

NEWSLETTER

Season 2018/2019

Edition #5

February 2019



SUTHERLAND LITTLE ATHLETICS - ESTABLISHED 1969

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SEASON CALENDER FOR 2018/19

March 2019

Event: Competition Day (#17)

Date: Saturday 2 March 2018

Location: Waratah Park Sutherland

Event: Competition Day (#18)

Date: Saturday 9 March 2019 (*Final Day of Season, Tiny Tots Presentation & Farewell U17's*)

Location: Waratah Park Sutherland

Event: LANSW State Championships

Date: 16-17 March 2019

Location: Sydney Olympic Park Athletic Centre (SOPAC), Homebush

The State Track & Field Championships are the culmination of the LA's track & field competition season. Athletes in the age groups U9 through to U17 are eligible for this event. Qualifying to State is via performances at each of the eight Regionals. The State Track & Field Championships will have up to 24 competitors in every individual event.

LANSW STATE CHAMPIONSHIPS

With the 2019 LANSW State Championships coming up Sutherland will be represented by 68 athletes, our biggest number in recent years. We would like to congratulate all the below athletes as they will now compete against the best in NSW on March 16 & 17 at SOPAC, Homebush

Updates will be posted on our Facebook page following the completion of each day's competition.

1. Lucy Alexander U14	38. Cooper Penman U11
2. Sarah Archer U17	39. Alana Pokorny U14
3. Harper Boothroyd U10	40. Molly Rayment U10
4. Ivy Boothroyd U12	41. Jack Robinson U11
5. Nicole Bowers U13	42. Jay Robinson U11
6. Ty Brannock U11	43. Olivia Robinson U13
7. Jaimie Byrne U14	44. Kade Rogers U11
8. Joseph Cantlon U14	45. Felicity Ryan Sweeney U15
9. Daniel Cattana U15	46. Matthew Ryan Sweeney U10
10. Bella Cooper U13	47. Lachlan Sainsbury U15
11. Madison Cornish U9	48. Caitlin Saville U15
12. Mathilda Delfs U11	49. Indie Seccombe U17
13. Corey Denneen U17	50. Elizabeth Smithson U13
14. Max Dobson U15	51. Christopher Szekeres U11
15. Riley Dobson U17	52. Zoran Szekeres U11
16. Tyler Extrem U12	53. Jack Tipping U17
17. Matilda Fanning U11	54. Blake Toohey U17
18. Molly FitzPatrick U13	55. Keira Toohey U10
19. Thomas Fogarty U11	56. Logan Toohey U12
20. Jaxon Gotch U10	57. Mia Toohey U14
21. Charlie Hallam U14	58. Boston Traino U10
22. Emma Lee U14	59. Taurus Traino U12
23. Bevan Lord U17	60. Jessica Vandermaal U17
24. Jesiah Low U12	61. Samuel Veness U12
25. Chloe McCormack U9	62. Jessica Ward U15
26. Mason McGroder U11	63. Blake Wardrobe U13
27. Emma McNally U15	64. Jessica Wardrobe U14
28. Kosta Milionis U12	65. Ashleigh Waters U14
29. Jordan Moore U12	66. Hayley Waters U17
30. Luke Nicholson U15	67. Lachlan Wheeler U9
31. Jett Nisbet U9	68. Lachlan Margetson U9 AWD
32. Mackenzie O'Riordan U15	
33. Michael Paino U12	
34. Jordan Papadakis U15	
35. Nicholas Papadakis U17	
36. Mitchell Parsons U17	
37. Jade Pawson U11	

ATHLETE PROFILE

This month's athlete profile is with our 4 youngest State Qualifiers and they are from the Under 9's. Let me introduce Madison Cornish, Jett Nesbitt, Chloe McCormack and Lachlan Wheeler. I caught up with them recently to discuss how they are feeling ahead of those championships and what else they do.

1. Now that you have qualified for State how does it feel and what are your expectations.

Madison - It is exciting! And a little bit nerve-wracking. I expect to get a medal but if I don't, I'm proud of myself for making it.

Jett - I am super excited for State! I hope to throw my best and smash my PB's and fingers crossed for a medal!

Chloe – I feel excited and nervous. Top 10 finish

Lachlan - It feels really good and exciting to be in State for the first time, I am hoping to come in the top 10 for both of my events.

