



NEWSLETTER

Important Information

Venue:

UWS Bankstown
Bullecourt Ave
Milperra

Time:

Friday Nights
Arrive 6.00pm for 6.30pm start
(check centre calendar)

Website:

www.revesbylac.org.au
Revesby Workers
Little Athletics Centre



@RevesbyLAC

Wet Weather : Will be posted to
Facebook, Twitter & our website
as soon as cancellations are known

First Aid:

Available at the canteen.

Committee:

President: Christine Butters
Vice President: Anthony Tahhan
Secretary: Jackie Bottrill
Treasurer: Les Rolls
Registrar: Mikaela Butters
Publicity Officer: Mara Basic
Uniform Officer: Leanne Thompson
Canteen Manager: Rebecca Taylor
Equipment Officer: Barry Butters
Records & Ranking Officer:
Bree McGraw
Championships Officer: Erin Austin
General Committee:
Lisa Wedgwood
Peter Bottrill
Ben North
Scott Wastell
Richard Loane
Stuart McGraw
Maureen Carey

Patrons

Daryl Melham President RWC
Alan Ashton

RWC Liaison Director

John Rodwell

2017 / 2018 SEASON

President's Report—Christine Butters

The year is flying away on us and as I write this we have competed three rounds of our three week program and have one more round prior to the Christmas break. We have been very fortunate with the weather so far and have only lost one night to rain. We will endeavour to make this night up at the end of the season.

The next major event is the Southern Met Zone Championships being held at The Ridge from Friday 15th-Sunday 17th December and we have 40 athletes entered, good luck to them all.

RWLAC has had a history of supporting charities in the past and I am delighted to inform you that our next event is "A Day for Shay" to be held on Friday 1st December. Please read the information which will be emailed to families this week and also see the Noticeboard for details.

We have now organised our Annual Christmas Fun Night to be held at Padstow McDonalds on Monday 11th December from 5pm -8pm. Come along for dinner, face painting, balloons, and fun. All monies raised will be donated to the Bill Bullard Charity run by Revesby Workers' Club.

We now have 282 athletes registered, and continue to welcome new athletes to trial at our Centre. While we will not get as many registrations as last season the numbers in some of our groups are quite large and we are seeing some great friendships develop on Friday nights.

You will be aware that we have been holding coaching sessions at the Centre each Friday from 5.15pm and we are very grateful to the coaches from Illawong Seniors who have been running these. I know a lot of children are gaining some valuable skills from attending. I thank the coaches for their time and effort. The coaches have agreed to continue coaching on a fortnightly basis with the next session on Friday 1st December when they will concentrate on skills required for Zone events.

Finally a big shout out to Committee member Bree who has taken over the role of Recording Officer for the season and is doing a very efficient job in getting all the results uploaded by the Saturday following competition. She is ably assisted each week by the variety of parents who do data entry as their rostered duty.

Until next newsletter...

Christine Butters
President.



**Revesby
Workers Little
Athletics
Mission
Statement:**

*“Revesby
Workers Little
Athletics
Centre
promotes fun,
fitness & skills
development
in a friendly
competitive
environment
while
encouraging
family
participation,
community
spirit &
values”.*



IMPORTANT INFORMATION

HIGH JUMP—recording sheets not being completed correctly. Athletes only start jumping at the height 10 cm below their PB (marked by highlighting on the sheets) and that once they have successfully cleared a height they don't go back and jump the same height again.

RECORDING SHEETS - must be sent up to the table as the event is completed. If you are not rostered on duty and are following your child around offer to take the completed sheets up to the recording table.

RECORDING - at an event be aware of possible record breakers and ensure a committee member signs off any record before the time is cleared from the stopwatch or in the case of field events, before any implements are moved.

ROPES—around the tracks are for safety purposes to ensure the athletes competing on the track are safe and not likely to run into people crossing the track. **DO NOT LIFT THE ROPES** to allow children to go under them.

Track—Always check the track before crossing. Athletes cannot stop to avoid you and keep the finishing lines clear. Remember if you are not competing in an event, then **DO** not run next to or on the track at any time for any reason. Encouragement should be positive verbal praise only. Children may be disqualified if an adult or sibling is running alongside them on the track.

