

# NEWSLETTER

Season 2018/2019

Edition #2

October 2018



SUTHERLAND LITTLE ATHLETICS - ESTABLISHED 1969

Webpage: [www.sutherlandlac.org.au](http://www.sutherlandlac.org.au)

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## SEASON UPDATE

With the 2018/19 season well underway, the children are settling in and achieving plenty of PB's each week. For those children that were required to skip and age group due to changes by LANSW we can report they are performing well and should be commended.

We currently have 500 athletes registered, and we cannot thank everyone enough for their support. We have had to close off a couple of age groups as they have reached capacity and they are 7 Boys, 8 Girls and 9 Boys

Our weekly participation numbers are on par with last year and the duty roster is going well. Parents play a vital role in ensuring our competition on Saturday runs in a timely fashion. We ask that when you arrive on your designated duty day, don't sit back waiting for others to fill the duties, but jump in and put your hand up to help where needed.

We appreciate all the support you are giving Sutherland Little Athletics, and we will do what we can to make all our athletes happy.

## MOBILE PHONES

In recent weeks we have noticed athletes taking their mobile phones out to events. Mobile phones are **NOT** to be used or taken onto the competition area by athletes while competing.



Also there are some valid reasons as to why we are banning mobile phones from competition -

1. Less chance of phones being lost or damaged.
2. Less chance of the phones becoming a distraction.
  - a. Therefore, athletes being more attentive while at event.
  - b. Athletes interacting and supporting each other while competing.
3. Hopefully speed up events.

## SPIKES

Athletes are reminded spikes are not to be worn outside of the competition area etc. This is a danger to other athletes.



# TIMING GATES

## New Timing Gates Have Arrived!

You may notice some new equipment at the finish line of our 400m track - the club has taken delivery of new timing gates to use on the outside circular track. This will enable us to now have full electronic timing for all our other sprint events - the 200m, 400m, as well as the 200m & 300m Hurdles.

It will also make recording easier, as all the race times for each lane will be automatically captured on a laptop computer (sitting inside the equipment shed near the finish line), and the only work really required will be to enter the athletes bib number, to match it to their lane number (similar to what we currently do on the straight track).

The other benefits will be improved accuracy and consistency of timing, plus quicker and simpler uploads of results onto our 'Results HQ' system.

During an initial testing phase, we'll continue to manually time. Over time this role (manual timing) will no longer be required, there will however be new roles that we'll need parent helpers for. So, if you're interested in learning more about this new timing equipment please speak with our committee.



## PARENTS ON THE FIELD

Now that we are well into the season, we ask that only those parents who are on duty be on the field (parents of tiny tots are ok). The athletes must be given the opportunity to concentrate on their event without added distractions. You will see them gain the confidence needed to go out to events with just their age managers, and friendships will also form more quickly. You can, of course, go to the fence-line closest to the event to watch.

## CENTRE RECORD BREAKERS

We congratulate these athletes on their great achievements

Date	Event	Age Group	Athlete	New Record	Old Record
13/10/2018	200m	U14 Girls	Emma Lee	26.10	26.50 (2018)
27/10/2018	Javelin 500g	U15 Girls	Emma McNally	24.09	23.51 (2018)
27/10/2018	Javelin 500g	U15 Girls	Jessica Ward	25.32	

## CALENDAR: NOVEMBER & DECEMBER

### November 2018

3th Competition Week #8

10th Competition Week #9

16th Skills Development Night commencing 6pm. Training for U6 – U11 not competing in State Relays. Some of our Senior Athletes and Committee will spend the evening assisting our younger athletes providing tips to improve techniques.

***17th No competition at Waratah on Saturday due to State Relay Championships***

**Saturday 17th State Relays** (Juniors Day - U/8's to U/11's) to be held at Sydney Olympic Park (SOPAC), Homebush.

**Sunday 18th State Relays** (Seniors Day - U/12's to U/17's) to be held at Sydney Olympic Park (SOPAC), Homebush

Sutherland LA's will be entering a number of selected teams to compete in the LANSW State Relay Championships. The club will cover the entry cost for the selected teams. See the downloads tab for a copy of the program or visit Little Athletics NSW website for more details.

24th Competition Week #10

### **30th Nov**

**Southern Metropolitan Zone Championships** at Illawong LA's, The Ridge Athletics Track  
The Zone Championships involves all the clubs in our area (Helensburgh, Illawong, Port Hacking, Revesby, Bundeena, & St George). Entry is open to all athletes in the U7 to U17 age groups. Parent duty is compulsory for everyone that's enters their children.

### December 2018

**1st Dec – 2nd<sup>nd</sup> Dec**

**Southern Metropolitan Zone Championships** at Illawong LA's, The Ridge Athletics Track  
The Zone Championships involves all the clubs in our area (Helensburgh, Illawong, Port Hacking, Revesby, Bundeena, & St George). Entry is open to all athletes in the U7 to U17 age groups. Parent duty is compulsory for everyone that's enters their children.

***No competition at Waratah Saturday 1st December due to the Zone Championships***

### December 2018

8th Competition Week 11

15th Sutherland Little Athletics Christmas Party. A family fun day as we go into the Christmas and New Year break. A surprise visitor arrives around 10am

22nd No Competition

29th No Competition

## “At The Blocks” ATHLETE PROFILE’s

This month’s “At the Blocks” Athlete Profiles are with Jessica Wardrobe and Eve Gardner from the U14 Girls. It’s rare to have 2 girls from the 1 club dominate the 200m and 400m events like these girls have. But as you will read they put in the hard work and have been rewarded with state titles and plenty of recognition.