2. How long have you been doing Little Athletics for and why did you choose the sport

Madison - I have been at little A's since tiny tots, so 5 years. I always liked to run instead of walk so mum and dad thought it was a good idea to do little As and I love it.

Jett - I started in the U6's so this is my 4th season. My mum did Athletics at Sutherland as a kid and encouraged me to join

Chloe – 3 years, my Mum was a fast runner, so I wanted to try it out

Lachlan - I have been participating in Little Athletics since Tiny Tots. My parents found out about Little Athletics and thought I might like to try it. I enjoyed it, so I continued on to Under 6's.

3. Do you train, if so, how many times a week

Madison - Yes, I love training! About 3 days a week doing throws, hurdles and running.

Jett - I have been training with my mum about 2 times a week in the lead up to Zone, Regional and now State Championships. Normal competition I don't do any additional training.

Chloe – 1 or 2 times a week

Lachlan - I train twice a week with Jacinta from Outfit Coaching.

4. *What do most enjoy about Little Athletics*

Madison - I love hurdles, and when I get to play with my friends during the breaks, and when I get to go to competitions and different places.

Jett - My favourite event is Shot Put closely followed by Discus. I love competing with my friends and pushing myself to do better each week.

Chloe – The running and playing with my friends

Lachlan - I enjoy competing in the longer events such as the 400m and 800m, I like being able to do different events each week and making friends.

5. *Do you participate in other sports if so, what are they*

Madison - I do swim squad, soccer, nippers, oztag, surfing and skiing!

Jett - Yes, I swim squad once a week and play Rugby League for the Engadine Dragons during Winter and Oz Tag in Summer.

Chloe – Swimming and Netball

Lachlan - I also participate in Basketball and Swimming, but I enjoy Athletics most of all.

PRESENTATION DAY

To end our 49th season at Sutherland Little Athletics we have our presentation afternoon, below are the details:

14th April – Sutherland Little Athletics Presentation Day

Spilt Format:

Junior Presentation - U6-U11 3:30pm-4:30pm

Senior Presentation - U12-U17 4:45pm - 5:30pm

GyMEA Trade Union Club (Tradies)

Tables will be set aside for children to sit with their respective age groups.



TEAM MANAGERS REPORT

Another great weekend at Region with fantastic results lead by our brilliant U8s. The club has a record number of kids through to State with 68 qualifying and our Senior girls relay team as well. What we love about our club is the support on the sideline given to all our kids competing, and the great sportsmanship shown.

We used Signup for the first time to allocate duties and it worked well. Thanks so much to all the parents for helping and to our committee who helped out as chiefs the carnival couldn't have run without you.

For those competing at State good luck and keep an eye on our Team App for information.

Regards

M & M's

RECORD BREAKERS FEBRUARY

Congratulations to the following athletes who broke a record for the month of February. Our track is looking fantastic and testimony to our ground's maintenance staff who have worked tirelessly.

Date	Event	Age Group	Athlete	New Record	Old Record
9/02/2019	Javelin	U15 Girls	Emma McNally	26.08m	25.32 (2018)
16/02/2019	70m	U8 Boys	Connor Wirth	11.45	11.49 (2018)
	60m Hurdles	U11 Girls	Jade Pawson	10.69	10.71 (2007)
	200m	U14 Girls	Emma Lee	26.29	26.34 (2018)
	Javelin	U15 Boys	Luke Nicholson	45.03	40.55 (2012)
	100m Hurdles	U17 Boys	Blake Toohey	14.67	15.00 (2012)
	300m Hurdles	U17 Boys	Jack Tipping	43.01	45.64 (2017)
	800m	U17 Boys	Mitchell Parsons	2:08.40	2:11.10 (2018)
	800m	U17 Boys	Bevan Lord	2:07.50	
	1500m	U17 Boys	Corey Denneen	4:32.30	4:35.10 (2018)
	1500m	U17 Boys	Mitchell Parsons	4:28.90	
	1500m	U17 Boys	Bevan Lord	4:25.90	
	3000m	U17 Boys	Bevan Lord	9:36.70	9:58.90 (2018)

SPONSORS AND SUPPORTERS

We would like to thank our sponsors and supporters



The Mower Man - Terry Kerslake

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