Revesby Workers Little Athletics Centre

NEWSLETTER 2018/2019

Issue 4 - February 2019

Important Information

Venue:
Western Sydney University
Bullecourt Ave, Milperra

Time:
Friday Nights
Arrive 6.00pm for 6.30pm start

Website:
www.revesbylac.org.au

Revesby Workers Little Athletics Centre

Wet Weather :
Will be posted on Facebook & 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 North
Publicity Officer: Stuart McGraw
Uniform Officer: Leanne Thompson
Canteen Manager: Rebecca Taylor
Equipment Officer: Barry Butters
Records & Ranking Officer:
Bree McGraw
Championships Officer:
Erin Austin
Coaching Officer: Peter Bottrill
General Committee:
Louise Anthony
Christopher Batch
Wayne Hunter
Robert Keast
Benjamin North

Patrons
Daryl Melham President RWC
Alan Ashton

RWC Liaison Director
John Rodwell

Presidents Report - Christine Butters

Happy New Year to all our families and welcome back. It has been extremely positive to see the number of athletes return to competition since the Christmas break. This is traditionally the time when we "lose" a lot of our families. The first week back in the middle of the school holidays we had 142 athletes in attendance (50%), the following week we had to cancel due to the heat and humidity (40 degrees at the ground!). On the Australia Day Friday numbers were noticeably down but we still had 104 athletes participate which is 36% and then as school went back and we went into full swing again we had 179 athletes participating (63%). This is a timely reminder for all our athletes that to be eligible for end of season awards you must have participated in at least 60% of available events including 3 competition nights since Christmas.

I was delighted and very proud to be the President of RWLAC last weekend when 35 of our athletes competed at the Region Championships. The level of competition at Region is vastly greater than at Zone and while not all our kids had a successful weekend they all conducted themselves to the best of their ability on the day and wore our uniform with pride. There were a number of PB's achieved. Congratulations to our 9 autoqualifiers for State and to a number of 3rd and 4th placegetters who now have to wait for results from all the other Regions to find out if they have made it through to State. To our Under 8 athletes who cannot progress further, well done, keep up the hard work and we'll hopefully see you off to State next season!

A big thank you to our volunteers: Barry Butters shot put and discus chief, (chiefed 7 age groups at discus on Sunday, that's 504 throws of the discus to be judged and measured!!), Mikaela North who spent the weekend learning the Meet Manager Computer Program ready for next season, Helen Wastie who chiefed the long jump on Sunday, Bree McGraw who was the walks judge recorder for the walks on Sunday, Jackie Bottrill and Erin Austin who managed the field events Call room for me, Phoebe Bottrill, Elizabeth Rolls and Brianna Whitney who all gave up time on the weekend to assist in Call room, Stuart McGraw who did a lot of photography capturing athletes in action as well as medal presentations and last but not least Erin Austin who as our Centre team manager ensured all the kids were at Call room on time and none missed their events.

Another shout out to all our parents who fulfilled their rostered duties on the weekend also, Revesby's name was not heard over the announcing system looking for volunteers!

Since I last wrote the Centre was invited by Canterbury Bankstown Council to put in a submission in regards to the Kelso Parklands Precinct 4 Regional and District Active Sports Precinct. This is the area which we would ultimately like to move our Centre to. While it is early days in the process yet, we submitted a comprehensive report to the Council and also had a meeting with Council officers in regard to what is proposed for the area. I don't anticipate any further news on this before the end of the season but will keep you up to date on any developments.

