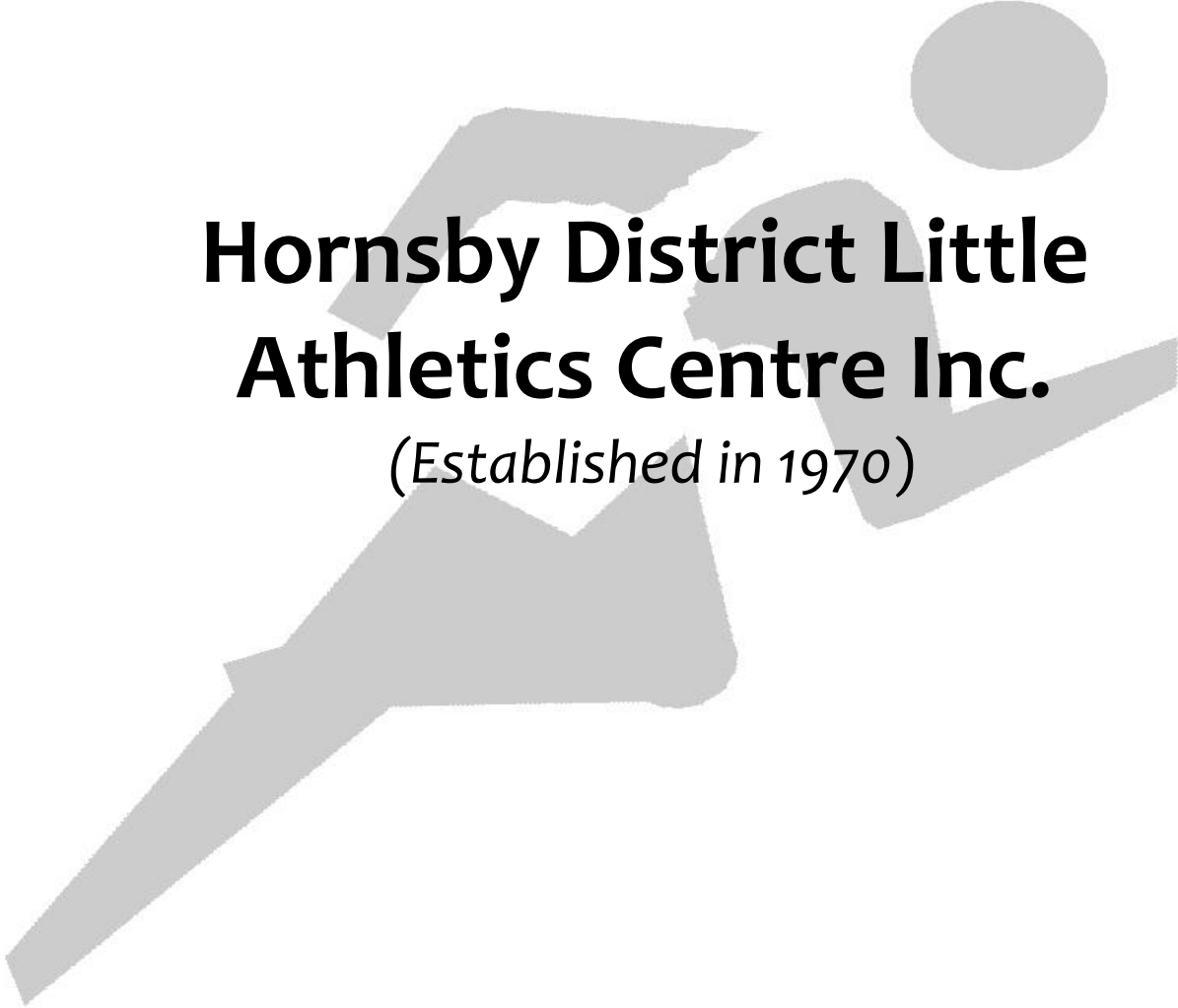




Hornsby District Little Athletics Centre Inc.

(Established in 1970)

*50th Annual Report
2019-2020*

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President's Report

This past year, HDLAC's committee continually impressed me with the dedication shown to the Centre and the support shown for each other to ensure that kids enjoy sport. This support and dedication can only be good for the continuation of the Centre and its growth in the form of a "senior" athletics branch. I believe the support the committee shows one another is forming lasting friendships, the formation of which allows for open and candid discussions and reinforces the strength of the committee and helps improve the way we do things.

This year's competitions have been severely impacted by wild weather events, from heatwaves to floods and bushfires to poor air quality, and a global pandemic. These events have not impacted the positive attitude of our members.

I am very happy with the positiveness shown by the seniors in the U14–17 age groups. The club captains have been fantastic, and I was impressed with how engaged the seniors were, led from the front by the captains.

We changed the Centre uniforms this year. The uptake has been great, and the feedback was awesome. This led to more ideas from members who I feel are more engaged with the changes we are making and there is very little negative feedback regarding any changes.

One area that I believe has contributed to members' engagement is the social media presence we have and consistent management and frequency of posts on the account. This is an important role and not one we have permanently on the committee, so I would like to propose adding a Social Media Officer position in the future.

The feedback regarding coaching has been great. Our coaches are our strength and the investment made has started paying off and I hope this will continue in the future.

The major carnivals we have had this year have been positive from a results standpoint, but it is the team spirit that is most encouraging. This spirit is shown by parents as well as athletes and this is probably more encouraging to me as it shows club ownership and pride by parents. This is encouraging from a re-registration perspective.

This year the AFL club were looking to start building the new clubhouse. This has faced several hurdles in the form of opposition from other codes and from Hornsby Council. These have caused a hold-up in the project and led to some friction between codes. I am not sure this project will go ahead in the original form of a shared facility for all codes.

Approaching the new season, I don't believe we will see the uptick in registrations we normally have in an Olympic year (due to the postponing of the Olympics because of the pandemic), however the drop-off in registrations has not been as significant as previous pre-Olympic years. This is great for the Centre and I believe it is due to the work done by the committee and the reputation we are getting for being a club open to change. I have spoken with the marketing department of LANSW about the possibility of a national radio campaign in the lead up to registration this year and was informed this is on the books and is sitting with Little Athletics for approval.

This year we also held a community BBQ event at Bunnings which was very successful from an exposure point of view. I believe this event should be done again. I would like to thank the team that pulled this together; raising the profile of the club is great.

The committee must always look for new ways to evolve and constantly challenge the way things are done to be able to compete with the growing number of year-round sports, ie summer netball and summer soccer. We must ensure though, that we don't make change for the sake of change.

All in all, I think we have had a good year. We have a dynamic committee that I believe can continue to guide the Centre into the future.

