



ANNUAL REPORT 2021/22



CANTERBURY LITTLE ATHLETICS CENTRE

21/22 Committee

Executive Committee Positions

Jenny Greenhalgh	Registrar
Henry Milewski	Vice President
Shihan Ramasundara	Treasurer
Melissa Veitch	Secretary
Mandy Verdon	Centre Manager
Amy Winters	President

General Committee Positions

Amanda Bartlett	Assistant Canteen Manager
Stephen Laws	Training Coordinator
Stephen Laws	Championships Officer
Amil Pagliasso	Equipment Officer
Nikki Ramtel	First Aid Officer
Venessa Reidy	Timing and Results Coordinator
Venessa Reidy	Uniforms
Jackie Speak	Canteen Manager
Mandy Verdon	Parent Duty Coordinator
Mandy Verdon	Communications Officer
Amy Winters	Communications Officer

Age Managers

Antton Pagliasso	Tiny Tot's
Jenny Greenhalgh	U6
Julieanne Laws	U7
Paul Manners	U8
Ilkay Chironi	U9
Phil Smith	U9
Brian Flatley	U10
Venessa Reidy	U10
Lisa Cremasco	U11
Ashley Weise	U11
Michael Dawson	U12
Stephen Laws	U12
Henry Milewski	U13
Katherine O'Brien	U14-17

President Report

It's safe to say this has been one of the toughest and most interrupted seasons on record – and who thought we'd be saying that after COVID!

The plan for this season was ever-changing as COVID restrictions and their impacts changed, along with date changes for key representative championships and their pathway events.

Thanks to the Committee for their flexibility and quick response to change, in order to maximise opportunities for our athletes.

It was incredibly disappointing that it was mother nature who decimated our season. Only five of our scheduled weekly competitions were completed this season, plus our Christmas fun night on the 17 December. Training nights weren't impacted as heavily pre-Christmas and provided an additional two nights of activity each week for our members.

As communicated, CLAC will deliver Winter Training for our members during Term 2, free of charge. The condition of Campbell Field may impact these plans, but we will continue to work closely with Council staff and will extend our Winter Training plans into Term 3 if able.

Also disappointing was the criticism of the Committee in regard to club events not being conducted on the eve of Zone and Regional events. Many members of our Committee and our Age Managers are involved in delivering these events – all participating clubs are required to work together to do this. It is simply a matter of resources. If you want our club events to be on when our regular resources are needed elsewhere, we need more of you to step up and deliver in Canterbury at those times. As much as we are #TeamCanterbury all the way, there is a bigger community to which we are a part of.

In spite of the challenges we faced, this season presented many highlights for our athletes, particularly those on the representative pathway.

- 2936 personal best performances at club competitions
- 15 Centre Records broken
- 68 athletes competed at the Inner-City Zone Championships
- 53 athletes qualified for and competed at the Region 8 Championships
- 25 athletes qualified for and competed at the LANSW State Championships
- Canterbury athletes collected 20 state medals across various LANSW and Athletics NSW State Championships, including eight state titles
- Uchenna Egbu and Tallara Joseph-Riogi collected six medals across three national championships, including four Australian titles.

Congratulations to all of you. That's a phenomenal effort and we're so proud of you all.

Thanks to all the parents and carers who jumped in to volunteer throughout the season. Little A's is, and always has been, a volunteer-based sport. It simply cannot function without your commitment, so thank you for your efforts.

A final thanks to our team on the Committee and our Age Managers for their efforts in running our club. Without you all, Canterbury Little Athletics could not operate.

Amy Winters
President



Secretary Report

This was my first year in the Secretary role, after quite a few as Age Manager.

Whilst my son no longer competes, I decided to remain in the Committee in this capacity because it is a great club, run by a great group of volunteers who really go above and beyond to give our athletes a solid, meaningful, and fun competition.

The Covid situation was delicate coming into the opening of the season, but we were all very pleased to see restrictions ease and be able to kick off in November, albeit with a few extra hoops to jump through. Starting later than usual, we knew it would be shorter than non-covid times, but no-one could predict just how short it would turn out to be.

The 2021/2022 season was certainly wet! Rainouts were commonplace, and the track over at Campbell Field is still trying to dry out. The committee showed resilience and maintained a consistent, upbeat vibe in our monthly Zoom meetings. Despite the rain outs, the planning and manoeuvring continued, with the efforts to try to ensure that when we could meet for our local competition, it was a good night. Additionally, organising our teams for Zone, Regional, State and National competition.

