



# Revesby Workers' Little Athletics Centre

## NEWSLETTER 2020/2021



Issue 4 - February 2021

### Important Information

**Venue:**

Western Sydney University  
Bullecourt Ave, Milperra

**Time:**

Friday Nights  
Arrive 6.00pm for 6.30pm start

**Website:**

[www.revesbylac.org.au](http://www.revesbylac.org.au)



Revesby Workers Little Athletics  
Centre

**Wet Weather :**

Keep an eye on Facebook to get  
cancellation updates. Updates will not  
be posted prior to Friday afternoon.

**First Aid:**

Available at the canteen.

**Committee:**

**President:** Christine Butters

**Vice President:** Erin Austin

**Secretary:** Jackie Bottrill

**Treasurer:** Les Rolls

**Registrar:** Mikaela North

**Publicity Officer:** Stuart McGraw

**Uniform Officer:** Leanne Thompson/  
Louise Anthony

**Canteen Manager:** Rebecca Taylor

**Equipment Officer:** Wayne Hunter

**Records & Ranking Officer:**

Bree McGraw

**Championships Officer:**

Belinda Delacour-Batch

**Coaching Officer:** Peter Bottrill

**General Committee:**

Christopher Batch

Mitchell Wise

Richard Newton

Anthony Tahhan

Luke Glas

Pheobe Bottrill

**Patrons**

Daryl Melham President RWC

Alan Ashton

**RWC Liaison Director**

John Rodwell

### Presidents Report - Christine Butters

We are at the end of February and this signals the nearing completion of our 2020-21 season of Little Athletics. It has been so positive to see up to 65% of our athletes returned after the Christmas break. Many Centres experience a less than 50% return rate at this time of year. Even more positive has been the willingness of parents to nominate for parent duties each week. While we set the requirement at a minimum of 5 duties per family for children to be eligible for end of season awards many of our parents have gone above and beyond in fulfilling rostered duties and this in turn has assisted the program to run smoothly each week. I believe that the ability to be able to see their athletes compete close up has also been a driving force in this roster uptake and it is likely that this system will continue next season.

Several weeks ago we had 25 athletes compete at the State Qualifying meet for U9-U12 athletes. They all conducted themselves with pride and great effort and I congratulate the following athletes who have automatically qualified to compete at the State Championships in March: Jacob Poole U12B 800m and 1500m, Charbel Khoury U12B 1500m Walk, Amelia Lukunic U12G Javelin, Cooper Hunter U11B Discus, and Erin Cassilles U10G 1100m walk. As well as the assistance of all the parents in getting their children to the championships and fulfilling parent rostered duties, a big thank you to our team managers Belinda Delacour-Batch and Stuart McGraw, to parents Siobhan Mackenzie, Andrew Pittman Helen Wastie and Simone Zantiotis who were chief judges at various events, to Bree McGraw who did data entry for the duration of the Championship and to Barry Butters, Mikaela North, Jackie Bottrill and Peter Bottrill who without having athletes involved gave up their time to fulfil chief judging roles. In Mikaela's instance, as one of the key organisers of the Championships she also managed the results program for the entire time. Volunteers like these are worth their weight in gold.

As we reach the tail end of our season our coaches continue to work tirelessly with the athletes and are achieving great results in terms of PB's.

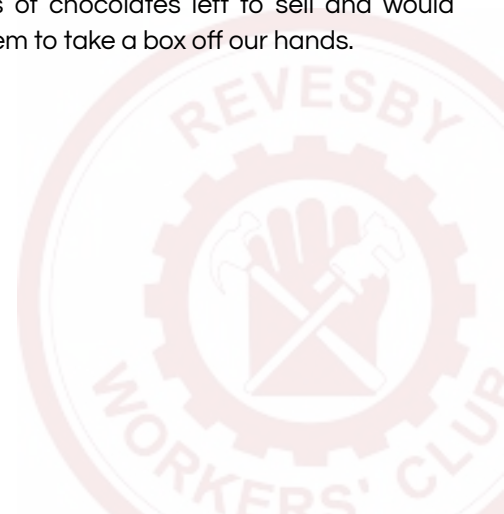
Planning is also underway for our Presentation Night which will be held at Revesby Workers' Club on Friday 23rd April. More information to follow once further details are known.

Finally a quick reminder that the Canteen is our major source of income and parental support is invaluable. We still have a few boxes of chocolates left to sell and would appreciate any family who feels they could sell them to take a box off our hands.

Until next time.....

