



April 2020

NEWSLETTER

HORNSBY DISTRICT LITTLE ATHLETICS CENTRE



Message from your president:

Well that was an abrupt end to the season! But what a sensational season it was as we take some time to look back and reflect.

Our new uniforms looked sensational on both a Saturday morning and also at the major championships. Thank you to Luke for setting this up. Whilst there have been some teething issues, we are confident that next season will run more smoothly.

We enjoyed visiting Northern Districts LAC again, and hope next season we might finally be able to host them at HDLAC.

I'd like to acknowledge the fantastic input we had from our Club Captains Taylor, Jess and Yianni. They have shown great leadership this season and next year's captains are very excited to be taking over.... We will have to wait for Presentation day to announce them.

Next season is our 50th year at HDLAC. As one of the founding clubs in NSW this will be something to celebrate. We will need some help to coordinate this fantastic milestone.

Our AGM will proceed as planned on Tuesday 19th May via Zoom online conferencing platform, please register your interest in attending via the HDLAC webpage. Parent involvement continues to be pivotal to make a difference for your children's sport.

Disappointingly, we had to postpone our Presentation day, and we are currently planning to hold this as part of Registration day in September. We can however, announce the age group Septathlon winners, as well as the age group Most Improved and Best All Round Athletes. See the end of this newsletter for award winners.

Lance Erasmus

HOW YOU CAN HELP

This past season we operated with a number of vacant committee positions, which resulted in the current committee and their families undertaking multiple tasks. This is a big overhead for us and is also a risk to the club as we depend on a very small group of people. To continue to operate and to take advantage of multiple opportunities to grow the club, we would really like to have more parents assisting, even in a small way. Attendance at committee meeting is optional, but does allow you to have a say in how we operate as a club. Your children will

benefit from seeing you participate in their sport and evidence suggests children's long term participation is positively influenced by their parents taking an administrative role in their activity.

WINTER PROGRAM & TRAINING

At the time of writing, all winter activities are currently on hold due to the outbreak of Covid-19, and it's looking increasingly unlikely that there will be any organised events. Our website and facebook pages will be kept up to date with new information as it becomes available.

Whilst our group training is currently on hold, our fabulous coaches Maddy and Joe have created some training plans which can be found on our website. There is something for everyone, and a great opportunity for families to keep fit together.

At the end of a busy season, it's not a bad time to take a break from competitive sport and just enjoy keeping fit for the sake of fitness itself. Once group sport resumes, our children will be refreshed and hungry for competition.

We do hope to be able to do some skill training in the July school holidays to prepare children for school athletics carnivals, but it is a watch this space for now.



Five HDLAC teams competed at the ANSW Club Championships for the first time. Our U11G and U14B teams placed third, and there was lots of fun and team spirit generated.



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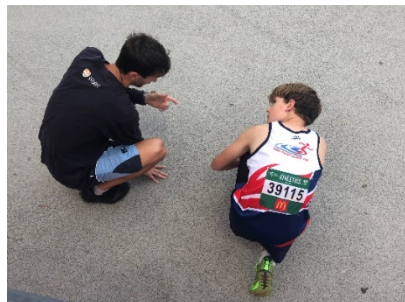
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IMPORTANT CHANGES TO HDLAC

As a committee, we have been reviewing our current affiliation and paying keen interest in the changes occurring within Athletics Australia. One such change relates to the OneSport strategy, to strengthen links between Little Athletics and Senior Athletics.

Those in the U12 and older age groups have had the opportunity to select a dual club to affiliate with at no additional cost, and have had some opportunities to represent their senior club in Athletics NSW events, such as the NSW Juniors and NSW State Relays. Whilst this structure has worked well for a handful of our senior athletes, for many it has been confusing; expensive to purchase a second uniform; and limited opportunities to participate in team events.



Nathan Ramsay (U13B) with Coach Joe, representing Sydney Pacific AC in the NSW Juniors. Nathan ran a big pb of 59.70 in the 400m which was a National Championship qualifying time.

