

EASTERN SUBURBS LITTLE ATHLETICS

Proudly sponsored by:
Ray White Bondi Beach

Issue 2

November 2006

Message from the President

We are now well into the season and what a great start we have had! Thanks to Doreen Koh for our fantastic redesign of our Newsletter,

A number of our Athletes reached the NSW Primary School Athletic Championships held at Homebush in November - Eliza Perkins, Zoe Gomez, Eliza Gazal, JP Curran, Ryan Rifat, Oscar Pople, Lachlan Little and Tiana Penitani – see this month's feature on Tiana's amazing achievement at the PSSA in *ESLAC Athletes' Corner* on page 2.

Also big congratulations to Georgie Hatch and Oscar Pople who have been selected to compete for NSW against Auckland in the Trans Tasman Championships see article on this page.

The State Relay Championships will be held at Homebush Saturday 25th and Sunday 26th November. Best of luck to all the athletes who are competing.

Please check the information on the *Zone Championships* (page 4) – the board will be up from this Friday so you can nominate your events.

A big thank you to our BBQ team headed up by Frank – thanks to Frank, Maggie, Ron, Pat and all our helpers. You are doing a great job! Also a huge

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

Trans Tasman Champs

Georgie Hatch and Oscar Pople were selected to compete for NSW at the Trans Tasman Championships to be held in Sydney January 10th-14th. Georgie and Oscar competed at the Trans Tasman Trials at Sylvania on 5th November where more than 350 athletes from NSW and the ACT competed on a very windy, rainy day.



Oscar Pople (U12B) and Georgie Hatch (U11G).

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

As part of their team duties, Georgie and Oscar are also expected to host a New Zealand child over the course of the Championships. ■

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'Thanks!' to Liz and John Patrick who have done such an amazing job with the Canteen this year - they work tirelessly each week as well as organize the stock.

Please parents, help when you are called to give our wonderful BBQ and Canteen helpers a much needed break during the night.

Lastly, thanks to Kerry Payne who has taken on the very important job as Computer Manager – she has been doing a great job. Also please, parents help on a Friday with Data Entry – this will help Kerry ensure she does not have to spend too much time of her weekend entering results so your children can have them on the Website. Kerry can be contacted on kerri.payne@optusnet.com.au

Regards....Bernadette

Age Managers Update

Thank you for all your great work this season. If anyone is interested in taking an Officials Test please contact George on georgec@cochrane.net.au

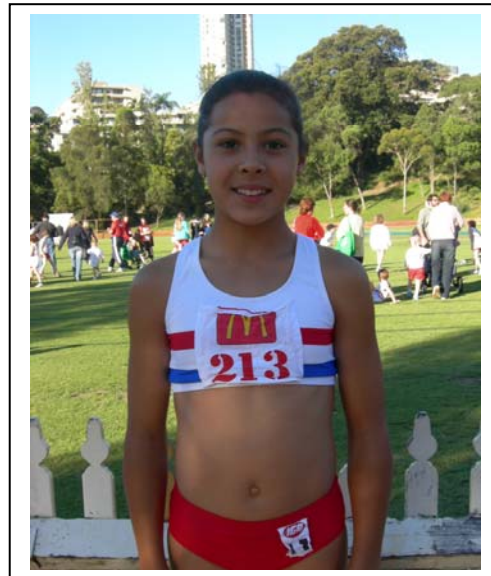
If you would like to feature any of your athletes in *Athletes Corner* please email me by the 5th of each month. The story does not have to be about a child who is competitive – it is about profiling all our athletes so please nominate an athlete each month. Please however let me know of any achievement of your athletes I can include in the Newsletter,

Also a reminder to please complete all field event result sheets – record the athletes' best result from attempts and complete the "Best" column on the sheet – this make it easier for our computer Manager Kerry Payne.

There have been delays in some of the field events because of the size of some of the Age Groups. Please try and move the children along if there are delays by reducing the number of jumps or throws and trying to get the children who have been eliminated into their next event if possible. Please see the Centre Manager John McCarroll on the night if you are having difficulties

Finally, don't forget to warm up your athletes before events if they have been standing around. ▣

ESLAC Athletes Corner



Tiana Penitani

Seasons with ESLAC: First Year

Favourite events: 100m, 200m, Long Jump, HJ

Likes: Sport, movies, swimming.

Dislikes: Homework, Long distance running

Age: 10

NSW PSSA:

Tiana had a fantastic meet at the recent NSW PSSA Championships held at Homebush,

Overall, Tiana won three gold medals placing 1st junior girls 200m with a time of 28.57, 1st in the 10y girls 100m with a time of 14.30 and 1st place in the junior girls long jump at 4.19m!!!!