Congratulations to all athletes who wore the blue and white in these competitions. It was wonderful to see such great representation from our little club at the pointy end this year.

Thank you to all of the Committee, Age Managers and parents who volunteered on the field on competition nights and representative events. Your commitments allow our athletes to participate and feel supported to try their very best and get great results.

I look forward to next season and seeing some familiar faces again.

Melissa Veitch
Secretary

Registrar Report

What a season it has been! From being ready in August to open registrations and then having to push it back until November was difficult for the entire club. However, it meant the excitement had built and membership quickly grew.

This year saw a new system from LANSW being used for registrations: GameDay. I would like to thank you for your patience as we all managed a new system together. Even after days of training there were still many teething issues, I am looking forward to next season and knowing a lot more about this system.

This season we had 338 athletes registered, this was slightly up from last season. Many of our age groups reached their number caps, a good reminder to register early when the new season opens later this year.

I might also add that if each age group has two Age Managers, we can often increase the number of athletes. Another great reason to volunteer next season.

With the later start to the season, we were able to have a pack collection day for our members and it was exciting to see new and returning members at the field.

Jenny Greenhalgh
Registrar



Treasurer Report

Despite the challenges of COVID and the weather we have had a positive season financially which puts us in a strong position for investment in the club for seasons ahead.

Our main sources of income have remained strong, primarily grants, registrations, school athletics carnivals, uniforms, and the canteen.

This is a testament to all our committee members and volunteers who support the club. Thank you! This income has allowed us to make investments in upgrading facilities and equipment, expanding our coaching initiatives and continued support of our athletes with subsidised entries to zone, region and state competitions and recognition for all athletes at the year-end presentation day.

Thank you to the CLAC community for your ongoing support and look forward to seeing you back next season.

Shihan Ramasundara
Treasurer

Statement of Accumulated Funds		
As at 31 March 2022		
	2021	2020
	\$	\$
Assets		
Comm Bank Cheque Account	140,266	87,800
Uniforms on Hand (est)	12,640	18,041
Equipment (at replacement cost)	131,529	161,736
Total Assets	284,435	267,577
Liabilities		
Duty Bonds	7,575	375
Accounts Payable	60	1,082
Total Liabilities	7,635	1,457
Total Accumulated Funds	276,800	266,120

Profit and Loss		
For the year ended 31 March 2022		
Account	2022	2021
	\$	\$
Trading Income		
Canteen	6,946	15,000
Duty Bonds	6,125	8,728
Equipment Hire Income	8,850	1,100
Grant Income	33,250	9,989
Rego Fees	23,106	24,695
Timing Solutions	1,099	-
Uniforms	9,534	5,423
Total Trading Income	88,910	64,935
Operating Expenses		
Admin Expenses	3,606	2,067
Asset Write-Off	35,000	-
Bank Fees	12	27
Canteen COGS	6,283	9,234
Coaches	5,337	6,125
Committee Expenses	225	2,475
Competition Expenses	2,768	-
COVID	-	1,249
Education and Training	554	1,585
Equipment & Asset Purchases	1,624	5,036
Equipment Hire Costs	3,075	275
LANSW Fees	65	20
Marketing & Promotions	43	1,491
Other Costs	30	404
Postage & Freight	132	1,126
Repairs & Maintenance	2,470	515
Trophies & Medals	4,045	10,473
Uniform COGS	12,168	4,881
Venue Hire	794	1,235
Website Maintenance	-	600
Total Operating Expenses	78,231	48,818
Net Profit	10,679	16,118
Previous Years Surplus Funds Carried Forward	\$266,120	\$250,002
Surplus Funds Carried Forward	\$276,800	\$266,120

Centre Manager Report

I'm sure I echo everyone's thoughts when I say we were hoping for more Friday nights at Campbell in the 21/22 season!

Coming off the back of a long 4-month lockdown, we enthusiastically planned for, and looked forward to, an uninterrupted season of athletics. Unfortunately, the weather had other ideas. A late start due to Covid restrictions, and numerous wet weather cancellations saw us only competing on 5 occasions over the course of the season.

The disappointment was felt most strongly amongst the Committee, who after months of planning, and working hard behind the scenes had to cancel week after week – not only feeling the wrath of our own children, but disappointingly from parents within our community. Coordinating a full-scale event each week takes a lot of planning and it is simply not possible to accommodate all our athletes on a reduced program when we have sections of Campbell Field out of action. Despite this, we will continue to look at ways in which we might be able to provide more opportunities for our athletes to participate and learn new skills – such as the introduction of a winter training season this year.

