



EASTERN SUBURBS LITTLE ATHLETICS

Proudly sponsored by:
Ray White Bondi Beach

Issue 3

December 2006



Message from the President

Bring your Christmas cheer this Friday (Dec 22) – as well as a point's night, we will have a special visit from Santa. So do have the children wear a Santa Hat or tinsel to make the night a little fun. This Friday is also our last meet before we return in the new year on Friday January 12.

This Friday will also be your last chance to put your name down for Zone. To avoid disappointment, please remember to register. As a Club, we can only enter a maximum of 4 athletes per event.. Therefore, times will be used to select athletes for the more popular events like the 100m. Athletes will be notified if this is the case to enable them to choose another event. Please see the Zone story on page 2.

Congratulations to all our athletes who competed so admirably at the State Relay Championships at Homebush. (story opposite) It was a great experience for our younger athletes who competed on the Big Track for the first time. Also we are very proud of Tiana Penitani who performed so well at the National Championships in Cairns. Tiana won

continued on page 2

Silver at State Championships

The Under 11 Girls Relay team – Eliza Gazal, Georgie Hatch, Tienielle Jacques and Gabby Westbrook-Patrick won the Silver Medal at the recent State Relay Championships.



Under 11 Girls Relay Team

In another fantastic effort, the Under 11 mixed Team of JP Curran, Hugo Puflett, Georgie and Eliza also finished an amazing 4th. All teams performed admirably - it was unfortunate the Under 12 Boys got disqualified in the heat. The team of Byron Cooksley, Ben Gordan, Lachlan Little and Oscar Pople would have won a medal in the final for sure, so better luck next year. It was a great day for all the teams and demonstrated that training and baton changes are so important. The Under 11 girl's team showed commitment by training every week and the smooth baton changes on the day plus their awesome speed paid off in Silver. A big thank you to coaches Mal Baker, Elise Cochrane and Tim Coops who worked so hard training the relay teams. ■

CONTACT US

EMAIL: bernadette.oregan@cba.com.au

TEL: 0412 067 140

WEBSITE: www.eslac.com.au

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

continued from page 1

gold Medals in the 100m, 200m, Relay and a bronze in the Long Jump. Well done Tiana!!!

As we move towards 2007, I am thrilled at the opportunity of working with you all for the remainder of the season and with your continued support to lead the Club to another successful season.

I hope you all have a safe and merry Christmas or holiday season. A big thank you to all the committee members, officials, age managers, timekeepers, data entry folks, BBQer's and all parents who just lend a hand when needed – we could not run the program without you and your efforts are HUGELY appreciated!

Regards.....Bernadette

S



Zone Championships

What are the Zone championships? They 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 event progress to the Regional Championships at Campbelltown (Feb 17/18) and the top three from that go to the State Championships at Homebush (Mar 17/18). Zone entry costs are \$1 per adult. A program (normally \$1) is enclosed with the compliments of Eastern Suburbs LAC. The first event each day is at 8.30am.

What do we bring? Hats and sunscreen, a rug or folding chairs to sit on, food and drink to augment anything bought from the BBQ/canteen. The club supplies a large tent (at the start of the home straight) to which all are welcome. Athletes must wear full ESLAC uniform with a Centre Number (No 2) or they will be disqualified. If very hot, bring a spray bottle to cool athletes down. **An Eastern Suburbs Zone T-shirt has been ordered for each athlete (non-compulsory). These \$16 shirts are available at the reduced price of \$10 on Friday, February 2 or enquire at our tent at Hensley on the day.**

ESLAC Athletes Corner



Name: Oscar Pople

Seasons with ESLAC: 4

Favourite events: 100m, 200m, Shotput, Discus

Likes: Running. Rugby and Girls!!

Dislikes: Soccer, Chess and Avocado

Age Group: U12

Oscar is one of our club's successful athletes at State Level. Oscar has competed at State level Little A's and PSSA Championships since he was 9.

Oscar has represented Eastern Suburb's Little A's at the State Championships for the last 3 seasons and has also been selected to compete for NSW at the Trans Tasman Championships in January. One of Oscar's proudest moments was being part of the Eastern Suburb's Junior Boy's relay team that one Gold last season at the State Championships.