Until next newsletter…

Christine Butters

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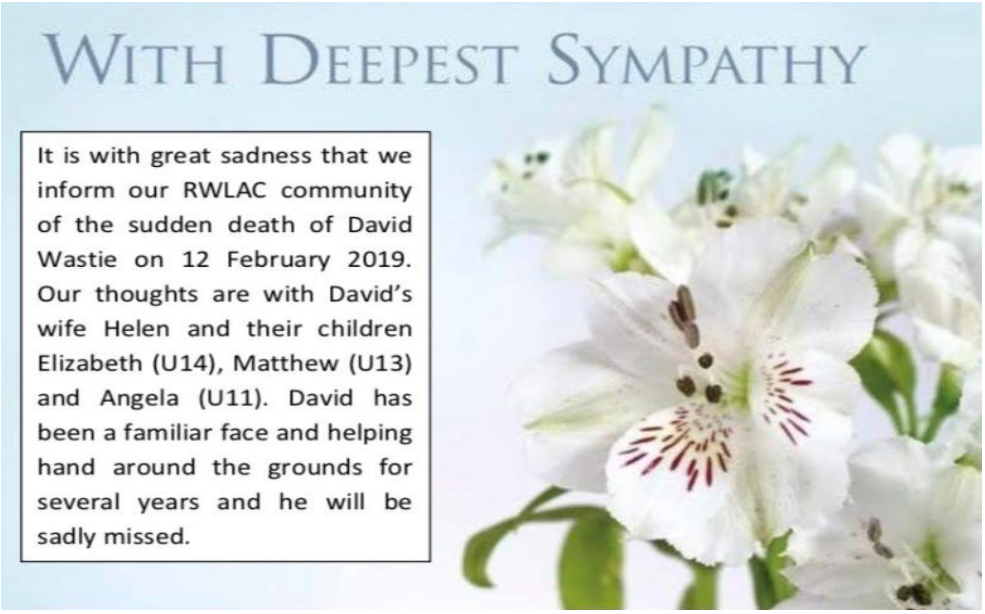
RWLAC Mission Statement

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

RWLAC Community



Important Information

REMINDER: To be eligible for end of season awards athletes must compete in at least 60% of timetabled events throughtout the season, including three competition nights after the Christmas break.

Important Dates

Friday 22nd Feb	- Week 1 program
Friday 1st March	- Week 2 program
Friday 8th March	- Final competition night (Program TBC)
Friday 22nd March	- Presentation Night (Details to follow)
Thursday 25th April	- Anzac Day March and Service

Athlete Results

Parents and Athletes please refrain from asking for athlete results during events on Friday nights. Our age managers and recorders are busy recording results which are usually uploaded by the next day for parents to access online. All parents and athletes are asked to check their own results via https://www.resultshq.com.au/login

Spike Shoes

Only athletes in U11 - U17 ages groups are allowed to wear spiked shoes as per LANSW rules. Spike shoes can only be worn in events run entirely in lanes, long jump, triple jump, high jump and javelin. U12 - U17 may also wear spike shoes in events not run entirely within lanes, except walks. Spike shoes MUST only be worn during the event and NOT to and from events.

Starting Blocks

Starting blocks may be used by athletes in U11 - U17 age groups. For safety reasons, any athlete wishing to use starting blocks on Friday nights MUST attend at least 2 Friday night coaching sessions and be able to demonstrate correct use of starting blocks.

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Records Broken

11/01/19
Jaxon Wise
6 Boys
Shot Put 500g
4.84m

25/01/19
Jake Bender
12 Boys
High Jump
1.45m

15/02/19
Liliana Anthony-Ligaiviu
8 Girls
200m
34.09s

15/02/19
Ben Pittman
13 Boys
Discus 750g
32.20m

Carnival Results

Congratulations to **Charlie Strauss** U6 Boys who competed in the Campbelltown Multi Event carnival on 2nd December and placed 3rd overall in his age group.

Congratulations to **Scarlett McGraw** U10 Girls who competed in the Lake Illawarra Summer carnival on 6th January and placed 1st in 1100m Walk. Scarlett also broke the carnival record for this event.

Trans Tasman Championships

Congratulations to Renee Penitani U12 Girls who was selected in the NSW Trans Tasman team and competed in the Trans Tasman Challenge against athletes from New Zealand on 13th January at Campbelltown Sports Stadium. Renee placed 7th in 100m, 11th in 200m and 11th in Long Jump.

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Region Championships Results

Over the weekend of 2nd & 3rd Feb, 35 RWLAC athletes competed at the Region 8 Championships, hosted by Illawong LAC at Barden Ridge Athletics Track. All of our athletes tried their very best and we are very proud of their efforts.

9 RWLAC athletes automatically qualified for the State Track & Field Championships, having placed 1st or 2nd in their events at Region. Congratulations to these athletes.