This coming year in HDLAC's 50th year and what better way to celebrate the longevity of the Centre than to expand and incorporate a senior branch.

Thank you to all committee members for their exceptional work in supporting HDLAC and kids' sport.

Thank you.

Lance Erasmus
HDLAC President

Vice President's Report

This season was full of new experiences for Hornsby District athletes. We attended more external events than prior seasons in both winter and summer seasons, refined our weekly program to introduce seeded events, hosted our first cross-country series in the trails and increased club engagement from the U17 captains and age group.

Highlights included taking five teams to the ANSW Club Championships, with the U11 girls and U14 boys coming away with bronze medals. The atmosphere was sensational, and our athletes represented our Centre very proudly. I would like to give credit to the older children who had to use blocks for the very first time as the event is run under senior rules. On a personal note, it was a lot of fun competing in the Masters events with Coach Maddy and getting some big cheers from the Hornsby team while importantly showing our juniors that there is competition beyond Little Athletics.

Thank you to Luke van Hooft for leading the charge on the new uniforms which look absolutely fantastic, particularly out on the blue track at Homebush. Photos of our athletes were used by LANSW and ANSW marketing over the course of the season.

Several of our older athletes competed in the ANSW Junior Championships, which was fortunate as the LANSW State Championships was cancelled. Our thanks to Epping District and Hills District ACs for lending uniforms as athletes had to represent their senior club.

We had great turn out at the LANSW Zone Championships and the team spirit was fantastic. We also had lots of qualifications to Region and State Championships. It was very promising to see the number of qualifiers who have been regularly participating in our training sessions. There were some notable age groups with very few participants in Zone and next season we will speak more directly to those age groups to encourage participation.

We have been supported this season by Beecroft Active Spine again sponsoring our Region and State T-shirts, Tensegrity provided us with some useful warm up and injury prevention materials for the website, and we welcome Beecroft Stone Real Estate who have sponsored our Winter hoodies and Cross-Country season. We do not have a sponsorship coordinator on the committee, and this would be a great addition to the team to maximise opportunities to raise club funds which can be invested into coaching and development and new equipment.

Our thanks to Lyndal van Hooft who coordinated the canteen and introduced some canteen specials. The jelly cups were well received by children and adults alike, and canteen funds directly support our coaching costs.

The biggest concern for the upcoming season is the vast amount of work completed by very few families. Every committee member has taken on additional tasks outside of their specific role. In some cases, these are not large tasks (eg keeping First Aid supplies stocked), however it is additional work and a strain on individuals. Set-up mornings were not well attended and pack away was often left to committee members to complete. As we enter our

50th season, there are opportunities to celebrate this important milestone alongside LANSW in their 50th year too. However, with the current people supporting the club, our opportunities are limited. I implore every member of the Centre to think of one way they can do a little extra, beyond simply walking around on a Saturday morning with their children.

Alice Clayton
Vice President

Treasurer's Report

The 2019-20 financial year built on the changes implemented in the previous season. The 2019-20 year was the first full year of the use of Square contactless card payments which was well used by members and which contributed to material reduction in bank fees.

Square payments throughout the year amounted to a total of \$2,591, comprising:

- \$1,331 in canteen sales, representing 17% of total canteen sales; and
- \$1,260 in uniform sales, representing 48% of total uniform sales.

Bank fees also fell by 99% as a result of cancelling the Eftpos terminal and replacing that functionality with the Square payment facility, saving the centre over \$700.

Total income for the year was \$41,517, a 23% decrease on 2019 revenue. This was driven by:

- canteen sales falling by \$1,923 or 19%; largely due to a drop in the number of event days and less members. On a like-for-like basis, canteen revenue per member increased from \$2.62 in 2019 to \$2.76 in 2020;
- reduction in Government grants, largely due to delays in finalisation of the various grants applied for throughout the year;
- decrease in membership payments; and
- change in uniform sales approach which decreased sales revenue by \$4,693 or 64%.

The change in the uniform sales approach resulted in HDLAC outsourcing the supply and stocking of the uniforms which also resulted in a decrease in the cost of sales by \$5,287 or 67%. This decrease was offset by the writing down of old uniform stock. Total uniform expenses for the year was \$18,976.57, with \$16,310 write-down of old stock. The use of Sports Magic to manage the stocking of our uniforms also materially reduced the holding cost and risk to the Centre of acquiring and holding large volumes of stock. The use of the online ordering portal also freed the Centre from managing the acquisition and distribution of stock. The 2019-20 season was another season where the centre did not have a uniform officer on the Committee.

On the expense side,

- accounting and bookkeeping fees increased due to monthly Quickbook fees and audit costs.
- advertising and marketing fees increased due to the purchase of new HDLAC banners and ordering of additional star award badges.
- bank fees were reduced due to cancelling of eftpos facilities.
- coaching cost relates to costs incurred for winter training at Stepz Fitness.
- postage and shipping costs increased due to payment of two years of PO Box rentals
- particular attention this year was paid to managing the presentation and printing costs associated with awards. Presentation costs for the 19/20 season have been postponed due to the COVID-19 rules. We expect some of these costs to be incurred in the next financial year.
- reflecting the Centre's ongoing investment in our members, wages paid to our coaching team increased by 35% to \$7,549.

- the Centre made an operating loss of \$39,960.93, which was driven by depreciation of the Centre's assets (\$30,674) and the writing off of the old uniform stock (\$16,310). Adjusting for these, the Centre had a \$7,000 surplus from operations for the year.

Hornsby District Little Athletics Club Inc.

Income and Expenditure Report

April 2019 - March 2020

	2020	2019
Income		
Canteen	\$7,990.60	\$9,914.56
Coaching Fees	\$198.64	\$0.00
Govt and Sponser	\$2,400.00	\$6,527.77
NSW Little Athletics Funds	\$28,320.95	\$30,493.60
Uniforms	\$2,607.14	\$7,300.79
Total Income	\$41,517.33	\$54,236.72
Cost of Sales		
Canteen Supplies	\$4,169.78	\$3,699.81
LANSW Fees	\$2,211.76	\$1,105.00
Uniform Expenses	\$18,976.57	\$7,810.55
Total Cost of Sales	\$25,358.11	\$12,615.36
Gross Profit	\$16,159.22	\$41,621.36
Expenses		
Accounting and bookkeeping	944.40	572.47
Advertising and marketing	1,096.57	784.25
Advertising/Promotional Uniforms	0.00	2,244.00
Badges and Trophies	0.00	610.50
Bank charges and fees	5.71	751.43
Coaching Costs	255.00	0.00
Gifts and donations	105.00	0.00
Ground Rental	5,672.75	6,236.50
Medical Supplies	151.99	346.92
Motor vehicle expenses	555.00	280.50
Postage & shipping	609.83	0.00
Presentation Day Costs	6,424.39	12,280.51
Printing, stationery & supplies	320.46	5,015.02
Registration and insurance	46.18	145.18
Repairs and maintenance	770.62	358.85
Salary and wages - staff	7,549.00	5,555.00
Telephone & internet expenses	938.68	869.77
Total Expenses	A\$ 25,445.58	A\$ 36,050.90
Other Expenses		
Depreciation	30,674.57	33,209.76
Reconciliation Discrepancies	0.00	0.00
Uniform Samples	0.00	0.00
Total Other Expenses	A\$ 30,674.57	A\$ 33,209.76
Net Earnings	-A\$ 39,960.93	-A\$ 27,639.30