Tiana will compete in the Australian Schools Exchange Athletics Championships held, this year in Cairns, from Thurs 23rd Nov to Mon 27th Nov. Tiana is very excited about the trip and is looking forward to having loads of fun. Thanks to everyone who supported Tiana by buying some raffle tickets last Friday,

CONGRATULATIONS Tiana – we will be cheering for you Best of luck! ▣

PARENTS: WE NEED YOUR HELP!

Friday carnivals run smoothly with the help of the following:

STRAIGHT TRACK	Up to 8 Timekeepers/Judges
	1 Recorder
	1 Computer data input operator
CIRCULAR TRACK	3 Timekeepers/Judges
	2 Recorders
	2 Computer data input operator
STARTERS	1: Straight Track
	1: Circular Track
AGE MANAGERS	1 per Age Group e.g. U6 Girls
AGE ASSISTANTS	3 per Age Group
	(2 officials and 1 recorder)
WALK JUDGES	4 – 6 (not all weeks)
ANNOUNCER	1 Announcer
CANTEEN	2 Counter staff
BBQ	1 Cook & 2 helpers

Championship Points

How they are calculated.

Points are awarded based on the overall heat results of the event and not the heat. Points are awarded in every event throughout the season to an athlete who scores 6 “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 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 as Season’s end.

Age Managers please ensure you try out 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 Personal Best (PB) or to break a record. ■

RECORDS

There are many open records – please check the Website for details. In the next Newsletter I will announce athletes who have broken records this season to date. ■

FREQUENTLY ASKED QUESTIONS

Q: What age must my child be for me to drop my child at Friday night practice then pick them up later?

A: ESLAC cannot be responsible for the safety and wellbeing of your child or children before, during or after the Friday carnival. Children are the responsibility of the parent(s) or other designated adult. 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.

Q: Some of the evenings can get rather cold, can my child wear a jumper instead of the skimpy ESLAC singlets?

A: The rule is that athletes must wear the designated ESLAC uniforms at Friday night carnivals to be eligible for points. ESLAC has a uniform top of a long-sleeved T-shirt for cooler evenings. Or your child can wear his or her own jumper and the ESLAC singlet *on top* of this.

Q: Is ESLAC only for serious athletes?

A: 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.

Q: What time does the Friday night carnival end? Is it 8pm or 9pm?

A: We start each Friday night at 5:45pm for compulsory warm ups to avoid injury. The session for Tots, U6 & U7 runs from 6:00 pm – 7.30pm (approx), and for U8 – U15 from 6:00 pm–9:00 pm (approx).

Q: Must a child be a really good athlete to enter trials and carnivals? Do Age Managers nominate athletes for national trials and carnivals?

A: Your child need not be a really good athlete to enter interclub trials and carnivals run by the Little Athletes Association of New South Wales. It is the responsibility of athletes/parents to advise the Championship Officer of their desire to enter the Trials. ■



Zone Championships

The Zone Championships will be hosted by Randwick Botany Athletics Club at Hensley Field Pagewood February 3rd-4th 2007. Athletes can nominate up to 4 events. We can only enter 4 athletes per event so entries will be based on performance if a particular event is full. The top 4 place-getters at Zone will qualify for the Regional Championship 17-18th February at Campbelltown. The top 3 will then proceed to the State Championships at Homebush 17th-19th March.

You can enter by completing the Zone sheet from this Friday.

LAANSW Christmas Camp 2006

The camp is being run this year from 15-17 Dec 06 for kids in U/9 to U/12 age groups at Kurrajong. LAANSW camps allow athletes special opportunities to:

1. Access to State Team Coaches
2. Make new friends
3. Learn new skills
4. Have lots of fun.

This space is available for advertising

Please contact Bernadette O'Regan on 0412 067140 or bernadette.oregan@cba.con.au

CALENDAR OF EVENTS

25-26 NOVEMBER

State Relays - Homebush

23 DECEMBER 2006 --11 JANUARY 2007

ESLAC Holiday Break – Happy Holidays Everyone!

12 JANUARY 2006

Start of ESLAC second half – Trumper Park

10-14 JANUARY

Trans Tasman Championships

3-4 FEBRUARY

Zone Championships- Hensley Track Pagewood

17-18 FEBRUARY

Regional Championships- Campbelltown

17-18 MARCH

State Championships - Homebush

30 MARCH (TO BE CONFIRMED)

Last ESLAC meet for 2006

28-29 APRIL

National Australian Teams Championships - WA

National Australian Multi-Event Championships - WA

8 JULY

State Cross-Country & Road Walk Championships

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