

**IMPORTANT INFORMATION**  
Parramatta Little Athletics  
Barton Park  
Corner Barton Street and  
Webb Road, North Parramatta

**Web Site:**

[www.plac.org.au](http://www.plac.org.au)

Please visit the website.  
Information about upcoming  
events is updated regularly.

**Committee**

**President :** Neil McDonald

**Vice President :** Kerri Harrigan

**Secretary:** Sonja Simpson

**Registrar:** Leanne Rodriguez

**Treasurer:** Julie Ogle

**Championships Officer:**

Pauline Hunt, Angela Shehadie,  
George Ajaka

**Officer for Officials:**

Kerri Harrigan

**Recording:** Vicki Kennett

**IT - Website:** Stephen Browne

**Equipment:** Paul Harrigan

**Canteen:** Carolyn Kim

**Uniforms:** Melissa Loughrey

**Coaching:** Kevin Fisher

**General Committee Members:**

Russell Briggs, Ron White, Andrew  
Murray, Russell Smulders

**Calendar 2013-2014**

**2013**

**22nd September**  
Introduction to Coaching Course-  
Barton Park

**27th September**  
Little Athletics Holiday Clinic- Barton  
Park- Register online. LANSW.com.au

**12th October**  
Getting Started in Little Athletics- for  
new parents- hosted by Ryde LAC

**10th-13th October**  
NSW All Schools - SOPAC

**3<sup>rd</sup> November**  
Trans Tasman Trials - Barton Park

**23rd November**  
State Relays- Juniors SOPAC

**24th November**  
State Relays- Seniors SOPAC

**6th December-8th December**  
Australian All Schools Champs -  
Townsville

**14th-15th December**  
North Met Zone Carnival (U7-U17's)  
Barton Park

**TBA**  
Last competition night before  
Christmas

**2014**

**10th January**  
First competition night after Christmas

## Season 2013/2014

### PRESIDENT'S MESSAGE

Last Friday night was a great start to the season, perfect weather, lots of new athletes and parents mixed with returning athletes and parents. Thank you to Russell, Leonie and Amanda for helping take the new parents around the ground and showing them the basics of the events. For those people that missed out last Friday we will do another orientation this Friday as well. With the amount of parents that did the orientation last week we should hopefully have the sign on sheets filled quickly this week. If anyone is interested specifically in learning how to be a starter please come up to the sign on table and let us know. Every week we seem to be short of starters and that can cause holdups at events throughout the night. Everyone that signs on must collect a lanyard and make sure you fill out the raffle ticket to win the \$25.00 meat voucher and BBQ voucher. This week we are also raffling off 2 meat trays from Healeys Butchery. Tickets are \$1 each.

### First Aid

The club has its own first aid officer but unfortunately Rex isn't always available due to also being a member of the SES. On those times when Rex is unavailable we would require a First Aid person just in case we have a sick or injured child. If you are doctor, nurse or have a first aid certificate and are able to be called upon during the night in case we have an injury could you please either email me or leave your contact details at the sign on table. [neil.mcdonald@drivetrainpower.com](mailto:neil.mcdonald@drivetrainpower.com)

### Friday Night competition

Athletes and parents are to be at the park at 5.45pm for a 6pm start.

At least one parent or guardian is to be at the ground at all times in case of athlete injury or cancellation due to rain or a storm.

All parents must sign on to help with either the age group, officiating on the track, the BBQ, canteen or data entry. Every person that registered their child agreed to help out running the night. From experience, being out there on the field with your child is better than waiting up to three hours on the hill. Also when you sign on you do a duty have the chance to win a meat voucher from Healeys Meats or 1 of three BBQ dinner vouchers. So make sure you put your name on the tickets to be eligible.

### Little Athletics Skills Clinic- Run by LANSW Coaches

#### **Want to be the next Sally Pearson**

Why not improve your skills at our holiday coaching clinic?  
Parramatta is hosting a clinic on Friday 27th September.

