



SUTHERLAND LITTLE ATHLETICS - ESTABLISHED 1970

NEWSLETTER

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Season 2019/2020

Edition #3

November 2019

SEASON CALENDER DECEMBER

Saturday December 7 - Week 11

Saturday December 13, 14 and 15 2019 Coles Zone Championships at Sylvania Waters Track

Saturday December 14 - No Competition due to Zone Championships on December 13, 14 and 15th

Saturday December 21 - Christmas Party, a special guest arriving from 10am (More details on last page)

Saturday December 28 – No Competition (Season Break)

ATHLETE PROFILE (Under 8's and their State Relays Experience)

We asked some our U8s ***"What was the best thing about competing at State Relays"?***

Matthew Faulkner - the best part was "running, being part of a team and getting a medal".

Casey Stirton - loved racing against the other teams because it was fun and exciting to be in front of the big crowd.

Mary Higgins - I loved going there with my dad, it was so exciting. I felt so proud that I was chosen, and I got to do it at the Olympic Stadium. I also did my best jump ever!"

Brodie Phillip - I loved running and jumping in the sand pit because it was fun versing other people. I just loved doing it!

Lewis Gotch - I'm excited I got to jump in a pit that Olympians have jumped in.

Elijah Hazelwood - The best thing about the State Relays was getting a bronze medal for long jump.

Zachary Gibson - **1.** I was proud to represent Sutherland Little Athletics team **2.** I liked getting a white flag after he did a Shot-Put throw **3.** Getting a Powerade drink to give extra energy for my event.

Lachlan Baker - "being at the big stadium with all those people watching was the best! and learning how to pass the baton to each other".

Ryan Hurst – I enjoyed learning how to run with a baton for the first time and doing it in a race.

Maggie Treanor - "The best thing was coming third, getting a medal and being on the podium that Cathy Freeman stood on"

Chiara Bradley - That Emma was a great coach and taught me all the good techniques about the relays. That was my best thing. "

Ella Plummer - I just enjoyed being a part of the whole thing. For me being a new experience, I really enjoyed all of it, even the training! I think having a lovely and very patient coach in Emma helped.

ATHLETE PROFILE (U8 Jumps Team)

The 2nd feature is with the U8 Jumps team who won a Bronze Medal at the State Relay Championships. See below response from Brodie, Lewis and Elijah.

1. *What was the best thing about competing at State Relays?*

Brodie - I loved running and jumping in the sand pit because it was fun versing other people.
I just loved doing it!

Lewis - I'm excited I got to jump in a pit that Olympians have jumped in

Elijah - The best thing about the State Relays was getting a bronze medal for long jump.

2. *Were you nervous and did you jump a PB?*

Brodie - No I wasn't nervous. Yes, I did a PB of 2.81.

Lewis - I was nervous and excited at the same time. I jumped a big PB by 30cm

Elijah - No, I wasn't nervous. I'm not sure if I got a PB.

3. *Now that you have won a State Medal where is it kept?*

Brodie - In my bedroom with all my other medals and trophies.

Lewis - I keep my medal in my bedroom

Elijah - It is kept in my drawer in my room.

4. *How long have you been doing Little Athletics for and why is this your choice of summer sport?*

Brodie - This is my third year. To try to run faster for Oz tag and soccer and all my other events.

Lewis - This is my 2nd season and I chose it because I love running, sprinting and jumping.

Elijah - This is my second season of Little Athletics and I do it because I like sport and the athletics events.

5. *What is your favourite event of the Week A program and Week B program and why?*

Brodie - Discus because I love throwing it and getting PB's and trying to throw it as far as I can. My second favourite is long jump.

Lewis - My favourite events are 100 and 200m

Elijah - My favourite events are 400m and long jump.



STATE RELAYS WRAP by Michelle and Megan (Team Managers)

Saturday November 16th (Juniors)

LANSW State Relays Championship Day 1 wrap up. PB's, Medals, heap of smiles and the bar has been set, it's now over to the Seniors on Sunday.

12 Medals were won by our awesome Juniors.

6 Gold

U9 Boys 4x100m, U9 Girls 4x100m, U8-U11 Boys Middle Dist, U8-U11 Girls Middle Dist, U9 Mixed 4x200m

U10 Mixed 4x400m

2 Silver

U11 Girls 4x100m, U9 Girls Jumps

4 Bronze

U8 Girls 4x100m, U10 Girls Jumps, U11 Boys Throws, U8 Boys Jumps

Thanks to all of the coaches for our 4x100m Relay teams Hayley Waters, Emma Lee, Jessica Wardrobe and Craig Waters they are current and former SLA Members.

Congratulations to all Juniors for a super effort.

Sunday November 17th (Seniors)

My favourite carnival of the year State Relays and today it was the Seniors turn. Our Juniors are a tough act to follow but the Seniors gave it a red-hot crack. So many great performances, PBS, medals, lots of cheering and lots of smiles. For those competing at their first State Relay carnival we hope you enjoyed it, to Jack Hornery and Miles Scarra in the U17s, competing in their last thanks for all your efforts. As is the way over the course of the day we had a few injuries and big thanks to Taurus, Emma and especially Lucy (who was at home) answering the call to fill in so that the teams could still compete. Thanks, you to Jess Wardrobe, Sean Noyeaux for coaching the U12s and for Craig Waters running the rest through their paces, to the parents for getting your kids to training and for helping out with duty.