Hornsby District Little Athletics Club Inc

Balance Sheet

As of March 31, 2020

	2020	2019
Assets		
Current Assets		
ANZ Debit Card (9859)	\$1,333.68	\$1,054.18
ANZ Main Account (9867)	\$42,310.21	\$43,864.70
Petty Cash	\$350.00	\$0.00
Term Deposit	\$0.00	\$0.00
Inventory (Uniforms)	\$1,552.57	\$16,310.39
Sundry Receivables	\$6,000.00	\$1,070.80
Total Current Assets	\$51,546.46	\$62,300.07
Long-Term Assets		
Equipment		
Original Cost	\$169,015.44	\$167,548.19
Accumulated Depreciation	(\$149,438.86)	(\$119,295.42)
Total Equipment	\$19,576.58	\$48,252.77
Total Assets	\$71,123.05	\$110,552.84
Liabilities and Shareholder's Equity		
Current Liabilities		
Sundry Payables	\$0.00	\$0.00
Total Current Liabilities	\$0.00	\$0.00
Shareholders' Equity:		
Net Income	(\$39,960.93)	(\$27,639.30)
Retained Earnings	\$110,552.84	\$138,192.14
Total Shareholders' Equity	\$70,591.91	\$110,552.84
Total Liabilities and Equity	\$70,591.91	\$110,552.84

Luke van Hooft
HDLAC Treasurer

Auditor's report



**Thomson Consulting
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Certified Practising Accountants



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7th May 2020

THE MEMBERS OF HORNSBY DISTRICT LITTLE ATHLETICS CENTRE INC.

I have audited the books and other financial records of Hornsby District Little Athletics Centre Inc. in respect to the year ended 31st March 2020 and report to members that in my opinion the Income and Expenditure Statement gives a true and fair view of the Association's operating results for the financial year ended 31st March 2020.

NEIL THOMSON
Fellow Certified Practising Accountant



Tax agent
94015005

Registrar's Report

During the 2019/20 season, Registrar duties were managed by Matt Dubsky in full after a successful transition from 2018/19 from Fiona Sandeman. Excellent hand over notes and the transition in the previous season enabled this to occur smoothly.

HDLAC opened registrations in August 2019 prior to the commencement of the season at Pennant Hills Oval No 1. The majority of members registered online either before or on registration day.

We had 334 registered athletes in the 2019/2020 season with an approximate even representation between females and males (178 and 156 respectively). 114 new athletes were added compared to the previous season. An overall break down for the season is shown in Figure 1 below and summarised in Table 1.

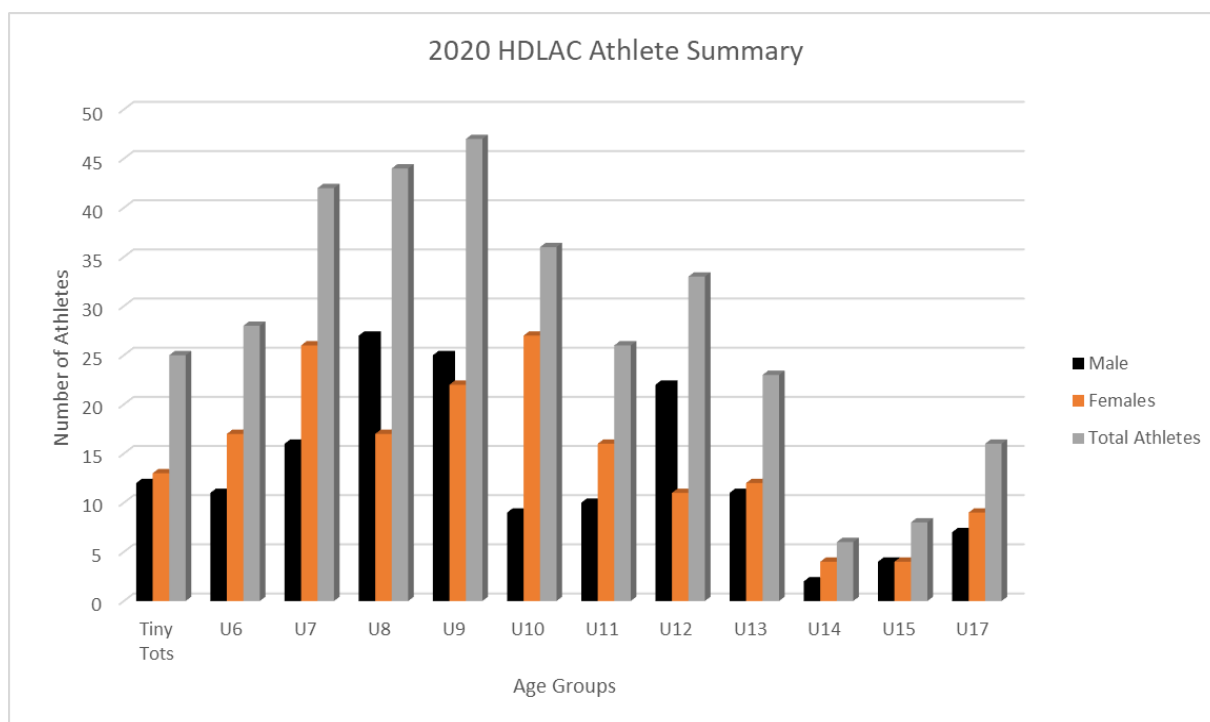


Figure 1. HDLAC athlete summary showing split between males and females across all age groups.