*Christine Butters*

RWLAC President.





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Remaining season program

# 3 WEEKS TO GO



**26TH FEB - WEEK 2 PROGRAM**

**5TH MARCH - MODIFIED PROGRAM**

**12TH MARCH - END OF SEASON FUN NIGHT**

End of Season Fun Night

MARCH

12

# SEASON FUN NIGHT

CANTEEN  
GIVEAWAYS

COLOUR RUN



RELAYS

PARENT  
RACES

Tug-O-War

Presentation Night

APRIL

23

**SAVE THE DATE**



Presentation  
Night 2020

Revesby Workers' Club  
auditorium

### Gala Days & Club Level Carnivals

Gala Days and Carnivals hosted by other Little Athletics Centres throughout the season are a great way to prepare for Zone Championships or just to spend a day participating in your favourite events with athletes from other centres. We have posted all entry forms and information flyers on our Facebook page. For more information speak to our Championships Officer Belinda Delacour-Batch on Friday nights or email

[championships@RevesbyLAC.org.au](mailto:championships@RevesbyLAC.org.au)

### Upcoming Local Carnivals & Gala Days

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: Belinda Delacour-Batch [championships@RevesbyLAC.org.au](mailto:championships@RevesbyLAC.org.au) for more information.

**The Scamper (Liverpool LAC)**  
- 27th February  
(U6-U8 athletes)

**Parkes LAC Annual Carnival**  
- 14th March

### Region 8 Qualifying Championships

Congratulations to our 25 athletes who competed at the 2021 Region 8 State qualifying meet. Congratulations to the following athletes who automatically qualified to compete at the State Championships in March by placing 1st or 2nd in their events.

- Erin Cassilles U10G 1100m walk
- Cooper Hunter U11B Discus
- Charbel Khoury U12B 1500m Walk
- Amella Lukunic U12G Javelin
- Jacob Poole U12B 800m & 1500m



### NSW State Championships Qualifiers

Congratulations to our 21 athletes who have qualified to compete at the LANSW State Track and Field Championships at Sydney Olympic Park Athletics Centre. This years State Championships will be held over two weekends being 20th and 21st March 2021 for juniors (U9-U12) and 27th and 28th March for youths (U13-U17). We are very proud of the achievements of our athletes and the growth of our centre. It would be fantastic for our athletes to have their RWLAC friends and community come along to support and cheer them on at the State Championships..

## CONGRATULATIONS to our 2021 RWLAC U9-U12 State Championships Team

Liliana Anthony-Ligaiviu U10G  
Erin Cassilles U10G  
Shea Cassilles U11B  
Abby Freeman U10G  
Gabriella Ho U9G  
Cooper Hunter U11B

Khloe Hunter U10G  
Charbel Khoury U12B  
Amelia Lukunic U12G  
Aaron Pasnin U9B  
Jacob Poole U12B

## CONGRATULATIONS to our 2021 RWLAC U13-U17 State Championships Team

Rhiannon Bellette U13G  
Ciara Cassilles U14G  
Brooke Hunter U14G  
Niamh Mackenzie U13G  
Anneka Oehlman U13G

Adam Pittman U17B  
Benjamin Pittman U15B  
Cameron Poole U14B  
Matilda Richards U13  
Brianna Whitney U17G





### Anzac Day Service 2021

Our athletes and families are invited to attend the Revesby Workers' Club Anzac Day March and Service on Sunday 25<sup>th</sup> April 2021, to commemorate the landing of ANZAC troops at Gallipoli. Athletes should wear their Little Athletics uniform and assemble together at Bankstown City YMCA (corner of River Road and Macarthur Avenue) at 10.15am. The March will commence at 10.30am down Macarthur Avenue to Revesby Workers' Club and the Service will be held at the Cenotaph. Following the service we will take a group photo in front of the Cenotaph. A BBQ will be available after the service outside the Tarro Avenue entrance.

### Congratulations

to the following athletes who have broken Centre Records this season

**Shea Cassilles**

11 Boys  
1500m - 5:07.60

**Cooper Hunter**

11 Boys  
Discus - 35.07m

**Matilda Richards**

13 Girls  
800m - 2:36:38  
1500m - 5:10.43



### Winter Cross Country

Illawong Revesby Workers Athletics is once again hosting a winter cross country program, open to all ages and abilities. This one is not just for the kids, the whole family is welcome to register and join in. Winter Cross Country will be held every Saturday afternoon and is held at various locations each week (full program will be available soon). Each week there are lucky door prizes to be won. This is a fun, family friendly and very social event and a great way to keep fit for next season. Follow the RWLAC or 'Illawong Athletics' Facebook page for updates.