Seniors finished with the following medal tally:

5 Gold

U12 Boys Throws and NEW STATE RECORD, U12-U15 Middle Distance 4x800m Girls Ivy, Bella, Tilly and Mia

U12 Mixed 4x400m, U13 Mixed 4x400m U15 Girls Jumps and NEW STATE RECORD

1 Bronze

U15 Girls 4x100m

Now most of you know that Michelle and I have a friendly (??) battle going with Seniors v Juniors over the season, so while the Juniors were certainly impressive with their medal haul yesterday, I think on the basis of 2 STATE RECORDS and the most amount of really close 4th place finishes Seniors WIN!!!

Michelle Hanley Junior Team Manager

Megan Noyeaux Senior Team Manager

Banana Recipe – From the President

Not sure what to do when your bananas are going brown or over ripe, try this recipe for a delicious and healthy cake the family will love.

Banana Bread

125g Butter

180g (1 Cup) Brown Sugar

350g (3 or 4 medium) really ripe Bananas, mashed

2 Eggs

1 Teaspoon Vanilla Extract

1 Teaspoon Ground Cinnamon

250g (2 Cups) Self Raising Flour

3 Tablespoons Warm Milk

Preheat the oven to 170C and add baking paper to a 30 x 11cm loaf tin.

Cream the butter and sugar until smooth and then whisk in the mashed bananas.

Add the eggs, vanilla, cinnamon and whisk well.

Sift in the flour and beat until smooth and stir the milk into the batter.

Scrape mixture into the tin and bake for about 50 minutes, until the bread is crusty on top and a skewer poked into the middle comes out clean.

Turn out onto a rack to cool.

Serve warm or cold, plain or toasted with butter, but allow to cool completely before storing in an airtight container, where it will keep well for several days.

For a variation add 1/2 Cup Chocolate bits.

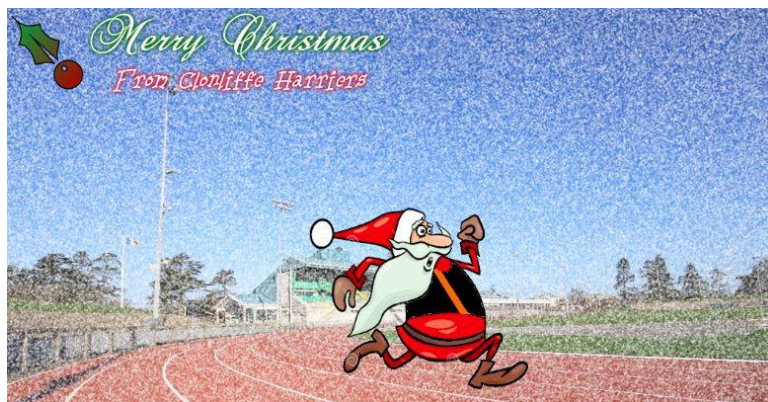


WHAT'S COMING UP IN DECEMBER

Good luck to all Sutherland Athletes competing at the 2019 Coles Zone Championships on December 13 – 15. Please ensure you have your Coles patch pinned to the top right of singlet or crop top and age patch on left side of shorts or tights. Make sure you arrive well before the “NOT BEFORE TIMES” and please report to Team Managers and get signed off and collect your gift from club. (Location of Sutherland Team Managers will be confirmed next week). Remember a parent duty is compulsory for all athletes entered so please make sure you also see Team Managers so they can sign you and advise where you are to be and what time.



Sutherland Little Athletics gets into the Christmas spirit with its annual Christmas Party on December 21st starting at 8am. This is a non - competition day as we conduct novelty events and kids v parents' races. Once that is completed our very special guest arrives around 10am to visit all the children that have tried their best during the first half the season.



RECORDS

Congratulations to the following athletes who have set new records for the month of November

Date	Event	Age Group	Name	New Record	Old Record
2/11/2019	100m	15 Girls	Emma Lee	12.45	12.58 (2019)
9/11/2019	Shot Put 2kg	12 Boys	Zoran Szekeres	12.57m	12.08m (2019)
23/11/2019	Javelin 700g	17 Boys	Luke Nicholson	44.91m	41.67m (2019)
30/11/2019	Triple Jump	15 Girls	Emma Lee	11.24m	11.10m (1996)
30/11/2019	Triple Jump	15 Girls	Charlie Hallam	11.43m	
30/11/2019	200m	15 Girls	Emma Lee	25.46	25.69 (2019)
EQUAL RECORD					
26/10/2019	High Jump Scissor	9 Girls	Emerson Spence	1.10m	1.10m (2017)
9/11/2019	High Jump Scissor	9 Girls	Emerson Spence	1.10m	

WET WEATHER PROCEDURES

The 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.



SPONSORS AND SUPPORTERS

We would like to thank our sponsors and supporters



The Mower Man - Terry Kerlake

Waratah Park, Rawson Ave Sutherland, Mail: PO Box 374 Sutherland NSW 1499, Ground Phone (02) 9521 1974

Due to the Christmas and New Year Break the next Sutherland Little Athletics Newsletter will be sent in late January 2020.

We wish everyone a Merry Christmas and Happy New Year

Sutherland Little Athletics will resume on January 11th 2020