Table 1. Age Group Summary

Group	Male	Female	Total
<i>Tiny Tots</i>	12	13	25
<i>U6</i>	11	17	28
<i>U7</i>	16	26	42
<i>U8</i>	27	17	44
<i>U9</i>	25	22	47
<i>U10</i>	9	27	36
<i>U11</i>	10	16	26
<i>U12</i>	22	11	33
<i>U13</i>	11	12	23
<i>U14</i>	2	4	6
<i>U15</i>	4	4	8
<i>U17</i>	7	9	16
Totals	156	178	334

Yearly Registrations from 1999/2000 to 2019/2020

Yearly registrations since 2000 have remained fairly constant as observed in Figure 2 with peak numbers (450) being achieved in 2001 and 2012. As the Olympic years approach (2000, 04, 08, 12, 16, 20) an uptake in new members is observed followed by a slight decline towards the completion of each Olympic cycle. As predicted in the 2019 Annual Report, historical trends indicated HDLAC should have expected a slight decline in registration numbers for season 2019/20, however we saw only a slight decrease in membership of 9 members compared to the previous season. This can be attributed to a revamped program and activities throughout the season with fresh injection of Nitro based events and encouraging the athletes to contribute in a friendly, welcoming and energetic atmosphere. Although untracked, the winter change-over from 2019/2020 also saw an uptick in cross-country participants and increased community exposure which helped dampen the decline in numbers. It is intended that with new activity and winter programs there is potential to improve on the expected registration numbers of approximately 334, however, with the recent developments in the Coronavirus this may not be entirely achievable with some expectation that the 2020/21 season numbers will be impacted by as much as 40%. The mean registration numbers are 357 over the current 20-year period.

Changes in 2020 numbers compared to 2019 Season are attributed to small changes in the total number of male athletes compared to females. A breakdown of the individual age groups and genders is shown in Table 2.

Group	2020			2019			Change (current - previous)		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
<i>Tiny Tots</i>	12	13	25	13	18	31	-1	-5	-6
<i>U6</i>	11	17	28	16	22	38	-5	-5	-10
<i>U7</i>	16	26	42	25	14	39	-9	12	3
<i>U8</i>	27	17	44	25	18	43	2	-1	1
<i>U9</i>	25	22	47	15	27	12	-6	0	-6
<i>U10</i>	9	27	36	15	18	33	10	4	14
<i>U11</i>	10	16	26	26	14	40	-16	2	-14
<i>U12</i>	22	11	33	12	16	28	10	-5	5
<i>U13</i>	11	12	23	7	8	15	4	4	8
<i>U14</i>	2	4	6	8	2	10	-6	2	-4
<i>U15</i>	4	4	8	5	5	10	-1	-1	-2
<i>U17</i>	7	9	16	2	14	16	5	-5	0
Totals	156	178	334	169	176	345	-13	2	-11

Table 2. Age Group Summary comparing current season against previous to track changes in athlete numbers by age group and gender.

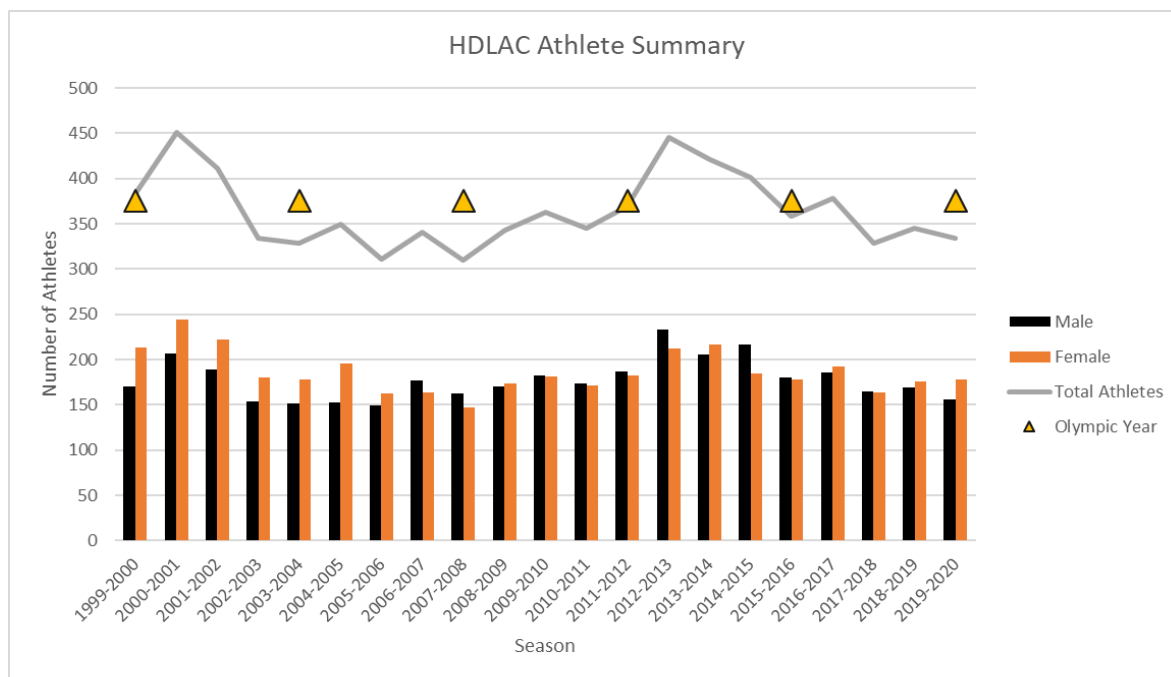


Figure 2. Yearly registration trends since 2000.

Several challenges and optimisations occurred throughout the season as experience was gained in familiarity with the process and duties. Open communication and assistance were provided and welcomed from the Committee Members, members themselves and Trish at LANSW. A strong move was made to keep everything digital which made things easier to track as the season rolled through. In addition to general registrations, a fresh new uniform was also added to the club which brought in its own supply challenges.

We had two visitors sign in from other clubs during inclement weather programs and this was warmly welcomed by our athletes and members. Positive feedback from the visitors was well received and we look forward to seeing a few more 'visitors' next season.

45 Trialists were welcomed to HDLAC during the season with 29 of those continuing to become full members.

Significant challenges were also encountered with weather patterns, bushfire haze creating air quality issues and coronavirus which all impacted attendance numbers. Despite these challenges, it was very rewarding to see the athletes enjoying themselves and learning new tools and skills and increasing their performances through hard work and dedication.

Thank you to all Committee members, age managers, parents and athletes for all the support and assistance received as registrar throughout the Season and for assisting the registrar throughout 2019/20. I look forward to assisting the club in the next season.

Matt Dubsky
HDLAC Registrar

Secretary's Report

Another fun-filled year as club Secretary! I also continued as secretary for North East Met Zone and was also HDLAC's representative on the Region committee.

The Secretary's primary function is to manage the business affairs of the Centre. This function includes arranging the monthly meetings of the Executive, preparing the agenda, and recording and publishing minutes.

The Secretary also acts as the Public Officer for the Centre, and this appointment is registered each year with the NSW Department of Fair Trading and with Little Athletics NSW (LANSW). The Secretary is primarily responsible for the email address info@hdlac.org.au, as well as secretary@hdlac.org.au.