TIMING - on the straight track should be alert and aware when each race is due to start (not chatting in groups) and should be watching for the smoke of the starting gun not the sound. Hit your stopwatch button when you see the smoke. Parents should be timing the child coming in the place on their stopwatch as these are now numbered. Unfortunately we have had some dubious results due to parents not being aware of when events are starting and how to use the stopwatches.

Javelin & Discus—DO not cross the infield of the track

Long / Triple Jump—NO one should cross the track of a competing athlete

For track events two stopwatches are required to verify the record. The slowest stopwatch time shall be applied; for field events record to be verified by a committee member before the event continues on to the next attempt the spike must not be moved.

Any children attending coaching must pay a gold coin.

NO SMOKING—the grounds is strictly a non smoking area

**REGISTRATIONS & UNIFORM
SALES HAVE NOW FINISHED FOR
THE SEASON AND WILL RESUME
IN AUGUST FOR NEXT SEASON.**



UNIFORMS & ATHLETES NUMBERS

All athletes must now be in full uniform with their registration number attached to the front of their top and age patch on left side of top or shorts. Coles sponsor patch to be placed on top right of their tops.

Jetstar patches on last year's uniforms must be removed as LANSW now has a new sponsor COLES please place the new sponsor patch on uniforms; if you are yet to receive a Coles patch please see a committee member at sign on table to collect one.

Absence of an athlete registration patch may mean no results recorded!

Plain black bike pants or compression shorts with black stitching may be worn underneath the maroon shorts. A plain white or neutral colour T-shirt may be worn underneath the singlet top for sun protection or for warmth. All numbers & patches must be visible otherwise athlete will need to tuck tops in.

REGISTRATION NUMBER

Registration numbers must be displayed on the front of the singlet or crop top and must have the border visible.

Age patches must be displayed on the top LEFT side on the front of the singlet or on the bottom LEFT side on the shorts or bike pants. All printing on the age patch must be visible.

TRAINING - MIDDLE DISTANCE

Peter Bottrill (committee member and coach) will be conducting coaching sessions in middle distance running events. These sessions are available to all athletes in the U11 to U17 age groups and will be held at the athletics field.

Cost is \$2.00 per athlete.

Any interested athletes should contact Peter on 0407 904 146 and leave your name and number for Peter to contact participants and determine a universally suitable day and time.

RECORD BREAKERS

CONGRATULATIONS to all the little athletes on breaking records; results as listed below:

- **11 Boys – Javelin 400g – 27/10/17 – Daniel Merheb – 11.91m**
 - (previous record 10/03/17 – 11.35m)
- **13 Boys – 3000m – 03/11/17 – Callum Powell – 11:16:78**
 - (previous record 21/10/11 – 11:35:25)
- **11 Girls - Javelin 400g–17/11/2017– Brooke Hunter - 12.41**
 - (Previous record 02/12/16 - 12.10)
- **6 Girls–Shot Put 500g – Kenzie Delacour-Batch - 3.58m**
 - (Previous record 22/09/17 - 2.91m)
- **6 Boys – Shot Put 500g – 22/09/17 – Matthias Pinder – 3.92m**
 - (no previous record as this is a new event)

Little Athletics Association of NSW Mission Statement

‘The Little Athletics Association of NSW aspires to provide the community with recreational athletics activities that contribute to the healthy development of our children. Such activities will promote:-

- * *Fun*
- * *Fitness*
- * *The development of skills*
- * *The building of character & self esteem*
- * *The fostering of good sportsmanship*

In a safe, positive, family-friendly & inclusive environment.

CHRISTMAS BREAK & EVENTS & NEW SPONSOR

McDonald's Fun Night—MONDAY 11th December 2017

In the past five years we have held a Christmas Fun Night at Padstow McDonalds (Cnr Arab Rd). This is a casual night where McDonalds dedicates several cash registers to our Centre from 5pm-8pm and we are given a percentage of the takings. We use this as our donation to the Bill Bullard Charity at Revesby Workers' Club (our major sponsor) So we invite you all to come along to this years' McDonalds Fun Night at Padstow on Monday 11th December, spend a couple of hours with us, purchase dinner for the family and perhaps the kids will get to see the Jolly Man in the Red Suit! Athletes are asked to wear their uniform as this helps to raise our profile in the Community also.