A number of 3rd, 4th and 5th placegetters have also qualified for State in the “next best” round.

Congratulations to the following athletes who placed top 3 in their events at Region:

1st
Khloe Hunter (8G) - Shot Put
Liliana Anthony-Ligaiviu (8G) - 70m
Abbie Pasnin (9G) - 800m
Cooper Hunter (9B) - Discus
Brooke Hunter (12G) - Shot Put

2nd
Liliana Anthony-Ligaiviu (8G) - 100m
Damon Beard (9B) - 400m
Shea Cassilles (9B) - 800m
Scarlett McGraw (10G) - 1100m Walk
Niamh Mackenzie (11G) - Triple Jump
Ciara Cassilles (12G) - 1500m Walk
Renee Penitani (12G) - 60m Hurdles
Adam Pittman (14B) - Discus, Shot Put

3rd
Abbie Pasnin (9G) - 400m
Charbel Khoury (10B) - 1100m Walk
Renee Penitani (12G) - 100m, Long Jump
Ben Pittman (13B) - Discus

Congratulations to our 9 automatic State Qualifiers

Congratulations to our 14 Region medallists

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RWLAC 2018/19 Region Representatives

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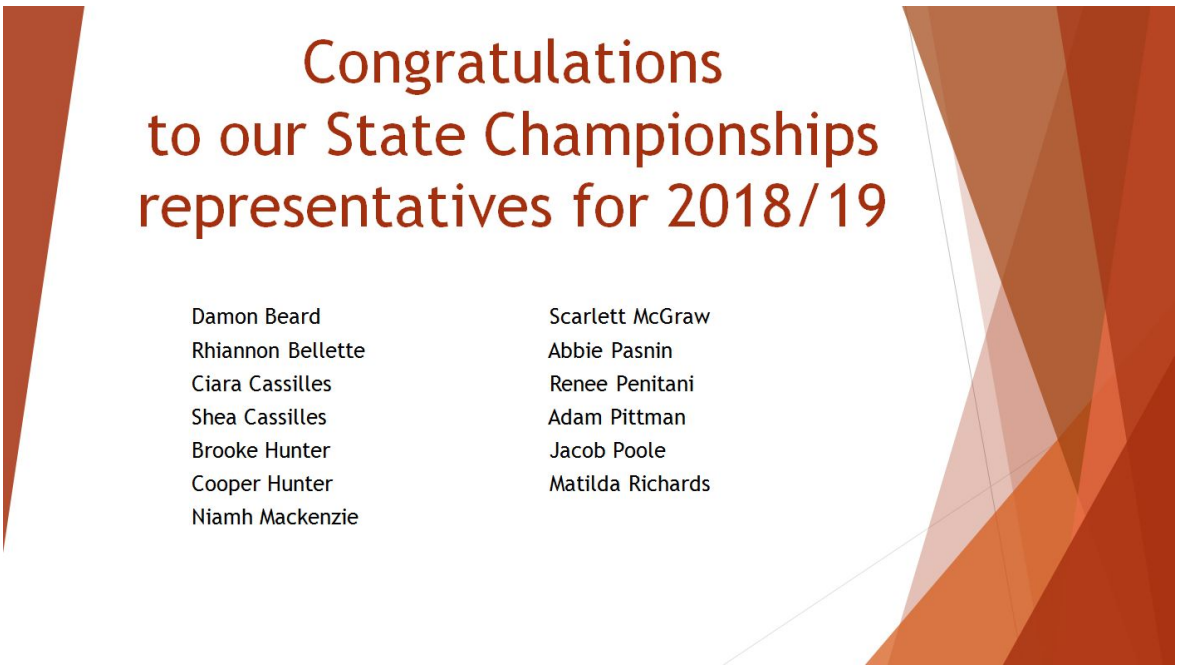
RWLAC 2018/19 State Championships Representatives



State Championships Qualifiers

The LANSW State Track & Field Championships will be a two-day event held on Saturday & Sunday, 16 & 17 March 2019 at Sydney Olympic Park Athletic Centre (SOPAC).