The Secretary is also the first point of contact with Hornsby Shire Council and is responsible for booking all council grounds for competition, registration day and training. The Secretary is also required to register HDLAC with LANSW each year.

We held Committee meetings at WPHSC, who again kindly agreed to waive hiring fees. Meetings were held on the following dates, with the AGM on 19 May 2020. Due to COVID-19 our AGM was held by Zoom meeting.

11 June 2019	20 August 2019	10 December 2019
25 June 2019	3 September 2019	21 January 2020
9 July 2019	17 September 2019	18 February 2020
23 July 2019	15 October 2019	17 March 2020
6 August 2019	12 November 2019	

Fran Dorey
HDLAC Secretary

Championships Officer's Report

In 2019-2020, there were many challenges for championships events, from bushfires to floods and the cancellation of the State Championships due to COVID-19. Nonetheless, HDLAC had a successful year, with a notable increase in the younger athletes participating at championship events. Compared to previous years, more of the athletes who qualified for Regional and State Championships were training at Hornsby. In addition, HDLAC also fielded teams in several new events.

HDLAC athletes participated in

- LANSW State Cross Country Championships
- ANSW Road and Cross Country Relays
- ANSW State Junior Championships
- LANSW State Relay Championships
- ANSW 2019 Club Championships
- LA North East Metropolitan Zone Carnival
- LA Region 5 Carnival
- LANSW State Combined Events Carnival
- LA State Track and Field Championships - cancelled

LANSW State Relay Championships, 16-17 November 2019 (SOPAC)

HDLAC entered a larger team this year in the NSW State Relay Championships, although still limited to a small number of age groups. The U9B were very successful, placing 3rd (throws), 4th (4x100) and 7th (jumps) reflecting the depth in the age group. We also had two U17 teams and two mixed age middle distance teams for the first time in a number of years.

- Boy U9 4x100M Relay – 4th in final
- Boys U9 Throws Relay – 3rd
- Boys U9 Jumps – 7th
- Girls U11 Throws – 6th in heat
- Girls U11 Jumps – 6th in heat
- Girls U11 Sprints – 7th in heat
- Boys U8-U11 Middle Distance Relay – 7th in heat

- Girls U8-U11 Middle Distance Relay – 8th in heat
- Boys U13 4x100 – 7th in heat
- Boys U13 Throws Relay – 7th
- Boys U17 4x100 Relay – 4th in heat
- Girls U17 4x100 Relay – 9th on times

LA North East Metropolitan Zone Carnival, 1-2 December (Narrabeen)

- 110 athletes represented HDLAC at the Zone Championships compared with 113 athletes in 2018-19 and 106 in 2017-18.
- Online sign-up of parental helpers was again used and worked quite effectively.
- This year, HDLAC provided 14 key officials at Zone which was a large increase on previous years. Many of the officials were taking these roles for the first time. We had parents working as starters, track officials, jumps and throws officials which has helped to increase the overall skill base of our parents.
- Continued emphasis on pre-selecting and coaching for relays resulted in both the senior and junior girls relay teams qualifying for Regionals.
- Some outstanding results were Danielle Osifo placing 1st and breaking the record in the U17G TJ, Eden Herring breaking the record in the U11G Hurdles and placing 1st in the U11G TJ, Wol Albino placing 1st in the 100M and 2nd in the 200M, Liesel Walsh 1st in the U10G 70M, Daniel Sims 1st in the U9B Discus, and four U9 boys reaching the finals of the 200M.

2019 ANSW Club Championships, 14 December (SOPAC)

This was a new competition for HDLAC. We had 5 teams compete and the athletes showed flexibility and resilience by coping with last minute substitutions. It was a lot of fun and we were also able to cheer for our coaches Maddy and Alice in their senior events.

- U11G – 3rd and 6th
- U14G – 4th
- U11B – 5th
- U14B – 3rd

LA Region 5 Carnival, scheduled for 8-9 February and postponed to 15-16 due to flooding (Narrabeen)

- 67 athletes qualified from the NEMZ Championship to the Regional Championships in 143 events (including relays). This was down slightly from the previous year when we had 72 athletes in 162 events but very similar to 2017-18 and 2016-17 numbers. The 2019-2020 numbers may have been impacted by the unlimited numbers allowed in each event at Zone. This was a change introduced in 2019 and may have led some of our borderline athletes to miss Regionals with more Manly and/or Kuring-Gai athletes able to participate and hence, qualify.
- The postponement of the Region 5 carnival due to flooding meant that some athletes were either unable to compete or were only able to compete on the Sunday due to State Touch Football.
- The atmosphere at Regionals was excellent, and we had some strong performances including Wol Albino placing 1st in 100M and 1st in 200M, Annabel Magnussen 1st in U17G 400M, the U9Bs placing 1st, 2nd and 5th in the 200M and all qualifying for State (Thomas Vedris, Matthew McGregor and Joel Ramsay) and Nathanael Ramsay qualifying for State in 5 events.
- On-line signup was excellent as almost every duty was filled by parent volunteers on their own initiative.

2020 ANSW Junior Championships, 21-23 March (SOPAC)

Although HDLAC athletes were unable to compete in Hornsby colours in 2020, a small number of athletes participated for a senior club in the 2020 Junior Championships.

Participants - Yianni Fotias (U18B), Annabel Magnussen (U18G), Zara Warland (U17G), Timothy Foster (U16B), Bella Kachel (U15G), Gemma Mills (U15G) and Nathanael Ramsay (U14B). Notable results included:

- Nathanael Ramsay U14B – 3rd in 400M (finals) and a National Qualifying time

- Nathanael Ramsay U14B – 4th in Javelin
- Zara Warland U17G – 6th in 3000M
- Timothy Foster U16B – 6th in 100M Hurdles (timed finals)
- Bella Kachel U15G – 8th in 400M (finals)
- Annabel Magnussen U18G – 9th in 400M (finals)

LA State Track and Field Championships - cancelled due to COVID 19.

- 17 athletes qualified for the State Championships in 30 events despite the changes to the date of Regionals.
- This was slightly above the previous year (16 athletes) and comparable to 2017-18 numbers.
- There was again a large turnover in our state qualifiers with many athletes from previous years no longer competing in this season due to their age. However, this was balanced by younger athletes who qualified for State for the first time.
- No results were recorded

LANSW State Combined Events Carnival: 29 February – 1 March, Tamworth.

Hornsby had 2 athletes place in the Multi-event.

- Matthew McGregor U9B – 10th
- Eden Herring U11G – 10th
- Daniel and Matthew Sims also participated but did not complete their events due to injury.