To address this, next season HDLAC propose to affiliate with Athletics NSW to enable our athletes to continue to represent Hornsby District in senior competition.

There will be no change to the current committee, centre competition offering or participation in LANSW carnivals and events for Tots to U17s.

It is NOT mandatory for children the U12-U17 age categories to affiliate with Hornsby District as their senior club. Athletes will still have full discretion to select the club that best suits their needs.

Athletes who "graduate" from Little Athletics currently have to select a senior club to join if they wish to continue their athletics. This works for a small proportion of athletes, however many athletes are lost as they decide not to continue their participation at senior levels. We are



Annie Magnussen (U17G) representing Epping AC in the NSW Juniors 400m.

still in discussion about what a senior membership might include, but we do expect it will enable our graduating members to continue to participate in some Saturday competition at HDLAC as well as opportunities to compete in ANSW events.



Coaches Alice & Maddy in the NSW Club Championships Masters team representing Hills District AC

An additional upside to registering with ANSW is the ability to have a Masters section to the club. Current planning includes Masters training nights and a "come and try" event one evening a month, to give parents (and grandparents) an opportunity to come and join in the fun. For those wanting to get more serious, there are Masters Competitions including Club Championships; State Relays and State Championships.

To make this important update to our club, the Centre Constitution needs to change to allow affiliation with Athletics NSW. The Constitution specifies the operating parameters for the club, and currently only allows for affiliation with LANSW. For the club to be dual affiliated, the Constitution needs to be amended to make mention of affiliation with both LANSW and ANSW.

To change the Constitution we require a special resolution which will be voted in at the Annual General Meeting. The AGM is your opportunity to ask questions and vote on the proposed changes.

The AGM will be held on Tuesday 19th May at 7:30pm via Zoom conference. Anyone can attend the AGM, however registration is required up to the day before the meeting. The link to register can be found on the HDLAC.org.au homepage.



Gemma Mills (U14G) representing Hills District AC in the Long Jump at the NSW Juniors.



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CLUB RECORDS BROKEN THIS SEASON

A very big well done to all our athletes on their progress this season. Upon reviewing the awards categories, it was fantastic to see so much improvement, particularly from athletes regularly participating in our training programs. The seeded 800m and 400m events, whilst somewhat chaotic, were a great way to see athletes perform against different competitors and brought out the best in everyone.

We had multiple centre records broken in the 2019/20 season as outlined below.

Name	Age	Event	Result
James Bissaker	U7B	70m	12.28
Thomas Vedris	U9B	400m	1:12.70
Matthew McGregor	U9B	60mH	11.18
Liesel Walsh	U10G	100m	15.52
Liesel Walsh	U10G	200m	32.90
Makayla Ariyan	U11G	Javelin	17m 72
Eden Herring	U11G	80mH	15.47
William Ford	U11B	80mH	15.85
Ava Windross	U12G	80mH	17.27
Ashton Sawtell	U12B	80mH	15.37
Dominic D'Souza	U12B	100m	13.91
Annabel Magnussen	U17G	800m	2:28.15
Curtis Feldman	U17B	300mH	44.84

Certificates will be issued at the postponed Presentation day, which is currently expected to be held as part of the Registration day in September.

End of season awards include perpetual trophies for good sportsmanship and club values, as well as best performances. You can find out more about all the award categories and the detailed description of eligibility criteria on the HDLAC website.

Thank you to Grant for his tireless efforts this season to automate all of the awards and star badges, and his deputy Ethan for keeping track of the Age Manager folders.

With the postponement of Presentation day, we are pleased to announce below the placegetters for the 2019/20 Season Septathlon and the winners of the Best All Round Athlete and Most Improved for each age group.