*If a record is broken within an event, this needs to be sighted, verified and signed by a RWLAC Committee member before the next athlete can continue with the event. Field event measurement tools must remain in place until the record is verified and signed by the RWLAC Committee member. Records that are not accompanied by a Committee members signature will not be valid.*

### The Coaching Corner

### Blocks Start (U11-U17)

#### 5 key tips for a great start!

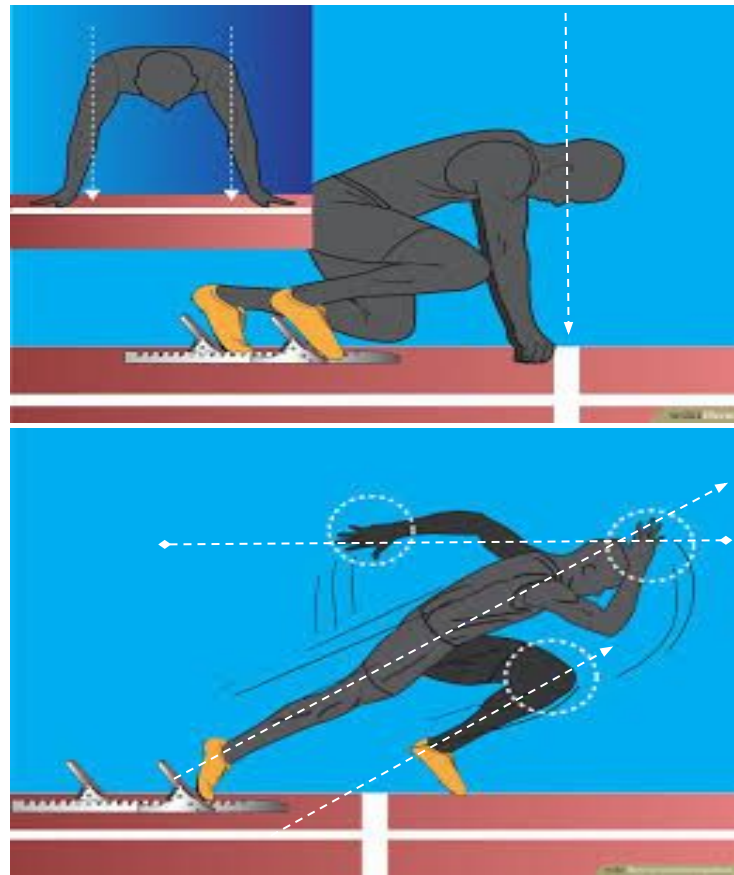
1. Hips ahead of front block.
2. Head and eyes down.
3. Push not pull.
4. Force on the back block.
5. First movement forward.



The use of starting blocks is restricted to U11-U17 only. RWLAC athletes **MUST** attend a minimum of 4 RWLAC Straight Track/Blocks training sessions before being allowed to use blocks on Friday competition nights. See below for coaching details.



1. A young athlete should try get into a "set" position that positions their hips slightly ahead of their front block (*and therefore their front foot*), their head and eyes down in line with their hands and start line.
2. Athletes should try to keep their head and eyes down as they accelerate from the blocks. It is helpful for them to imagine that all of their force is being directed out of the top of their head.
3. During their first few steps away from the blocks, the athlete's feet should land under or behind their hips. Athletes must avoid over-striding.
4. Young athletes should focus on pushing out of the blocks with their back foot. Both feet should push away from the blocks. Most athletes push with their front foot, but many just lift their back foot away from the back block. The back foot needs to assist the front foot as this will help the hips to move forward at the start.
5. A young athlete's first movement on the sound of the gun must be forward. When the gun goes, many young athletes go backward before they go forward, wasting valuable time. (*This can often be picked up by videoing an athlete then watching it back at a slower speed*).



### RWLAC Coaching

Cost is \$2.00 per athlete per session

We have a number of qualified coaches who provide coaching across a range of events. These sessions have a nominal cost of \$2 per athlete per session, which goes to the centre and will be put towards end of season awards.

If you would like more information about coaching please speak to Peter Bottrill on Friday nights or phone Peter on 0407 904 146.