Joanne Kachel
Championships Officer

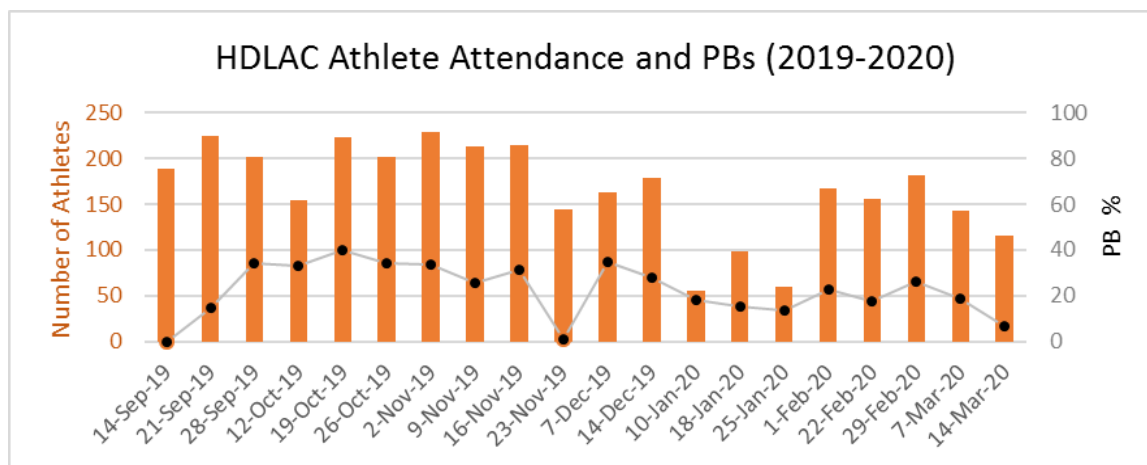
Results Officer's Report

Some statistics for the 2019/2020 season:

- This season, there were 334 athletes registered in ResultsHQ
- Across 20 competition days, an average of 171 athletes competed at each meet (this counts 18 Saturday competitions plus a twilight visit to NDLAC, but excludes the optional Australia Day meet at NDLAC for the average)
- A total of 4489 Personal Bests were recorded by athletes at centre competition meets (plus the NDLAC visits)
- Attendance peaked at 229 on 2nd November, which also saw the highest PB count at 463
- During the season, 23 centre records were broken and officiated, shared between 15 athletes across 13 events; last season's total of 11 was exceeded in the first 6 weeks of competition

Mid-season attendance was impacted by weather conditions. Air quality issues from bushfires saw lower attendance, as did wet weather, which also caused the Septathlon to be postponed 3 times.

Apart from the slight dip in November due to bad weather, and numbers declining over the last 2 weeks of competition (rather than holding steady), the attendance trends were very similar to the 2018/2019 season. The two lower weeks in January mark the visits to NDLAC.



The PB line on the chart above reflects the percentage of all events that were an athlete's personal best result at that time. The trend was very similar to the previous season, being higher for the first half of season, and dropping from January. The dip on 23 November was for a rained-out meet where normal events did not run.

This season saw two 'special event' weeks to run seeded races for 800m (26 October) and 400m (1 February). These ran mixed age/gender races to put athletes against others with similar times. The 800m event proved quite successful, with nearly 70% of athletes recording a PB for that race on the day – well above the 30-35% seen across all events at that time in the season.

The increase in centre records over last season's 11 is largely due to changes in the hurdles event for U11 and U12 ages, increasing from 60m to 80m. 12 of this season's records were for the new 80m event. This spike is expected to decline over the next 1 or 2 years.

Data recording was once again done using Timing Solutions' electronic timing gates and the CompHQ / ResultsHQ recording system. This was the fourth season using the electronic gates for track events, and the third using ipads to enter field event results on the field for automated data upload.

There were unfortunately still occasional issues with these systems, such as timing gates failing to start correctly or record results and requiring races to be re-run or results being missed altogether, and occasional 'phantom' track results that obscured athletes' actual times.

The ipad software still saw problems with particular events, most notably for the high jump. The new versions of the software this year changed how high jump results entry behaved but continued to be unreliable. Many age groups resorted to writing down the results for manual data entry later. Aside from this, by mid-to-late season most age groups were comfortable with ipads or phone app for entering results, with only one or two age groups needing to enter event results into ResultsHQ at end of day.

At the start of the season, security changes in the CompHQ / ResultsHQ backend required the creation of separate email logins for each of the age group mobile users, rather than having all logins linked to the single "records" email. Unfortunately, this change nullified sign-in optimisations used last season (with simple logins and passwords). Procedural changes were adopted this season because of these changes, keeping each device signed in for the same age group week-to-week, but requiring the CompHQ app to be "killed" after each meet.

Quirks and issues aside, for the most part, the automated data systems continued to serve us well and still proved a lot more efficient than the old manual systems.

I would also like to extend a thank-you to Matt Dubsky for accelerating athlete registrations into ResultsHQ this year ahead of financial approval in the LANSW system. This allowed athletes' results to be used in CompHQ / ResultsHQ as soon as the ID was available, and

greatly reduced early season effort needed to reconcile or catch-up track data from previous meets and enter field results manually.

Phillip Aroney
Records and Rankings

Website Coordinator's Report

This season we operated without a dedicated Website Coordinator. Our thanks go out to Glenn Frost and Damian Neilan who have supported behind the scenes when technical issues were faced.

Using the Timing Solutions based website, which is a simple Word Press platform, meant that quick and easy edits could be made by myself to keep the Training and Event pages up to date. However, new members will often visit a website to get a feel for the club they are researching, and therefore keeping all pages current is very important for the centre to attract new members. Filling the website position next season is desirable.

The Facebook page continues to be used for immediate updates and has 338 followers. The natural reach for most posts is about 170. It's quick and easy to share important information on cancellations, reminders for training and sharing photos from key events such as Zone carnivals. Next season, with more parent support, we could extend this out to Instagram and/or twitter to build the profiles of the centre.

We have continued the use of SignUpGenius, a free service, to assist in allocating volunteer roles at external events such as Zone. We have also used this feature to coordinate the canteen and first aid rosters to some success. Having a dedicate canteen and first aid officer next season would help inject some more helpers into these areas.

Alice Clayton
On behalf of a Website Coordinator

Technical and Equipment Report

The Equipment Officer position requires:

- helping and directing the parent volunteers setting up
- checking all areas prior to commencement to ensure all the equipment is correctly distributed and the long jump pits are raked and checked for dangerous objects
- a presence at the end of the day to ensure all the equipment is returned and all gates are relocked
- organising repair and maintenance of equipment during the season
- a stocktake and a final report at the end of the season for the AGM.