ZONE Championships

This year's Zone championships will be held at The Ridge Athletics Field at Barden Ridge from Friday 15th - Sunday 17th December. We have 40 children entered as well as a number of officials working over the weekend. Good luck to all our competitors. I know you will wear the RWLAC uniform with pride.

coles

This season Coles have taken on a major sponsorship with Little Athletics and we have been very fortunate that they are donating boxes of bananas to every Centre every week to be distributed to our Little Athletes. Look out for your bananas at the end of each competition night right up to Christmas and starting back again in February.



CHRISTMAS BREAK

Our last night of Competition will be Friday 8th December. We will then hold our McDonalds' Fun Night on Monday 11th December followed by Zone Championships (for those entered) on 15th -17th December). We will return to athletics on Friday 12th January with a Week 1 program. Reminder emails will be set to families.



CLUB CAPTAINS

Recently voting took place among the Senior athletes to elect their Club Captains for the season.

CONGRATULATIONS to Phoebe Bottrill & Mitchell Carroll who were voted as Captains and Dylan Bennett as Vice Captain. These young athletes will represent our centre with pride.



STATE RELAYS

Last weekend saw 16 teams of junior athletes compete at the State Relays and I was delighted to hear of some great efforts by them all. Congratulations to our Under 8 Boys Throws team of Callum Clasper, Elijah Biuvanua Heather and Cooper Hunter on placing first in their relay, gold medal and State record. A tremendous effort boys! Also to our U8 Mixed 4 x 200m relay for placing 6th.

A HUGE CONGRATULATIONS to all our state relay teams, on never giving up, doing your best and most importantly having fun. We are so proud of all of you!

A big thank you to our Championships Officer Erin who has spent hours organising teams, training and parents for roster.



BIRTHDAY ROLL CALL

HAPPY BIRTHDAY

to the following registered athletes who have birthdays in November & December 2017.
We hope you have a great day!!

November Birthdays

Dylan	Bennett
Phoebe	Miller
Christian	Khoury
Cameron	Poole
Angela	Wastie
Charlotte	Swain
Ryleigh	Delacour-Batch
William	Baiton
Chloe	O'Brien
Jeremy	Bullock
Niah	Hill
Macy	Milan
Tamilia	Pradachith
Lucas	Horg
Matthias	Pinder

December Birthdays

Elizabeth	Rolls
Rori	Brooks
Rhiannon	Shipley
Benjamin	Pittman
Tahlia	Caddy
Ella-grace	Hamlin
Saawan	Sharma
Sarah	Kennedy
Sarah	Poole
Jake	Bender
Lola	Capdor
Zoe	Milan
Angus	Lonsdale
Jakob	Sidrak
Kiara	Murphy
Abigail	Perry
Olivia	de Brabander
Lucy	Wilson
Juliet	Loane
Charlie	Theodosiou
Jack	Bennett
Tegan	Shankar
Damon	Shankar
Thomas	Wighton





REVESBY WORKERS'
LITTLE ATHLETICS
CENTRE

P.O. Box 536
Revesby NSW 2212

Phone:
0413 886 431
9792 2031 (after hours)
E-mail:
bjcmbutters@yahoo.com.au

Newsletter Contact

If you would like to contribute any news, information etc just contact
Christine Butters
president@revesbylac.org.au



The Centre's website contains a wealth of useful information including:-

- Event Programs
- Awards
- Sporting Links
- Centre Information
- Calendar of Events
- Comments Section
- Members Section
- Results
- Newsletters
- History

We would like to thank our sponsors

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Ph. 9718 9466



McDonald's Revesby
McDonald's Padstow

LANSW SPONSORS



If anyone would like to become a sponsor of the centre please contact the Centre's President Christine Butters (0413886431)