Revesby Workers Little Athletics Centre

NEWSLETTER 2018/2019

Issue 2 - November 2018

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

The damp start to the season seems to have left us now and we are well into the swing of the three weekly program. Congratulations to all the teams who competed at State Relay, a tremendous effort by all and by our Championships Officer Erin for all her hard work in getting the teams together, training and then spending all day Saturday at Homebush with them. Thanks also to the parents who get them to these events and undertake rostered duties as well. Next up is Zone and that too will be a busy weekend. We have 49 athletes competing in 174 events over the weekend and I look forward to seeing them all having fun, trying their hardest and aiming for PB's.

As you will all be aware Coles has come back on board this year with a regular supply of bananas, this will cease over the December January period and then recommence in February.

This year we will be having a special visitor and some Christmas treats during our Friday night competition on 14th December before we have a 3 week break for the holidays. We return to Little Athletics on the 11th January with a Week 3 program. Our registrations this season have continued to trickle in and we now have 280 registered athletes, almost equal to the same period last season. We have also had a number of triallists and it is very positive to see that most of them have joined.

As we did last year 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. We have also been trying a few different things to streamline events for the age groups with larger numbers, some of these have worked, some not!

Running the Centre is a big job requiring a lot of effort from a lot of people and I would like to mention the following for their outstanding efforts and commitment to our Centre this season so far: Erin Austin as Championships Officer, Bree and Stuart McGraw who have managed the results, recording and publicity, Kath and Leanne who have been running the bbq each week, Mikaela North who has been integral in modifying the program to suit the numbers as well as supporting the OnTrack sessions, Maddie Carroll who has been running the On Track program, Barry Butters who has been linemarking as needed to ensure we can see the track and Chris Batch who is modifying the running of the straight track to streamline the events and ensure efficiency in recording. And there are all our other committee members who turn up every week to assist with setup and pack up and remind me when there are any issues to resolve!

Congratulations to Renee Penitani and Cayde Herbert who were selected as reserves for the NSW team for the Trans-Tasman Challenge to be held in January and finally a special shout out to Brianna Whitney who has qualified to compete in High jump at the Australian All Schools championships in Cairns in December. Bri qualified last year also but due to injury was unable to compete. So good luck from all of us Bri!

Until next newsletter…

Christine Butters

Revesby Workers Little Athletics Centre
NEWSLETTER 2018/2019

Issue 2 - November 2018

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".

Important Information

Club Captains / Club Vice Captains

Congratulations to our elected Club Captains and Club Vice Captains.for the 2018/2019 season:

Phoebe Bottrill (Captain)

Mitchell Carroll (Captain)

Elizabeth Rolls (Vice Captain)

Dylan Bennett (Vice Captain)

Reminder: NO ball games are permitted on the grounds on Friday nights.

NO SMOKING - The grounds are strictly a non smoking area

Revesby Workers Little Athletics Centre
NEWSLETTER 2018/2019

Issue 2 - November 2018

Records Broken

09/11/18
Violet Loane
11 Girls
Discus 500g - 17.18m

16/11/18
Ben Pittman
13 Boys
Discus 750g - 30.11m

23/11/18
Ciara Cassilles
12 Girls
1500m Walk 8:39.02

Scarlett McGraw
10 Girls
1100m Walk 6:35.16

Charbel Khoury
10 Boys
1100m Walks 7:12.85

Personal Bests

Three new inaguaral records were set on 26th October. Congratulations to the following athletes.

U12 Boys Shotput 2kg - Kael Austin 7.61m
U11 Boys Discus 500g - Jonah Austin 18.09m
U11 Girls Discus 500g - Violet Loane 16.78m

Following the first round of competition, PB's from 2nd November onwards will be counted in the end of season calculations

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

On Track

Maddie Carroll, Phoebe Bottrill (U17) and Elizabeth Rolls (U17) recently attended a hands on practical Tiny Tots workshop. They are looking forward to applying their new skills with our U6 & U7 On Track athletes.