The season went well, though we had some morning set-up and after competition pack-up left to a few people, as parent volunteering rates continue to vary. However, I feel the new system based on surname worked a lot better as the numbers available were more consistent.

Summary

- We purchased some new cheap shelters to replace the aging shelters and see how well they hold up compared to the expensive shelters we had. They seemed to hold up for the season.

- Timing gates and iPad/wi-fi communications have presented various problems through the season. This was often due to weather conditions as overcast days seem to cause most of the issues. Every week we seemed to have some issue. We had a consistent group of helpers on the starting gates which worked well; training helpers at the start of the season was well worth it.
- We should look at getting some new gate controllers as they are the originals and we have started to see some strange issues that I feel are related to their age.
- The new trolleys to move the starter's gun and speakers worked well and seem to improve the performance of the system. It removed the constants plugging and unplugging which caused issues with the cables and stopped the starters from putting the starter gun on the ground, which was causing loss of signal to the controller box.
- Once again, we had our discus stock disappear leading up to Zone. We will need to be more active in controlling and checking stock next year, so we do not run low.

Future items

- New shelters (maybe two) will be required next season as we begin a phased replacement.
- We have purchased new discus and shotput trolleys; these should help with mobility through the uneven carpark.
- We need to plan for the replacement of the high jump mats which are starting to wear. This is mainly caused by sliding the mats across floors in the storage areas.
- The tractor has a dodgy gear box but was better after the service this year. In the future, we should look at replacing it with an electric vehicle.
- The portable discus cages need to have a weight on the base to stop the poles falling over and a trolley in which to move the cages around.

Mal Warland
Equipment Officer

Coaching Report

This season has seen further maturity of the coaching framework, and we welcomed new coaches into the team, including some of our junior athletes. Welcome and thank you to Grant Carlton, Jess Tyzack, Tim Campbell and Rakeli Albino who have joined Maddy Smith, Joe Burgess and Zara Warland on the coaching team. Yianni Fotios has also recently completed the Level 1 Community Athletics Coach course and we look forward to adding him to the team next season.

Various weather events disrupted some mid-week training sessions, however those athletes who have regularly attended training sessions have shown a big increase in their skills and ability which was very notable while preparing the end of season awards.

The vision for coaching continues to hold a strong multi-discipline focus. Early specialisation is not encouraged for Little Athletes. Skill development coaching continued to be held on Tuesday and Thursday evenings, free for all registered members. These sessions were recommended to our younger athletes. Monday afternoon training continued throughout the winter with Joe Burgess, and our thanks goes out to the Pennant Hills Soccer teams who allowed us to share the oval. Training under the floodlights was very popular and maintaining this consistency all year helped many athletes. Sunday afternoon training commenced in April 2019 to help athletes prepare for their school carnivals and was extremely popular. The activities offered on Sunday included horizontal jumps and throws. We added a Teen Running Squad on a Thursday afternoon to provide our older athletes with an opportunity to focus on their sprint and distance training and extended the invite out to the community. We saw a few additional members join our training nights as a result. Both Sunday and Thursday teen squad included a \$5 charge per athlete payable to the coaches which did not appear to be a barrier to families and resulted in a reduced cost to the Centre. Athletes from

Cherrybrook and Northern Districts also made good use of our Sunday training and were very welcome.

Next season we intend to continue offering all the above training sessions and build a hurdle squad for athletes wishing to regularly participate in hurdle training. To be successful, consistent attendance will be required to enable skill development in this technical event which will need some consideration.

In addition to mid-week coaching, we again commenced the season with 8 weeks of skills coaching on a Saturday morning as part of the general program. The focus was on the new technical events introduced to age groups. The intent was to teach event skills in a way that Age Managers could then progress throughout the season. More thought needs to go into this prior to the next summer season as in many instances Age Managers were not able to focus entirely on the coaching opportunity. Consideration should be given to having specific Age Manager training at the start of the season.

We also signed up to On Track via LANSW, which provided skills cards for every event. These were used by our skills coaches and provided to Age Managers to conduct skills training for technical events. Some age groups made great use of this, for example the U7 girls discus, whereas others felt more comfortable launching into regular competition.

From January, we reintroduced the before-comp warm up, led by our centre captains and their U17 peers, which was well received and quite effective. This also enabled parents to listen to important announcements without the children becoming restless.

At the time of writing, COVID-19 has resulted in training being placed on hold and our coaches Maddy and Joe have created online training programs to be followed. We hope to resume Monday evening training soon and plan to commence skills training in the July holidays ahead of school athletics carnivals.

Alice Clayton
Coaching Coordinator

Age Managers Coordinators' Report

I took on the role of Age Manager Coordinator this year, as well as continuing in my role as Secretary, as we had no other volunteers.

Age Managers are key to a smooth Saturday competition. They also play significant roles in improving athletes' skills and developing their ongoing interest in the sport. As such, this year we really tried to invest more effort and training into these positions, and I hope to pass the role on next season to someone who can continue to develop new procedures and ideas for improving the work of and assisting with our Age Managers. As an Age Manager myself, I find it hard to assist on Saturdays and this is a key time to work with new volunteers and help improve skills of more seasoned managers.

Age Managers have a number of roles:

- supervising athletes and coordinating parent helpers
- acting as technical officials for field events at regular Saturday competitions
- measuring and recording events on iPads
- recognising and officially reporting records
- working with the Championship Officer for Zone, Regional and State entries and communicating information for these competitions.
- working with the Awards Officer and nominating athletes for end of season awards.

This season we aimed for two age managers for each group and sent pre-season emails to fill positions. Once again, some age groups were easy to fill and some started the season with no age manager. While age manager figures were good – we had 32 tentatively assigned – this was not a reality. A number of groups had three managers listed but six age groups only had one person and a few age managers dropped out during the year.

Age managers are encouraged to have 2–4 helpers per group depending on group sizes and needs. In general, this worked well, but there is still an issue with too many parents with the younger groups, resulting in fewer people helping on other areas of the track and field.

This season we introduced an age manager package that contained an HDLAC information sheet, including a list of duties plus field and track specifications, and videos hosting simple training techniques as well as basics of officiating events. We also got coaches down to help on Saturdays with athletes and with age managers for the first few months. Interestingly, this worked well with new age managers who were keen to learn and happy to admit they needed help, but we still had issues with some age managers not using correct techniques for measuring field events or officiating throws.

We also need to do more to encourage age managers to embrace the Zone competition and get them to encourage their athletes to enter. As there are now 5 entries per event for each club, we have the capacity for most kids to give it a go.

