

EASTERN SUBURBS LITTLE ATHLETICS

Proudly sponsored by:
Ray White Bondi Beach

Issue 4

February 2007

Message from the President

Well, sadly the end of the 2006/2007 season is rapidly approaching and what a season we have had! Registrations are up on last season to 420 and attendance has been up as well.

We had fantastic results at the Zone and Regional Championship with a record number of qualifiers for the Regional Championships. In total, 10 athletes are going onto the State Championships to be held at Homebush 17 & 18 March. (See article on this page for details.)

As President I am very proud of all the athletes who participated in these championship events. Whether you made a final or received a medal or just did your very best – it is a great achievement. We are in one of the most competitive Zones and Region in the State, so each athlete did fantastically just to participate. The team spirit and friendship amongst all the athletes was also admirable – everyone pulled together and cheered each other on proving that Little A's is not just about winning. It's about participation, fun and teamwork. All the children who participated in the shaving cream fights at the end of the Zone Championships can vouch for that!

I am also pleased to advise that we will be running a

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

Zone, Region and onto State Championships!

Eastern suburbs saw 48 of our athletes qualify for the Regional Carnival. Three of our relay teams came 1st which really shows the depth of the club. However, despite vigorous protests, our Junior Girls Relay team, which won at Zone, was disqualified days later on a technicality, long after the team had been accepted and then allowed to run. *There's something wrong with a system that treats kids that way!*



March Past – Zone Championship 2007, Hensley

Ten of our athletes (7 boys and 3 girls) have progressed through to the State Carnival at Homebush. Two of them, Tom and Rifat Ryan qualified for all four of their events. How good is that? Our Junior Boys Relay team came 1st while the Senior Boys came third – a great effort. B team also qualified.

What a magnificent achievement by all the athletes! ▀

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Super Seniors Age Group next season – this will allow under 16 athletes to compete on a Friday night. This will not only keep a great group of children in the club to be mentors to the younger athletes but also a way to keep them active and fit in preparation for their Winter sport season.

We are looking for sponsors for next season as Ray White and Bob Jane Edgecliff sadly will no longer be supporting the Club. It is a shame that local businesses and companies are reluctant to put back into a community who support their businesses to be sustainable. The sponsorship money we receive helps fund the professional coaches we have on a Friday night and allows us to offer free coaching for the children - many clubs rely on parent volunteers for coaching.

Speaking of parents, thanks again to all those parents who tirelessly help out on a Friday night – your efforts do not go unnoticed and are greatly appreciated.

Regards.....Bernadette

Sponsors needed for 2007 season

Do you know a business that would like to sponsor Eastern Suburbs Little Athletics?

It is a great way to put back into the local community and have your company profiled in the Club and on competition uniforms.

We have a range of packages available.

Please contact Bernadette O'Regan if you think you can help.

ESLAC Athletes Corner



Charlotte Wadsworth & Max Kite
Club Captains 2006/07

2007 STATE ATHLETES

Our State athletes 2007 are:

- B9 Levi Lewis Smith (Relay)
- B10 Tom Lorkin (60H, 70m, 100m, 200m)
- B11 JP Curran (400m, 800m)
- G11 Tiana Penitani (100m, 200m, LJ),
Georgie Hatch (60H, HJ)
- B12 Rifat Ryan (60H, 100m, 200m, LJ);
Oscar People (100m, 200m), Ben Gordon (60H)
- B13 Zac Rea (800m 1500m)
- G15 Charlie Wadsworth (60H, 200H)

Two of our U8s - Oliver Pufflett and Nicola Parry - got medals and will hopefully make it to State in the U9s next year.

Click here for the State program of events: [State 2007 Saturday program and State 2007 Sunday program.](#) □

MARK YOUR DIARIES:

18 MAY: END OF SEASON PRESENTATION NIGHT

The end of season presentation night (U6 and up) will be at Eastern Suburb's Rugby Union Club, Rose Bay – the date is Friday 18 May at 6.00pm. Every child who has attended from Christmas 2006 will receive a trophy.

TINY TOTS will be presented with their medals on the last night of competition Friday 23 March.

3 – 4 MARCH: STATE MULTI IN WOLLONGONG

State Multi-Event Championships are held on the first full weekend in March each year at a Country venue.

Athletes must participate in all of the 6 to 8 events in their age group. In 2007, this event will be held Sat and Sun, March 3 & 4 at Beaton Park, Foleys Road, Gwynneville (Wollongong). Entries closed on Wednesday, February 7, 2007.