The program of events is available on the LANSW website:
www.lansw.com.au/Competition/Championships/State-Track-Field-Championships

Congratulations to our 13 RWLAC State Representatives:

Damon Beard - 9 Boys - 400m
Shea Cassilles - 9 Boys - 400m, 800m
Cooper Hunter - 9 Boys - Discus, Shot Put
Abbie Pasnin - 9 Girls - 400m, 800m
Scarlett McGraw - 10 Girls - 1100m Walk
Jacob Poole - 10 Boys - 800m
Rhiannon Bellette - 11 Girls - Multi-class: 100m, 800m, Long Jump, Shot Put
Niamh Mackenzie - 11 Girls - Triple Jump
Matilda Richards - 11 Girls - 800m, 1500m
Ciara Cassilles - 12 Girls - 1500m Walk
Brooke Hunter - 12 Girls - Shot Put
Renee Penitani - 12 Girls - 60m Hurdles, 100m, Long Jump, Triple Jump
Adam Pittman - 14 Boys - Discus, Shot Put

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Ground Maintenance

A massive thank you to our wonderful hard working committee members who have spent countless hours mowing and line marking our grounds to ensure competition nights can run efficiently and safely for our athletes. THANK YOU to Barry Butters, Christine Butters, Stuart McGraw and Wayne Hunter. Your efforts are very much appreciated.

Visiting other Centres in our Zone

Did you know that RWLAC athletes are welcome to visit other centres within our Zone and compete as a visiting athlete? Khloe Hunter and Eden Bennie visited Illawong LAC on 19th Jan when our competition night was cancelled on 18th Jan due to extreme heat. If you do visit another centre please wear full RWLAC uniform and see a committee member on arrival.

The centres in our Zone are:
Bundeena (Thursday night)
St George (Friday night)
Helensburgh (Friday night)
Port Hacking (Saturday morning)
Sutherland (Saturday morning)
Illawong (Saturday afternoon)

We have recently had some visiting athletes at RWLAC from Illawong LAC, Bankstown Sports LAC and St George LAC.

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RWLAC ALUMNI

We are privileged to have a number of current RWLAC parents who are themselves former RWLAC little athletes. In addition to Mikaela North, Robert Keast and Chris Batch (featured in previous newsletters), we also have Mark Beard, Bryan Ashton and Ryan Snape. Please let us know if there are any other RWLAC Alumni parents, grandparents etc.

Bryan Ashton with daughter Ella (U15) and son Charlie (U7) and as a little athlete back left in group photo and taking out 1st place on podium.

Mark Beard as a RWLAC athlete and with sons Declan (U7) and Damon (U9).

Ryan Snape and daughter Brooklyn (11G)

Ryan Snape still holds a centre record at RWLAC since 1985 in the U6 Boys 100m, with a time of 19:10

RWLAC

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Bunnings BBQ

A big thank you to the 27 families who volunteered their time at our Bunnings BBQ today, including 11 of our hard working committee members. The funds from this fundraiser will go towards our end of season athlete awards and trophies. A big thank you to the following families:

Austin
Batch
Bottrill
Butters
Carroll
Cassilles
Donnelly
Farrugia
Horg
Keast
Luttrell
Mackenzie
Marsh
McGraw
Nguyen/Ly
O'Brien
Otomancek/Greig
Pasnin
Pittman
Poole
Ridgewell
Rolls
Strauss
Tahhan
Thompson
Wise
and our wonderful Canteen Manager Rebecca Taylor.

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Contacts

Newsletter Content

If you would like to contribute any news, information
etc contact:
Stuart McGraw
publicity@revesbyLAC.org.au

Do you have a small business that is interested in sponsoring RWLAC or could contribute to fortnightly meat/fruit or other raffles to support RWLAC? If you are interested please contact our Publicity Officer above.

LIKE US ON facebook

All important updates, announcements, photos, athlete achievements and also wet weather / cancellation notices will be posted on our Facebook page. This is the best way to keep up to date.

Thank you to our sponsors

REVESBY WORKERS' CLUB

Bel Pacific Pty Ltd
2 Way Radio Sales, Service & Rental
Ph. 9718 9466

i'm lovin' it

coles

The Athlete's Foot

Little Athletics NSW Mission Statement

"Little Athletics 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"

Little Athletics NSW