Once again, I'd like to take this opportunity to thank our regular team of helpers who go over and above their duty requirements to help out each week to ensure we have a smooth-running program each Friday night. A huge thank you to Bec Rumens, Tracy Hayden, Tara Andrews, Adam Greaves and Mary McMahon. It would be great to see some new faces helping out next season. The reality is that our club would not be able to operate if not for our volunteers – including the Committee who work tirelessly, regardless of the number of actual nights we run, to ensure our community has a local Little Athletics centre. I would like to encourage all parents to consider where they might be able to help out to relieve the workload for our Committee and regular volunteers 😊

We have fingers crossed for more weekly competitions next season!

Mandy Verdon
Centre Manager

Equipment Officer Report

It is hard to know where to start reporting about a season that was anything but normal. First because of COVID and latter because of the weather.

So, by April last year, the schools had started to return hiring our equipment for their Athletics Carnivals, and from early winter we started to have serious problems with the heavy metal covers of the high jump mats. It kept on getting bogged down on the soft, muddy ground (One day we shall have a nice all weather synthetic ground). Sorry, I'm dreaming!

Then everything came to a stop, again because of COVID, and the schools never came back for the rest of the year.

In the meantime, we changed the wheels of the metal cage for wider ones. It helps somewhat.

The Club didn't start competition nights until late November and after a couple of weeks the rain started to come (almost every Friday!). Of course, the real problem is the field itself, natural grass without a proper level and no drainage, the rain that started early December intensified as time went by creating a dislocation of the Club's timetable. We lost many Friday nights because of this. Council has come to look at the state of the field and is in the process of doing something about the drainage for the sand pit. It becomes a swimming pool every time it rains and takes days to dry and be safe to use. There is also a plan to build a small sand pit for the little ones.

Right now, the field is literally falling apart, even if the two Groundmen from Council, John and Dean are trying everything to save it. As the rain continues the schools are unable to do their Carnivals and we can't do any training on the field.

Regardless, we will keep on trying and as usual, we are getting ready for the next time. I'll be there, hope to see YOU then.

Amil Pagliasso.
Equipment Officer

Championship Report

No report submitted.

Training Report

No report submitted.



First Aid Report

A short yet successful season for the Little Athletes of Canterbury. Between Covid, and the unprecedented rain, we managed to get as much as we could out of this season. This was my first season as the First Aid Officer at Canterbury and fortunately only minor ailments/injuries were requiring treatment. With a well-stocked First Aid Cupboard and treatment room we were ready for anything that came our way!

Over the course of season approximately 22 episodes of care were attended to, none serious enough to warrant follow up care with either a doctor or physiotherapist.

A table outlining the type of injuries is below

Type of Injury	Athletic Event related Injury	Non-Event related Injury
Graze/Abrasion	4	6
Blister		1
Injury from own Spike	1	
Minor Burn		1
Ankle Sprain	1	
Muscle Strain	3	
Contact with hurdle	1	
Bruise	2	
Exacerbation of existing injury	2	

I would like to thank the Executive Committee and the Age Managers for their dedication to our athletes, making Friday nights fun, exciting and full of friendly competition. Without them, it wouldn't be possible.

Nikki Ramtel
First Aid Officer

Tiny Tots

For my first time as a Tiny Tots Age Manager, I was very happy and grateful to experience this amazing opportunity. The season began smoothly but was unfortunately cut so short due to Covid-19 and the terrible rainy weather.

There were some very young kids in the group, who were still very shy to participate without their parents. However, every kid was positive and attempted to participate with a smile on their face. It was great to see their excitement and confidence grow with each session.

The parents were fantastic too, they were all very friendly and encouraging with even a few parents giving a helping hand.

I'd like to thank my helpers Minti and Marcus who were consistently brilliant with helping to organise the activities and assist the kids in the activities and games.

I wish you all good luck for the next season and hope to see your smiling faces soon.

Anton Pagliasso
Tiny Tots Age Manager

U6

Under 6's was a very exciting age group to be managing this season. Many transitioned from Tiny Tots, but we also had several new faces join us. This was the first season they were able to compete in events and this meant every evening our athletes were learning something new. They took this in their stride at each event and gave it their very best. I must admit I think I was most proud of their efforts in the 300m, it is a long way for their little legs and they never gave up. The events completed this season included Long Jump, Shot Put, Discus, 300m, 200m, 70m and 50m. Each week we also added some games for skill development.