ESLAC athletes planning to attend are:

Georgie Hatch, Tiana Panitani, Natasha Panitani, Tanielle Jacques, Eliza Gazal, Zoe Gomez, JP Curran, Max Kite, Darcy Kite, David Robertson, Zac Rea, Ben Gordon and Salina Lennon.

10 – 22 JANUARY 2008 NZ: TRANS TASMAN 2008

U11 and U12 athletes should consider trialing for the NSW team to tour New Zealand January 2008. It is a great experience both on and off the track. Please see the NSW Little Athletics website for details. ■

SUPER SENIORS FOR 2007/2008

Calling calling for U16 athletes who would like to return to Little A's next season.

We will be running a Super Senior age so our under 15 athletes can return next season. This will be a great way for them to be active and in-form before the school athletic season. Super Seniors do come back to train, have fun and also help out and mentor our younger athletes. ■

CALENDAR OF EVENTS

3-4 MARCH

LAANSW State Multi-Event Championships - Wollongong

17-18 MARCH

State Championships - Homebush

23RD MARCH

Last ESLAC meet for 2006/07

22 APRIL

Adidas Team Championships for U13 and U15 – Perth

Australian Little Athletics Championships - Perth

18 MAY

End of season presentation night

1 JULY

State Cross-Country & Road Walk Championships

21-22 JULY

LAANSW AGM * & Annual Conference - Wollongong

NOV (TO BE CONFIRMED)

LAANSW State Relay Championships

10-22 JANUARY 2008

Trans Tasman 2008 – New Zealand

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

How to use starting blocks

Using starting blocks when racing gives you a head start over someone who is not using blocks. So if two athletes have roughly equal speed, then the one using blocks is more likely to win the race. A number of our athletes have experienced this in recent weeks since the Athletics Carnival season began.

However, an athlete who has never used blocks before will actually start off slower, so it is vital to practice on a Friday night, and also at training sessions at ES Marks.

Here are some tips on where to place the blocks, where to place your feet on the blocks and what angle to set for the footpads. Note that these are just the standard rules and everybody, once they get used to blocks, should develop their own personal adjustments.

Step 1. Where to place the central T-bar. Use your foot length to measure the distance between the starting lane and the front of the T-bar. Just place your heel touching the starting line and move the T-bar up to your toe, as shown alongside.



Step 2. Where to place your rear knee. Put your arm on the ground with your clenched fist just touching the starting line. The distance between the top of your clenched fist and the back of your elbow is the distance between the starting line and the knee of your rear leg.



Step 3. Adjusting the rear foot pad. After placing your rear knee on the ground behind your elbow, pull the foot pad up under your flexed foot. Ratchet the angle one click up (i.e. one saw tooth up), making it a touch more vertical for the rear foot.



Step 4. Adjusting the front foot pad. Now place the toe of your front foot in line with the crease in your bent rear knee and move the block up to and under your front foot, leaving it on the lowest ratchet i.e. the least vertical.



Step 5. Starting. On the “Set” command, raise your hips up and forwards, high enough so that your back knee is bent at a 90 degree angle and forward so that you are finely balanced. (A small push would send you falling forward!)



Step 6. After the gun, push off the blocks with your body at an angle to the ground for the first few metres, the first few strides should be quick and small. The body becomes upright when it ceases to accelerate.



(Our thanks to Georgie Hatch for modeling our steps 1 to 6. It’s actually quite hard to hold the finely balanced position of “Set” and “Go”.)

Remember, when it comes to starting blocks, its Practice! Practice! Practice! then Practice!

BBQ Frank's Bug Business



Did you know that our famous BBQ chief has a Pest Control Business?

Do support Frank's business - PEST ATTACK - by giving him a call on 0423 621 686 for all your pest control and bug spray needs.

Mention you're a Little A Parent for special attention on those bugs and vermin.

TREASURER WANTED

Sadly our Treasurer Fiona Robertson, who does a fantastic job, needs to move on so we are looking for a Treasurer for next season.

A parent with booking-keeping skills or accounting skills would be ideal. Please think about this great opportunity to be involved in the management of the Club.

OFFICIAL'S TEST

Would you like to take a “Red Shirt” test to be an official or take a Level 1 coaching course? Please let Bernadette O'Regan know if you are interest.

COACH OF THE YEAR

Did you put in a nomination for one of our great coaches? Nominations closed 26 February. To nominate a coach, fill in the [nomination form](#).