



SUTHERLAND LITTLE ATHLETICS - ESTABLISHED 1970

NEWSLETTER

Webpage: www.sutherlandlac.org.au

Email: info@sutherlandlac.org.au

Facebook: <https://www.facebook.com/suthlittleathletics>

Season 2019/2020

Edition #2

October 2019

MAJOR CARNIVAL NEWS

State Relays

Saturday 16th November 2019 (Juniors U8-U11) and

Sunday 17th November 2019 (Seniors U12-U17)

Sutherland Little Athletics have entered a select number of teams to represent the club in one of the showcase events on the Little Athletics NSW calendar - the State Relay Championships held at the Sydney Olympic Park Athletics Centre (SOPAC - Homebush).

There will be compulsory track relay team training on Sunday 10 November - details have been posted on Team App. Parent duties will be assigned by Team Managers as soon as we have further details from LANSW. Athletes in state relays will need to see Megan and Michelle on Saturday 9th November at the information desk to collect their information note. All communication for training, duties and information regarding State Relays will be posted via Team App - please request to join the State Relays group if your child is selected in this team.

Zone Athletics Carnival

Sylvania Waters Athletics Track, Belgrave Esplanade

13th, 14th and 15th December 2019

On Saturday 23rd November, athletes will receive a confirmation letter, notifying them of their zone events and the parent duty selected/assigned. Athletes' entry fee is \$15 per athlete. This is payable to the information desk OR via Team App by clicking on the zone event in the calendar and purchasing a ticket. Parent duty at Zone is a requirement for all families who enter and is available for you to register through Sign Up <https://signup.com/go/tDbBqHq>

Please note: All payments must be paid and parent duties selected by **Saturday 9th November** or a **duty will be assigned to you.** In the case of a duty being assigned to you and it is not suitable, then it is YOUR RESPONSIBILITY to make a swap and ensure your duty is covered. You must also advise Team Managers of any changes to duty.

Until you receive your confirmation letter, sign up for duty and make payment, your zone entry is not accepted, and your child/ren will be unable to compete.

Those successful in gaining entry to Regionals will compete on the 1st/2nd February 2020 at the Ridge Athletics Track. Please note under 7's do not progress through to regionals. It is also important that if your child is successful but unable to compete at regionals, that they MUST withdraw on the day of the zone carnival in order to allow reserves to take their place.

SEASON CALENDER NOVEMBER

Saturday November 9 - Week 8

Saturday November 16 - No Sutherland Little Athletics due to State Relay
Championships at SOPAC Homebush

Saturday November 23 - Week 9

Saturday November 30 - Week 10

ATHLETE PROFILE

This month's Athelte profile is a feel good story about an athlete that suffered a really bad injury in June 2018 and has come full circle, made a fantastic recovery and will now line up and represent the U14 Girls in the 4x100m at the State Relay Championships next month. Holly Mathieson is her name and I recently sat down with her and her mum Angela to hear more about the injury and what Holly had to overcome and its certainly uplifting.

Angela:

- 1. Angela can you take us back to the incident where Holly suffered her injury, describe it and what she went through.**

Holly was competing at PSSA Regional Cross Country in June 2018. At this time, she had been seeing her physiotherapist for a sore knee she had being getting due to a growth spurt she was going through. When Holly came around after the first lap, I could tell something was wrong. She looked like she was in pain and really struggling. As the other girls started coming across the finish line, I started getting a bit nervous. Runner after runner were coming through and it then got to the kids at the back end of the race and Holly was still nowhere to be seen. I was just about to head over to the officials when she came walking through the crowd. She was crying and in a lot of pain. As she went to accelerate up the hill on her second lap she felt a few pops in her hip and had dropped onto the track. I got her an appointment at the physio the next day and over the course of the next week she deteriorated to the point where she could not even walk without holding onto the walls and was in constant agony. She was put onto crutches and sent to see a paediatric rheumatologist. After MRI scans he confirmed that she had fractured the internal surface on both sides of her pelvis. The condition was called Van Neck-Odelberg syndrome and was related to her growth spurt. For the next 4 months Holly was on crutches and prescription pain medication. At first all she could do was lay on the lounge, but even this was extremely painful. She could not go to school or do anything other than moving between the couch and bed. After about a month she was able to go to school for a couple of hours each day and then would lay on the lounge for the rest of the day. We gradually built up her hours at school in conjunction with her specialist and physio and by around mid-October she was able to start moving around without her crutches and was off most of her pain medication.