### Eve Gardner:

- 1. What is your first memory of Little A’s**  
My first memory of little athletics was when Aurelia threw a discus so hard it dented the cage, I was forever terrified of her after that but now we are great mates, it just shows how much this sport can bring people together.
- 2. Last year you were awarded the Number 1 athlete at Sutherland Little A’s tell us how you felt about receiving this award**  
Receiving the number 1 athlete award at the end of last season was such an honour and I am so proud to represent my club this year with such high regards as I know Sutherland Little Athletics has so much potential and is a really friendly and talented community
- 3. What are the goals for the 2018/19 season**  
My main goal this season is an event change to long hurdles as I have a passion for it and believe everyone should follow their heart.
- 4. How many days a week do you train**  
I currently train 3-4 days a week, rest is very important.
- 5. What other sports or hobbies do you do**  
I play oztag, soccer and rugby outside my athletics.
- 6. What event do you least enjoy and give reason why**  
The event I least enjoy would have to be discus as it’s probably the one in the worst at aha.
- 7. Do you have a funny moment from your Little A’s career**  
The funniest moment of my little athletics career would definitely be muck up day as Sutherland really comes together as a family for a good laugh and an intense shaving cream fight.

### Jessica Wardrobe:

- 1. How many days a week do you train and who is your coach**  
I train 4 days a week with an awesome training group, and my coach is Jacinta Doyle.
- 2. Once your Little A’s career finishes at Sutherland do you see yourself as an Age Manager as from what we see you really enjoy helping out the younger kids**  
I love helping the younger athletes and would love to continue doing this when I finish Little As. I am really looking forward to helping coach the u8 Girls & u11 Girls 4x100m Relay for State Relays
- 3. Biggest highlight of your career**  
The Biggest Highlight of my athletics would be winning the 200m & 400m at the recent NSW All Schools Competition

4. [Who do you look up to as a role model](#)

My role models are Ella Nelson, Annalise Rubie, Riley Day & Sally Pearson. I was lucky enough to watch some of these athletes compete at the Commonwealth Games earlier in the year – it is something I will never forget.

5. [What is your winter sport and what else do you do to relax](#)

I love playing Netball and Touch over winter.

6. [What is the goal for the 2018/19 season](#)

My goal for the current season is to continue to enjoy my weekly training sessions and improve my PBs.

7. [What is your first memory of Sutherland Little Athletics](#)

My first memory of Sutherland Little Athletics is competing for Sutherland at the Zone Athletics Championships in the u7s. I was excited to see friends from nippers and netball there too. I also won some medals which are still hanging up in my room



Jessica Wardrobe and Eve Gardner

## “At The Blocks” PROFILE: SLA RECORDER

This month’s “At the Blocks” profile is with one of our SLA Committee members. Alison Nicholson is responsible for the running of our program each Saturday and then she backs that up with entering the results for our 500 athletes into the website resultshq. We really appreciate all the hard work she does for the club. I sat down with Alison recently and asked her a few questions.

1. [How long have you been the recorder/program manager at Sutherland Little Athletics for.](#)

We joined Sutherland in 2006, and I took on the role of Registrar that year. I then moved to the Recorders role a few years after that and picked up the extra Program/Announcing role in 2015.

2. [Do you remember when you first started the role and what was it like.](#)

The club has changed a lot since we started. There were actually four clubs that ran at Sutherland, and these were combined under the Sutherland banner not long after we joined. Running the weekly program for announcing can be challenging at times, especially if there are lots of interruptions. As you can imagine, keeping track of where the 24 age groups are at any one time, as well as trying to get 120+ events finished each week as quickly as we can, all while giving the athletes a break between events, can be a bit challenging.

3. [Can you tell us one of the best sprinters you have seen at Sutherland Little Athletics.](#)

I won’t single out any one athlete as there have been a number of great sprinters come through our club who have gone on to compete internationally. But there have also been other athletes who have gone on to compete in the Senior Athletics competitions, and other sports, at a national level.

4. [What’s the best thing about your role.](#)

One of the reasons I took on these roles was so I didn’t have to be out in the summer sun all morning. Announcing and Recording have prime position upstairs, so we get to see everyone out on the track (although we are quite often so busy that we forget to watch our own children compete). Being part of a committee that has seen club registrations grow over the years has been very rewarding. With a growing number of national level athletes, we get to see some great competition every week. From upstairs, we see the comradery and friendships build between the kids (and age managers), and we see so many high fives out on the field as athletes smash their PBs during the season.

5. [Did you ever do Little Athletics, if so where and when.](#)

I wasn’t involved in athletics as a child. My sports of choice were swimming and hockey.

6. [What or is there a key to running a perfect program.](#)

I don’t think there is anything too difficult about running the program. You just need to be organised, and to have some understanding how the Saturday competition runs. The only way to learn is to jump in and lend a hand.

7. [Do you have a highlight or funny moment you can share with us.](#)

I can’t pin it down to any one funny moment, but some of the funniest moments can be seen during the parent vs child races – it really shows where the kids get their competitive spirit from.



## LONG JUMP TIPS WITH JACINTA DOYLE

Jacinta Doyle is well respected coach in the Sutherland area and is the head of Outfit Coaching. She has plenty of Sutherland Athletes under her guidance and has kindly offered some tips for our long jumpers -

1. Maximum Speed on the runway
2. Your last 3 steps need to be your quickest steps & slightly shorter as you prepare for the board
3. The Driving knee needs to swing through fast and high
4. As you take off and the knee drives up, also reach up with your arms and hold a nice tall body position while in the air
5. As you begin to come down, reach out in front for your heels and keep your legs out in front in a nice extended position for as long as you can.



# SPONSORS AND SUPPORTERS

We would like to thank our sponsors and supporters



The Mower Man - Terry Kerlake

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