All age managers were due to be thanked on Presentation Day and presented with a gift. However, COVID-19 meant we postponed Presentation Day to later in the year and will do our official ‘thank yous’ at that time!

Fran Dorey
Age Managers Coordinator

Awards Manager Report

This was my first season as Awards Manager and was an opportunity to review the previous approach and identify areas for improvement and efficiency. During the season, we were able to streamline the process for determining star awards, Septathlon results and end of season trophies as well as identify areas for further improvement next season.

Overall, I believe it was a successful season, with the following areas to consider for the 2020-21 season:

- Identifying ways to increase engagement of athletes and parents with stars to help the athletes set goals and aim for improvement
- Documenting the processes required for stars and awards and smoothing out some data issues with Results HQ

Star Awards

583 stars were earned this season for the U6 to U12 age groups (U13 and above choose to not receive stars), with quantities at each level shown in the table below. The percentage of stars received at each level reflects the increasing difficulty of each star, however the difficulty of each level could be reviewed to ensure that athletes are being appropriately challenged and encouraged. In particular, we could consider:

- Should red and blue standards be slightly lower to allow more athletes to achieve these by the end of season
- Most athletes fall short on the throws (which are already heavily reduced), should these be further reduced, or athletes more strongly encouraged to attend throws trainings

# Athletes (U6 - U12)	Yellow	Green	Red	Blue	Gold	Total
253	239	199	101	30	14	583
% of Athletes	94%	79%	40%	12%	6%	

Stars were calculated using a predominantly automated approach this season and handed out to age managers most weeks. This system seemed to be an improvement on prior years, however we should consider any other ways to further improve the process on handing out of stars and tracking who has and hasn't received them.

Septathlon

Our annual Septathlon event was held on 29 February and, although this was much later in the season than planned, due to weather delays, was a successful event. One change implemented this season was to combine the U14 to U17 athletes into one group to help increase the competitiveness in the small age groups. This was well received by the athletes and it was good to see the athletes pushing each other across the age groups. With the point systems still being applied based on their age group, this also kept the competition fair. Septathlon points were calculated and collated leveraging the ResultsHQ data, with some backend analysis. Medals will be presented at the delayed end of season presentation in August 2020.

End of Season Awards

The plaques, age group awards and perpetual trophies remained relatively unchanged this season, with the following exceptions:

- The scoring system for best all-round athlete for each age group was updated to be based on the state-multi scoring system (rather than a 1-5 score based on star band performance)
- The binning award was extended to have U12 to U17 age groups eligible to reflect the changing age profile of little athletics (the award was previously for U12 only which is an artefact of when little athletics finished at U12s)

Updates and clarifications for award descriptions was loaded to the website early in the season to help provide clarity on the criteria for each award.

Due to the postponement of the presentation day, Septathlon placegetters, best all-round athlete and most improved athlete winners were announced in the April newsletter, with the remaining awards and all trophies to be presented in September.

Grant Carlton Awards Manager

Track and Field Officer's Report

The field events went very well with minimal hold ups with the discus, shotput and javelin. However, the increase in age groups allowed to do javelin did increase waiting times for some of those events. We also need to remind age managers that grass discus and shotput rings should be used by the 6 to 8 years only.

We do need to get weights and trolleys to set-up the portable discus cages as this will help mitigate the risk of people being hit by a discus. We will also have to check the main discus markings as they seemed to have moved this year when they were set-up. We will do this at the start of the next season.

The hurdles worked well this season although some of the older hurdles fell over in high wind.

The oval was in good condition this season.

We should encourage the older age groups to do spin or step throws for shotput and discus as there seems to be a lack of skills in this area in the Centre.

Mal Warland
Track and Field Officer

Cross Country Report

Last season we trialled moving our cross country events to the trails in Lane Cove National Park. Four events were held and were extremely well attended by registered athletes and visiting athletes from neighbouring centres. Feedback was really positive and this season we applied for a Small Scale Event approval from the National Parks to enable this event to grow. To cover the small cost of this, Stone Real Estate have agreed to sponsor the event. At the time of writing, the COVID-19 situation has resulted in these events being cancelled, and Stone Real Estate have agreed to carry over their sponsorship to next winter. There is a chance we may be able to put on one or two events before the end of the season.

At the end of last season, we took an U11G team to the NSW Cross Country and Road Relays, which was a lot of fun for the girls participating. Older teams need to represent their dual senior club which prohibited entry. We entered three teams into the Community Nitro track event at Homebush and the kids involved enjoyed participating in novelty events such as the 150m, an elimination 800m, Swedish relays and a vortex throw. Hornsby were definitely acknowledged as being the loudest team. We entered three teams into the LANSW Cross Country at Rydalmere and came away with team medals in each age group and some fantastic individual performances. Sadly, all these events have been cancelled in 2020 due to COVID-19, but we look forward to returning next winter.

We have not had a dedicated cross country coordinator for a few seasons now. Given this winter's cancellations this is not a concern, but it would be desirable for next winter to have someone to share this responsibility.

Alice Clayton
For Cross Country Co-ordinator

Tiny Tots Report

Our little tots had a fun-filled season! We enjoyed our weekly obstacle course, throwing, jumping and running skill sessions followed by games 'What's the time Mr Wolf' and 'Freeze' then finishing with parachute and flying chickens. On special weeks we could even go on the big race track and run 50m or occasionally jump in the long jump pit. Amazing to see the progress from the start to the end of the season from our very talented tots.

I'd like to say a BIG thank you to Nataschia and Karl, my fellow group leaders, and to all the parents who helped set up, pack up and coach throughout the season.

Good luck to all the graduating tots and a 'we hope to see you again' to our 3-year-old tots for next season.

I will be moving on with my son to under 6s so there is an exciting opportunity for a new member to be Tiny Tots Coordinator and I would be more than happy to speak with anyone interested.

Vanessa Fierens
Tiny Tots Coordinator

First Aid Report

The committee took on managing First Aid as we had no volunteer to fill this position. This role needs to be filled – it is too much for those already doing other committee roles and needs someone with experience who can check the First Aid kit on a regular basis and keep it stocked, as well as contact volunteers for a workable roster system.

A big thanks to all those who helped as First Aiders at Centre competitions. Once again, it tends to be the same few and we need to work on recruiting more volunteers next season.

This season we had no major injuries at competition days. The few minor injuries were only a grazes and muscle strains. The only serious issue was with a spectator, Lorraine McKay, who tripped on the small step at the edge of the club house on Saturday 14 September 2019. We communicated this to Hornsby Shire Council who placed hazard tape along the step.

We also need to remind parents and athletes to bring EpiPen's and puffers, etc, to competition and ensure age managers know of any issue with an athlete in their group.

Fran Dorey
For the First Aid Coordinator