ATHLETE PROFILE (Con't)

2. How tough was it for you, your family and Holly?

To see Holly, go from a happy, healthy, fun loving young girl who loved nothing more than her running to laying on a lounge in constant pain for months was absolutely heart breaking. As a family we tried everything we could to keep her spirits up but as the months went on, and dealing with the relentless pain, it took its toll on her. Even trying to sleep was agony. We would get her in the pool just to try take the weight of gravity off her body as this was the only thing that would ease the pain. It wasn't just the physical pain but the emotional and mental toll it took. She couldn't go to school, hang out with her friends, join in with family events, or any of the things a 12-year-old would do. As a parent it was so hard to watch. As the months went on, we put on a brave front and stayed positive for her, but we really didn't know if she would ever be able to get back to running like she used to. We are so grateful for not only the amazing medical team Holly had looking after her but for our wonderful family and friends. And a special mention to her "running family" and to her age manager Craig Elton. He was constantly checking in with us during this whole time

and arranged get well cards, visits and made sure Holly felt included at the track even when she was unable to compete.

3. Did you think she would make it back and how proud are you that she is part of the State Relays 4x100m team.

Once Holly got the green light to slowly start running again in February 2019, she just had to take it very slow. This return program was closely monitored by her medical team and as the months went on and Holly was slowly starting to see some progress. She came back and did a couple of light runs at the end of the Little Athletics season and decided to sit out the winter Cross Country season to let her body keep healing. She played Tag League with her friends over winter instead. Coming back to Little Athletics this season Holly was very nervous about how slow she would be running because she hadn't done any structured training for over 12 months. Over the last couple of weeks, we have been blown away with how well she has been running. For Holly to be selected in the 4 x 100m State Relay team is beyond our wildest imagination. To think back to where she was just over a year ago to now is unbelievable.

ATHLETE PROFILE (Con't)

4. What's the difference between the Holly before the accident and the Holly after the accident?

As far as Holly's personality goes, I don't think that has changed much from before her injury....she always loves a chat and a laugh. We were having a chat the other day and she said that she was glad that she took the time off and let her body heal over the last 12 months. In that sense I believe that she has learnt that you have to listen to your body and give it the time to heal properly when something like this happens as her body has to see her through the rest of her life.

5. Can you tell us a funny story about her?

Holly has a great sense of humour and is always up for a chat. I think John Bowers has lost count of how many times he has been running with Holly and she has tripped or fallen in a pothole but still hasn't stopped talking.

Holly:

1. Tell us how excited you are to be in the U14 Girls 4x100m Relay Team for next month's State Relay Championships.

I was really surprised to be selected in the 4 x 100m Relay team as well as the Jumps Relay. I didn't expect to be in anything as I have just started to come back after my injury.

2. How many times a week do you train.

Prior to my injury I was training 3 days per week then either doing Little Athletics or Cross Country on a Saturday. I am only starting to get back into my training. I'm currently training 2 days a week plus doing Little Athletics

3. What is your winter sport of choice?

Over winter I played Tag League for the Engadine Dragons. We made it to the grand final which was pretty exciting.

4. What events will you contest at the Zone Championships in December.

At Zone I will be competing in 200m, 400m and 800m

5. Do you have any special talents?

I love art and am pretty good at drawing.

6. What are your goals for the rest of the 2019/20 athletics season?

ATHLETE PROFILE (Con't)

This season I am going to focus on my middle distance running and try and get my times down as much as I can. I am going to see how far I can get in Zone etc but this season is all about rebuilding my speed and strength to keep running for years to come.

RECORDS

The following athletes have broken records for the month of October and we congratulate all of them.

<i>Date</i>	<i>Event</i>	<i>Age Group</i>	<i>Name</i>	<i>New Record</i>	<i>Old Record</i>
12/10/2019	Discus 500g	11 Girls	Keira Toohey	23.31m	19.25m (2019)
12/10/2019	200m	17 Girls	Jessica Wardrobe	27.14	27.44 (2013)
19/10/2019	100m	15 Girls	Emma Lee	12.58	12.65 (2019)
26/10/2019	Shot Put 2kg	12 Boys	Zoran Szekeres	12.08m	11.79m (2019)
26/10/2019	200m	15 Girls	Emma Lee	25.69	25.80 (2008)

CHARITY EVENT "SHOW YOUR STRIPES"

Saturday October 26th Sutherland Little Athletics got involved with Ronald McDonald House and raised some vital funds with the "Show Your Stripes" Charity Day. We thank everyone that purchased socks and had their hair spray painted by our Senior Athletes. We are pleased to advise we raised \$1358.00 and that has been forwarded onto the charity.



The U14 Girls put their support behind the "Show Your Stripes" Fundraiser.



WET WEATHER PROCEDURES

Our Committee will inspect Waratah Oval shortly before 7:30am each Saturday. Our Facebook, Website and Team App will keep you updated with any changes. Even if part of the track is deemed unfit to use, we may still be able to still have a modified program of events.



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We would like to thank our sponsors and supporters



The Mower Man - Terry Kerlake