Revesby Workers Little Athletics Centre
NEWSLETTER 2018/2019

Issue 2 - November 2018

State Relay Championships - Erin Austin

RWLAC had 14 teams compete at the LANSW State Relay Championships at Sydney Olympic Park. This year we entered 11 junior teams and 3 senior teams. Once our teams were selected, our team members came to athletics early to practice baton changes each week. Thank you to all the parents for bringing their athletes down for relay training – the training sessions were invaluable. The carnival was a great success, as all teams competed, there were no disqualifications and no batons were dropped.

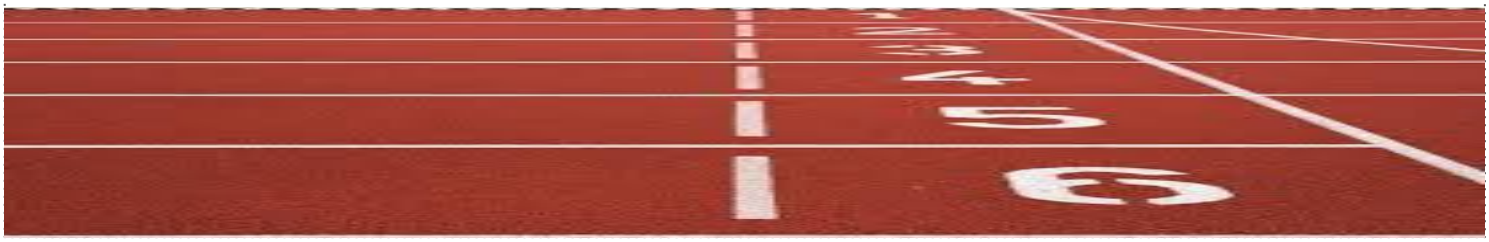
Congratulations to all the teams who gave it their all and made us proud. I had a great time cheering you on and even hearing the stories that some of our Pop's told to get athletes running faster.
If you haven't been on facebook yet – jump on and have a look at all our team photos – the teams are so happy and excited.
Thank you to all the parents who brought their children out to Sydney Olympic Park and cheered on the Revesby runners. If your child is interested in being part of a State Relay team next year, please advise when registering as we are hoping to finalise teams early in the season so we can get training.

4th - U8 Mixed 4x200m
5th - U8 Girls 4x100m
6th - U12 Girls Throws
7th - U15 Girls 4x100m
9th - Jnr Girls Middle Distance
14th - U9 Mixed 4x200m
14th - U11 Girls 4x100m
15th - U11 Mixed 4x400m
15th - U12 Girls 4x100m
16th - U8 Girls Long Jump
17th - Jnr Boys Middle Distance
18th - U9 Boys 4x100m
21st - U8 Boys 4x100m
23rd - U10 Girls 4x100m

Zone Championships

This Friday, our Zone carnival weekend commences. There are 49 athletes entered and we wish them all the best of luck. Sometimes things may not go your way, but whatever happens it's a learning experience to draw on for next time. I do look forward to hearing the results and hearing about all the PBs. So when you find your results, or break your PB please come and let us know. Thanks to all our parents for stepping up to help with duty, without parent helpers the carnival would not run.

Athletes U8 and above who perform well at Zone may qualify for Regional Championships, which are being held at The Ridge Athletics Track, Barden Ridge on 2nd and 3rd February 2019. U7 athletes do not progress to Region but are awarded medals if they place 1st, 2nd or 3rd in their respective events.



Revesby Workers Little Athletics Centre
NEWSLETTER 2018/2019

Issue 2 - November 2018

Upcoming carnivals

Mount Druitt LAC Gala Day
2 December 2018

South West Metropolitan Multi Event Carnival Campbelltown
2 December 2018

Zone Carnival - Barden Ridge
1st & 2nd December 2018

Lake Illawarra LAC Summer Carnival
6 January 2019

Trans Tasman Gala Day – Holroyd
8 January 2019

Trans Tasman Gala Day – Ryde
10 January 2019

Wyong LAC Multi Event Carnival
17 January 2019

Blacktown LAC Australia day carnival
Sunday 20th January

Region Carnival Barden Ridge
2nd & 3rd Febuary 2019

State Multi Event Dubbo
2nd & 3rd March 2019

Entries are now open for the annual LANSW State Multi Championships. The athletes all compete in a series of events running, throwing, jumping over the two days. The athletes are awarded points for each event based on their performance. At the end of the carnival the top three placeholders receive a medal.