Jenny Greenhalgh
U6 Age Manager

U7

No report submitted

U8

This year the U8's welcomed several new athletes and parents to the cohort. We bettered our knowledge of high jump, exposing ourselves to the scissor technique and challenged our shins with full size hurdles.

Whilst our number of competition nights was fewer than previous years, as always, it was a delight to see our little athletes personalities and spirit of competition shine, friendships being formed and personal bests set.

One moment which stands out to me from the season, is not one of competition, but comradery and encouragement. Our group was waiting to start a track event and there was a race already in progress. Instead of playing amongst themselves, several of our athletes made their way over to the side of the track, cheered and high fived athletes making their way around. On lap 2, our little people upped the energy and the athletes which ran past responded not only with high fives but vocal "woo-hoo's" and fist pumps, a delightful experience for our little athletes.

I would like to extend a warm thank you to all of the parents that helped out during the season. It's a great opportunity to get to see your superstars up close, help them with technique and get to know some of the other parents also.

I'm looking forward to seeing our athletes return again next season.

Paul Manners
U8 Age Managers

U9

Another interesting season we've had. The shortest I have experienced. Despite this I have seen great sportsmanship from all the children this year.

It was great to see some new faces, hope you return with us again next season.

Best part of being an Age Manager is watching the U9's grow and achieve PB's every competition night, showing us how everyone improved in their athletic ability over the year.

Believe it or not, earlier in the year the only two hot sunny weekends occurred during Zone and Region Championships at The Crest, Bankstown. Edie starred at Zone, finishing 2nd in 200m, 3rd in Long Jump, 3rd in 800m and 4th in 100m. Leonardo ran a big PB to finish 5th in 200m and ran a great leg in the Junior Boys Relay to help the team finish 2nd. Billal in his first year of Athletics did well to finish 8th in Discus. All three athletes progressed to Region which proved to be very competitive, with Edie doing particularly well to reach a number of finals. Good work guys!

Congratulations to our Sportsmanship award receivers Billal & Rosalie, keep up the hard work! You both listened to instructions, behaved well, and gave it your best each week.

We would like to show our appreciation to all the parents. We couldn't do it without the parent helpers, thank you for your support.

Looking forward to seeing you next season.

Way Chironi & Phil Smith
U9 Age Managers



U10

As I am sure you can imagine this year's report will be a short one. Considering the season that we have had between Covid and all our wash outs, we managed to compete 5 nights at Campbell Field. On those 5 nights there were lots of new and old faces with lots of PBs and more importantly lots of fun had running, jumping, and throwing.

Our Zone competition returned which is usually held in December but was pushed back to January due to covid restrictions. We had lots of the U10s compete and progress to regionals. Khalid did an amazing job qualifying for State in the 800m, where he finished a very solid 13th in a very tough field of competitors. We also had Luka and Molly take part in the mixed 4 X 100m Junior Relay at zone. The boys ran a great race which allowed them to continue on to regionals, just missing out on 3rd place.

I would also like to thank Brian our co-Age Group Manager who runs the Friday night competition as I am needed at the results tables. He runs a smooth machine and is a world of knowledge for the kids and Friday nights would not be possible without him. I would also like to thank all the parents and helpers during the season for all your help but also for your patience considering we had so many washouts this season. I hope to see many familiar faces return next season to run jump and throw in what will hopefully be a better season and we get to compete more often. Thanks, is also due to all the Committee and Age Managers, you are all awesome volunteers and without all of you the kids would miss out on the joy of athletics. We did not get to say goodbye as our last night of competition was washed out but hopefully we will see each other next season.

Venessa Reidy
U10 Co-Age Manager

U11

With a delayed start to the season due to Covid vaccination mandates and an unexpected very wet summer, unfortunately we did not get to enjoy many Friday nights. Definitely disappointing for all but on a positive it was great to see a couple of new faces join our group along with the familiar faces from past years.

With U11's come a few new events and techniques to be learnt - Triple Jump, Fosbury Flop and of course Javelin (we will add there was a lot of apprehension on our part with the thought of a group of 10 year olds running around trying to learn how to throw a Javelin and not skewer anybody or anything!!!!) A special thank you goes to Deon and Marcus for their help teaching our group new techniques and refining old techniques - this was a great initiative by the committee and definitely made a huge difference.