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CLUB SEPTATHLON

Our Septathlon event was finally held in February after being rained off and smoked out on the previous attempts. All athletes who participated will receive a certificate with their points score, and medals are awarded to the boys and girls in each age group for first, second and third place (see results below). Junior (U6-U11) and Senior (U12+) Septathlon Champions will be awarded a trophy based on the highest points score. Certificates, medals and trophies will be awarded at our postponed Presentation day.

Septathlon 2019/20 Results			
Age Group	1st	2nd	3rd
Under 6 Girls	Petra Clark	Elodie McInnes	Isabelle Gouws
Under 6 Boys	Ethan Carlton	Huxley Richardson	Hugo Beven
Under 7 Girls	Samantha Campbell	Olivia Taylor	Grace Evans
Under 7 Boys	Jack Dorrans	James Bissaker	Jude Ledwidge
Under 8 Girls	Grace Carlton	Samantha Fong	Amelia Dubsky
Under 8 Boys	Sean Ng	Harry Ross	Edward Mitchell
Under 9 Girls	Amy Campbell	Anna Tye	Ava Beattie
Under 9 Boys	Joel Ramsay	Thomas Vedris	Sebastian Duddle
Under 10 Girls	Tara Gilkeson	Liesel Walsh	Lilly Martin
Under 10 Boys	Nathanael Aroney	Preston Geisker	Samuel Fowell
Under 11 Girls	Alice Lyng	Makayla Ariyan	Catherine Tang
Under 11 Boys	Campbell Whalan	Luke Photios	Ryan Taylor
Under 12 Girls	Scarlett Duddle	Ava Windross	Eleanor Schwarz
Under 12 Boys	Sam Ive	Dominic D'Souza	Ashton Sawtell
Under 13 Girls	Bianca Case	Charlotte Clayton	Sarah Magnussen
Under 13 Boys	Nathanael Ramsay	Daniel Photios	Jasper Groth
Under 14-17 Girls	Bella Kachel	Annabel Magnussen	Lucy Schwarz
Under 14-17 Boys	Corban Ross	Yianni Fotias	William Tye



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AGE GROUP AWARDS

Each age group receives three awards. Best All Round Athlete is calculated using the multi-event points table against athletes pbs for all official events in their age group. Most improved Athlete is calculated on number of personal bests achieved throughout the season. Trophies will be awarded at the postponed Presentation Day. Age Manager awards are selected based on good sportsmanship and persistent effort and we wont spoil the Age Managers fun in presenting these special trophies – you will just have to wait until Presentation day.

End of Season Age Group Awards		
Age Group	Best All Round Athlete	Most Improved Athlete
Under 6 Girls	Petra Clark	Elodie Mcinnes
Under 6 Boys	Ethan Carlton	Hugo Bevan
Under 7 Girls	Samantha Campbell	Lucy McGregor
Under 7 Boys	James Bissaker	Hudson Leach
Under 8 Girls	Grace Carlton	Samantha Fong
Under 8 Boys	Sean Ng	Liam Ng
Under 9 Girls	Amy Campbell	Olivia Gouws
Under 9 Boys	Joel Ramsay	Thomas Vedris
Under 10 Girls	Tara Gilkeson	Seren Hill
Under 10 Boys	Preston Geisker	Lucas Beven
Under 11 Girls	Eden Herring	Catherine Tang
Under 11 Boys	Luke Photios	Matthew Sims
Under 12 Girls	Michaela Couper	Eleanor Schwarz
Under 12 Boys	Sam Ive	Luke Woods
Under 13 Girls	Charlotte Clayton	Bianca Case
Under 13 Boys	Nathanael Ramsay	Jasper Groth
Under 14 Girls	Bella Kachel	Gemma Mills
Under 14 Boys	Corban Ross	William Tye
Under 15 Girls	Lucy Schwarz	Allanah Burns
Under 15 Boys	Finn Walsh	Damaon Strappazon
Under 17 Girls	Charlotte Hall	Kirsten Erni
Under 17 Boys	Curtis Feldman	Jesse Diamond-Williams