If you are interested in your child participating in any of the above Carnivals & Gala Days, keep an eye on our Facebook page or contact our Championships Officer: Erin Austin - championships@RevesbyLAC.org.au for more information.

Carnival Results

Congratulations to the following athletes who have participated in gala days and carnivals hosted by other Little Athletics centres.

Dapto LAC Carnival
Scarlett McGraw (U10G) 1st in 1100m Walks, 2nd in 100m
Ruby McGraw (U8G) 2nd in 700m, 4th in Shot put, 5th in 100m

Central West Metropolitan Zone Multi Carnival
Scarlett McGraw (U10G) 2nd overall in age group
Benjamin Collins (U8B) 2nd overall in age group

Treloar Shield
Brianna Whitney (U15G) 3rd in High Jump

Kings Langley LAC Carnival
Brianna Whitney (U15G) 1st overall in age group

Liverpool LAC Gala Day
Benjamin Collins (U8B) 1st in Discus, 2nd Hurdles, 2nd in 700m
Ruby McGraw (U8G) 2nd in Discus
Scarlett McGraw (U10G) 3rd in 800m
Angel Choumar (U11G) 3rd in Shot Put
Ryan Collins (U6B) Participation ribbon

Revesby Workers Little Athletics Centre
NEWSLETTER 2018/2019

Issue 2 - November 2018

TRACKSIDE with Rob Keast

Robert (Rob) Keast joined RWLAC as an U8 athlete in 1983. Rob's son Oliver joined RWLAC last year in U6's and Flynn joined this year in U6's. Rob also joined the RWLAC comittee this year.

Rob still holds a centre record at RWLAC in the U12 Boys 400m, with a time of 1:08.00.

We went Trackside with Rob to ask him a few questions:

1. **What was your favourite Little A's event as a child?**

100m ,200m and 400m

2. **What is your favourite memory of Little A's?**

Making it to the Zone final in the 400m and running it in my sisters Dunlop Volleys and just missing out on going through. (Everyone else had blocks and spikes)

3. **Do you have any advice for our athletes?**

Keep turning up and have fun doing it, try to better your own performances and don't worry about the others.

Flynn, Rob & Oliver

Revesby Workers Little Athletics Centre
NEWSLETTER 2018/2019

Issue 2 - November 2018

Results Online

All athlete results are available to families online again this season.

Family ResultsHQ Log In Steps:

To log into your family area to view results, printable result tickets and individual performance graphs, follow these steps:

1. Go to www.resultshq.com.au

2. Click on Forgot My Password

3. Enter your username (this is the email address you used to register with RWLAC)

4. Press Submit

5. You will get an email with the log in details for your family area

If you have difficulties logging in, email **recording@revesbyLAC.org.au**

Uniforms & Athletes Numbers

All athletes must now be in full uniform each Friday night

Absence of an athletes 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 & PATCHES

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

- Coles patches must be displayed on the top right hand corner of the signlet or crop top

Coaching - Middle Distance - Peter Bottrill

Peter Bottrill (committee member) and Level 3 Middle Distance Coach (Athletics Australia Accredited) will be conducting coaching sessions in middle distance running events (400m, 800m, 1500m, 3000m). These sessions are available to all athletes in the U9 to U17 age groups and will be held on Wednesday afternoons at the athletics field. If you are interested in attending please speak to Peter Bottrill at the circular track on Friday nights or phone Peter on 0407 904 146.

Cost is $2.00 per athlete.

Revesby Workers Little Athletics Centre
NEWSLETTER 2018/2019

Issue 2 - November 2018

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