A very special congratulations goes to Asya, Georgina, Maya, Taylor, Khalil and Gregory who made it through to Regional's. Asya, Taylor, Khalil and Gregory then progressed to State - so VERY proud of you all.

Again, we would like to say THANK YOU to Amy, Mandy and the committee who do so much work behind the scenes.

We look forward to seeing everyone for the 2022/2023 season.

Lisa Cremasco & Ashley Weise
U11 Age Managers



U12

Rain, rain, go away, come back another day!

Between the late start due to COVID and the incredibly wet 2022, we managed to squeeze in a few nights of competition.

The comradery between the U12's is a pleasure to behold. The friendships and rivalries continued despite the adverse conditions and resulted in some great performances and many PB's.

We enjoyed a number of participants in both Zone and Regional events and must give special mentions to four of the boys who competed at State.

Congratulations and well done to Taj, Patrick, Ibrahima and Sebastian.

We'd love to see you all back next season for U13's!

Here comes the Sun, doo-doo-doo-doo, Here comes the Sun and I say, It's all right...

Michael Dawson & Steve Laws

U12 Age Managers

U13

Floods, Rain and Pandemics did not bring us to Campbell field regularly however when we were there, what fantastic competition was had!

Another season with this fabulous Under 13 age group saw many familiar faces returning for another throw, jump, run and walk on a Friday night. At the start of season who would have thought our U13s would be competing with a National champion (Congratulations Tallara!).

The late start and rain affected season didn't affect our U13 athlete enthusiasm. We did have some personal bests but not as many as usual because of decreased competition nights, they did however have fun, laughs but also competed in good spirit and supported each other's efforts always.

Well done to all the athletes taking part in Zone, Regional and State Championships we had some great results throughout these competitions. A special mention goes to Tallara Joseph-Riogi being selected for NSW Little Athletics team competing in the Australian Championships winning Gold and Silver medals in Discus and Javelin respectively.

A huge thank you for all the parent helpers, officials and Committee members. Our Friday nights just would not occur without your support and endless work.

Hopefully we shall see everyone return next season.

Henry Milewski

U13 Age Manager

U14-17

The interrupted season didn't dampen the spirits of our athletes. Every week that we competed saw them turn up with determination to do their best and have lots of fun. I loved watching them encourage and support each other.

We had so many PB's and club records broken that I can't name them all. A special mention must go to Uchenna. He had a phenomenal season at both club and representative levels, finishing off with a gold and a bronze at the Australian Championships.

The U/14-17's were very well represented at the State Championships, with Rekha, Adelina, Tilly, Aleko, Siena, Deegan, Uchenna, Ledia, Benjamin, Janice, Niamh, Jonathan and James all competing and making us very proud.

Thank you to the committee and parent helpers that make the season possible. As always a huge thank you to Karen and Silvana for always being available to lend a helping hand. Enjoy the off season and I hope to see you all soon.

Katherine O'Brien

U14-17 Age Manager

Centre Records 21/22

Corinna Medaglia	U17G Triple Jump	9.78m
Corinna Medaglia	U17G Triple Jump	9.71m
Janice Leelapatra	U17G Long Jump	4.74m
Janice Leelapatra	U17G Triple Jump	9.70m
Jonathan Meaker	U17B 1500m	4:17.13
Ledia Ekoue	U17G 200m	28.83
Niamh McMahon	U17G 1500m	5:14.79
Niamh McMahon	U17G 3000m	10:56.57
Patrick McMahon	U12B 1500m	4:55.73
Siena Mace	U15G Javelin 500g	28.84m
Taj Ramtel	U12B 80m Hurdles	16.65
Tallara Joseph-Riogi	U13G Discus 750g	34.75m
Uchenna Egbu	U17B High Jump	1.90m
Uchenna Egbu	U17B Triple Jump	13.33m
Uchenna Egbu	U17B Triple Jump	13.15m

State Qualifiers 21/22

Adelena Wright	Niamh McMahon
Alek Korras	Patrick McMahon
Asya Muzaffer	Rekha Levine
Benji Iveson	Sebastian Sentas
Deegan O'Brien-Kratiuk	Siena Mace
Gregory Tranxidis	Spencer Bowerman
Ibrahima Yade	Taj Ramtel
James Stewart	Tallara Joseph-Riogi
Janice Leelapatra	Taylor Verdon
Jonathan Meaker	Tilly Iveson
Khaled Ogle	Uchenna Egbu
Khalil Ogle	Xavier Milewski
Ledia Ekoue	