will be held on Saturday and Sunday, 24 and 25 November, 2007 at Sydney Olympic Park Athletic Centre.

The U8 to U11 will compete on the Saturday, and the U12 to U15 will compete on the Sunday.

If you are interested in being considered for selection please let your Age Manager know on the selection nights. ■

*continued from page 1*

We are a family Club that 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 friends they make and for the fun in staying 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. We will be taking points from Week 3 – so keep your eye out on the results section on our Website and monitor your times each week and aim for a Personal Best (PB).

We are also looking for a registrar to be trained up this season to take on the role for next season – if you are interested I'd love to hear from you.

**Finally, a big welcome to our new sponsors – VEDA ADVANTAGE.**

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

*Regards.....Bernadette*

## Welcome!

Welcome to all our new joiners, and to our returnees: Welcome Back! To our new members, here are a few tips to help your enjoyment:

- Evenings in early Spring can get quite cool in the Trumper Park hollow. So do remind your child to bring their ESLAC jumper.
- ESLAC is a family club for budding athletes, serious athletes and those interested in making new friends and having some healthy fun in the summer season.
- A parent or designated adult must sign the child or children in, be present at all times during the evening and sign them out at the end of the Friday evening carnival. Please do not drop your children at Trumper Park and go away. ■

## Athlete of the Month



Name: Tom Lorkin

**Favorite events:** 100m, 200m, hurdles, relays

**Likes:** League, union, touch footy, The Simpsons

**Dislikes:** Homework, cleaning his room, school

Tom has represented ESLAC at the State championships for the past two seasons. In 2006 he scored a bronze medal in the 70m sprint and in 2007 earned another bronze medal in the 60m hurdles. His most prized awards have come from being a part of the junior boys all age relay team at State Championships where they won the Gold medal in 2006 and then again in 2007.

Tom loves playing all types of footy and enjoys any training that involves lots of running. He will be competing in the School PSSA State Championships on 7 & 8 November in the 100m and 200m. ■

### Parents! We need your HELP

ESLAC Friday Carnivals need Parent Power to run smoothly. We need starters, timekeepers, judges, age managers and assistants, canteen hands, BBQ chefs and many pairs of hands to help set up and pack up. If you can help, please introduce yourself to Bernadette O'Regan. ■



## RED SHIRT ALERT

Didn't our first Friday night prove to be an eye opener??

As a parent, you will have realised after our first Friday that athletics is not just an event with one set of rules, but seven (HJ, LJ, TJ, Shot, discus, laned races and pack races).

And if you experienced any delays, it's because we need about 50 parents - and we don't have them! – on the field on any one evening who know the rules and can guide their children.

We've made it easy for you to help out!

We supply you with a set of the rules, and to help you judge your understanding, a set of multiple choice questions.

All we ask is that you spend 20 to 30 minutes reading through the rules and go through the multiple choice questions. Then you call Susan Murray one evening on 9389 8909, read out your answers and she will give you the correct ones where necessary.

In gratitude, we give you a red ESLAC polo shirt that will tell others that you know the rules.

Easy peasy! ▣

## TRANS TASMAN SELECTION TRIALS

The **Trans Tasman Trials** for selection to the Trans Tasman Team will take place on **Sunday, November 4, 2007** at Albion Park. Briefing Sessions will be held prior to the Trials.

The Trans Tasman is for athletes in the U11 and U12 age groups, from both NSW and Auckland.

For the 2008 year, a team from NSW, boys and girls in both the U11 and U12 age groups, travel to Auckland for the Trans Tasman Tour.

On alternate years, a team from Auckland travel to Sydney. The Trans Tasman Tour usually takes place over 10 days, where children get the opportunity to meet with people of another country and learn about their customs, as well as take part in several athletic competitions, culminating in the Trans Tasman Challenge.

Entries close on **Wednesday, October 24, 2007**. The events offered are 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Shot Put and Discus Click [List of events](#) to download a PDF. .

For the Advance Information Bulletin on the 2008 Trans Tasman Tour to Auckland [click here](#).

Bulletin No. 1 includes all details on the Tour, as well as Athletes and Officials [Nomination Form](#).

*If you require more details please contact Heather Mitchell on 9522 9004. ▣*

### New Registrar Wanted

ESLAC needs a new registrar. If you can help, we will provide the training to get you trained up this season to take on the role next season.

If you would like more information, please introduce yourself to Bernadette O'Regan. ▣

## Tips for Hurdles

When hurdling:

1. You should try to clear the hurdles without slowing down
2. Use smooth, fast running between the hurdles
3. Lead leg (the first leg over the hurdle)
4. Lift your knee straight up towards the hurdle; stretch your leg straight out over the hurdle; land with your foot in a straight line on the other side of the hurdle
5. Trail leg (follows the lead leg)
6. Lift your leg up to the side, your heel close to your bottom, with your toes pulled up;
7. Pull your knee through to your chest;
8. Land with your foot in a straight line on the other side of the hurdle.

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

### HOW OUR POINT SYSTEM WORKS

*How points are calculated:*

Points are awarded based on the overall heat results of the event and not the heat. In every event throughout the season, an athlete scores 9 "Best of Age" points for a 1st place reducing to 1 point 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 as Season's end.

Age Managers please ensure you try and place the children in heats based on ability, as this will ensure the athlete is in a competitive heat and has a better chance for a PB's or records to be broken. ■

## CALENDAR OF EVENTS

20 OCTOBER

Trans Tasman nomination close for ESLAC

24-25 NOVEMBER

State Relay at Sydney Athletics Centre, Olympic Park

21 DECEMBER

Last night of competition before Christmas break

18 JANUARY 2008

First week back

2-3 FEBRUARY

Zone Carnival at Hensley Field, Botany

16-17 FEBRUARY

Regional Carnival, Sylvania Waters

1-2 MARCH

State Multi-event at Orange

22-23 MARCH

State Championships, Homebush

28 MARCH

Last night of competition for 2007-8 season

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