Oscar trains very hard to reach these levels of success which also include representing NSW at the Pan Pacific School Games in 2005 and setting a new high jump record at the PSSA Sydney Coastal district carnival this year.

State Multi Event

State Multi-Event Championships are held on the first full weekend in March each year at a Country venue. Centres apply to the Little Athletics Board of Management to host this annual event.

In 2007, this event will be held at Beaton Park, Foleys Road, Gwynneville (Wollongong).

The [Multi-Event Promo flyer](#) will be supplied to all Centres and will be placed on Centre notice boards. The program is run over two days. You can check out last year's [multi-event list of events](#) here.

Do note that entries will close on **Wednesday, January 31, 2007**, at the Association office, and a list of Centre duties will be published after the close of entries.

Athletes in the U7 through to U15 are eligible to compete at this event. **Centres must enter athletes on the official entry form (*individual athlete entries will not be accepted*)**, which is sent to all Centres in their Centre Returns Booklet site. Athletes **MUST**

participate in ALL of the events on offer for their particular age group.

Performances for all events are allocated points, based on the LAANSW Multi-Event pointscore system. The points are then added together to determine final results.

The events offered per age group are as follows:

- **U7 Boys & Girls** 50m; 100m; pack start; long jump; shot put; discus
- **U8 Boys & Girls** 70m; 200m; pack start; long jump; shot put; discus
- **U9-U12 Boys & Girls** 200m; 60m Hurdles; 800m; long jump; shot put; discus
- **U13 Boys & Girls** 200m; 80m hurdles; 800m; long jump; shot put; discus; high jump
- **U14 Girls** 200m; 80 hurdles; 800m; long jump; shot put; discus; high jump
- **U14 Boys** 200m; 90m hurdles; 800m; long jump; shot put; discus; high jump
- **U15 Girls** 100m; 90m hurdles; 800m; long jump; shot put; discus; high jump
- **U15 Boys** 100m; 100m hurdles; 800m; long jump; shot put; discus; high jump

At the completion of this carnival, 2 boys and 2 girls from the U15 age group are selected to compete in the Australian Little Athletics Championships, which is held on the weekend nearest to Anzac Day each year. These athletes will be selected based on their performances in the events which make up the ALAC Multi-Event competition (100m; hurdles; 800m; long jump; discus). These athletes will be announced at the State Track & Field Championships. For further information on the selection process, download last seasons [ALAC NSW Team Selection Guidelines](#). In 2007, the event will be conducted in Perth on April 22. *For more information, please contact the LAANSW office.* ■

FREQUENTLY ASKED QUESTIONS

Q: My child is very interested in the track and field events. Where can I obtain tips to help my child?

A: There are many ways you can learn about track and field events. Little Athletics NSW have books and videos for purchase. Contact info@laansw.com.au to obtain a list of current resources. Or click [here](#) to view the Training Tips on the Little Athletics NSW website.

Q: Does my child need sports drinks?

A: [Sports Dietitians Australia](#) recommend water and sports drinks as the best choices. For more information, download a fact sheet on [Fuelling and Cooling the Junior Athlete](#) here. They also recommend a water bottle as the most important piece of sports equipment! ■

2006 Coach of the Year

If you think your coach is tops, nominate him or her for the 2006 Coach of the Year Award.

The ATFCA (NSW) Little Athletics Coach of the Year Award aims to promote, encourage and reward quality Little Athletics coaching. The award will be presented to an individual whose coaching highlights the values and philosophies of Little Athletics and junior sport in general.

Coach nominations may be received from athletes, parents of athletes, Little Athletics Centres or other appropriate individuals.

To nominate a coach, simply fill in the [nomination form](#). Make sure that you also supply the additional information required.

Post your completed form to: Little Athletics Association of NSW, Locked Bag 85, Parramatta NSW 2124.

Nominations close 5pm Mon 26 February 2007. ▣

This space is available for advertising

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

CALENDAR OF EVENTS

15-17 DECEMBER 2006

2006 Annual Christmas Coaching Camp. Kurrajong

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](#)