**VENUE: Barton Park**

Time 8.45-3.30pm

Ages- Athletes must be in the U9-U16 age groups

Cost- Early Bird Special \$27.00 (Closes 9am Friday 13 Sept) or \$32 (closes 9am Monday 23 Sept). You can go to [www.lansw.com.au](http://www.lansw.com.au) and click on Education and training then Coaching camps and clinics to register online.

Or you can register online, by clicking [here](#).

### Getting Started in Little Athletics

Ryde Little Athletics Centre is hosted a Getting Started in Little Athletics Course on the 12<sup>th</sup> October at Dunbar Park at approx. 12.30pm. Time is to be confirmed. . There is no cost and it is aimed at new parents and Age Managers. I encourage all new parents to do this course. If current Age Managers want a refresher on the rules and techniques, you should also go.

### CLUB TRAINING will be available throughout the season on the following nights:

**Tuesday:** U7 – 11s (4.30pm – 5.30pm), with Vicki and Bella. High jump with Phil Barry starting at 5pm most Tuesdays.

**Tuesday:** Starting 24<sup>th</sup> September Throws with Kevin from 5pm.

**Please don't** just drop your kids off in the car park, please walk them down to the track and make sure the coach is there.

### Athletes Results

All athletes can access their results by going to plac.org.au and click the family tab, which will take you to the results system, click **Login for Results**, enter your child's rego number and birth date and you should then be in the results page. Just change the gender, age to the age group you are after and also the date and you will have the results. This week we are only entering Field events and the 500/700 and 800m events. Next week all of the 13<sup>th</sup> Sept results will be entered.



## Introduction To Coaching Course (ITC)

Parramatta are hosting the ITC on the 22<sup>nd</sup> September at Barton Park. Closing date 16<sup>th</sup> September. Go to [LANSW.com.au](http://LANSW.com.au) Click [HERE](#) to register online and for dates and venues.

*Take your first step into "event-specific" athletics coaching! All practical...No exam...No previous experience necessary!*

Are you interested in helping kids learn more about athletics? Teachers - Do you need specific athletic event training to increase your knowledge and help your class? If you have answered 'YES' to either of these questions you should consider registering for an Introduction to Coaching course.

The ITC course is organised and delivered by Little Athletics NSW on behalf of the Australian Track & Field Coaches Association. It is a non-accredited course specifically designed for parents, beginner coaches, especially teachers and other interested people who want to coach/teach beginner athletics. It is an "event specific" track and field course designed to give people the ability and confidence to coach basic level athletics to children aged 5-15 years. You will be taught how to introduce and teach beginners the proper skills of each event. The majority of the course is low intensity practical/physical activity, with some theory. It has been found in the past, that to actually "see and do a skill" proves more beneficial than theory alone. The course topics are: Coaching Young Athletes, Warm Up, Running, Relays, Hurdles, Walks, Shot Put (standing), Discus (standing), Javelin (3-step), High Jump (scissors), Long Jump and Triple Jump.

Come and participate in an ITC course and learn from the "grass roots specialists".

**Cost:** \$95 per person. Cost includes a coaching manual and a ATFCA certificate

**Age:** Applicants must be over 15 years of age

**Time:** 8.15am-5.00pm

Please see the [information flyer](#) for more information & FAQs.

## 2013 Buffalo Sports NSW All Schools Championships

The summer athletics season is just around the corner and so is the 2013 Buffalo Sports NSW All Schools Championships. Over 1400 secondary school athletes will converge on Sydney Olympic Park Athletic Centre from the 10th - 13th October 2013. The competition is open to any athlete currently attending a NSW Secondary School, between the ages of 12-19. In 2013 Athletics NSW is offering exclusive NSW All Schools merchandise. To view and purchase the hoodie and t-shirt [click here](#). For all other information including draft timetable, competition rules and online entry please [click here](#).