#### Middle Distance

(400m, 800m, 1500m, 3000m)

- 5pm Tuesdays and Thursdays
- U9 - U17
- Training will continue in the off-season (contact Coach Peter 0407 904 146)

#### Race Walks

- 10am Saturdays
- U9 - U17
- Training will continue in the off-season (contact Coach Bree 0414 376 082)

#### Straight Track & Blocks

(50m, 70m, 100m, 200m)

- 5pm Tuesdays
- U9 - U17 (Blocks U11 - U17)
- Training will continue in the off-season (contact Coach Stuart 0407 237 904)

#### High Jump

- Last week of High Jump training for this season (26th Feb)

### Revesby Workers sub-clubs

Is your little athlete looking for a winter sport to keep their fitness and stamina up in the Little A's off season?  
[Revesby Workers Netball Club](#) and [Revesby Workers Football Club](#) registrations are now open.

### REVESBY WORKERS NETBALL CLUB 2021 REGISTRATION NIGHT / UNIFORMS



**WHEN:** Monday 8<sup>th</sup> February 2021 **TIME:** 6.30pm - 8.30pm

**WHERE:** Revesby Workers Club, Brett Street, Revesby

All registrations will be done online through "Mynetball" from Monday 25<sup>th</sup> January.

If you need help, please come & see us on registration night or contact Carly on 0422 538 290.

Registration letter & links will be email soon.

\*\* If you register online before midnight on 7<sup>th</sup> February, you will go into a draw to win a voucher for a pair of netball shoes.

#### UNIFORMS

Must be ordered by 20<sup>th</sup> February to ensure we received them by Round 1.

#### SENIORS TEAMS

Senior teams this year **MUST** have at least 2 umpires that are will to assist us with weekly umpiring allocations in order for us to register the team.

#### ACTIVE KIDS VOUCHER

The NSW Government Active Kids Voucher will be available again this year for Registration fees only.

Vouchers **MUST** be used at time on registering.

[www.revesbyworkersnc.nsw.netball.com.au](http://www.revesbyworkersnc.nsw.netball.com.au)



## 2021 EARLY BIRD REGO NOW OPEN



**Who**

- 5 years to Over 45s
- Males and females

**Rego** **Early bird registration now open**  
<https://www.playfootball.com.au/>

**Cost**

- One low season fee - no weekly fees!
- Active kids vouchers welcome
- Free shorts and socks for all new U6s & U7s

**More info** [www.revesbyworkersfc.com.au](http://www.revesbyworkersfc.com.au)  
 Jo 0410 649 784 or  
[rego@revesbyworkersfc.com.au](mailto:rego@revesbyworkersfc.com.au)



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## Important Information



ALL parents, guardians and siblings are required to check in each Friday night when you arrive to the grounds by scanning our QR Code. These can be located at a number points at our canteen on the top of the hill. ***This is a NSW Health & Little Athletics NSW requirement.*** Don't forget to checkout through the App when leaving the grounds.



'Field of Play' signs are posted at key points around our grounds. ONLY Athletes and Officials are allowed past this point on to the Field of Play at any time. This is to ensure our athletes and others remain safe during events.



In this new world of COVID-19, a quick reminder for safety in terms of hand washing and sanitizing. Don't forget to use the hand sanitizer available at the events before and after each event. All throwing implements should also be wiped down when each age group finishes an event.



The grounds, buildings and surrounding areas are strictly non smoking areas.



Athlete results are uploaded to ResultsHQ for athletes and families to access each week (usually by Saturday morning). We ask that athletes, parents and age managers please **do not ask for athlete results at the straight track** as this holds up the program and the start of the next race. If you have any difficulties accessing ResultsHQ please contact us.



All children must have a parent or adult guardian present at the grounds for the duration of the evening on Friday nights. **No children are to be dropped off and left at the grounds without a designated responsible adult.**

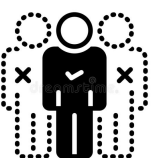
Should any athlete attend without a parent or responsible adult, that athlete will be required to sit aside from competition until the adult responsible for that athlete reports to a Centre official, as per RWLAC parent participation and responsibilities (*see season handbook 2020/2021*).



- **Manually timed track events**, two stopwatches are required to verify the record. The slowest stopwatch time shall be applied. The result sheet needs to be signed by the track chief official and a Committee member as verification of the record.
- **Track events timed via timing gates**, the result needs to be verified by the track chief official and the result sheet signed by the track chief official and a Committee member as verification of the record.
- **Field events**, the measuring spike / tape should NOT be removed until a Committee member has verified the result and signed the result sheet to validate the record.



**NO** ball games are permitted on the grounds on Friday nights.



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** and parents (guardians) **must complete at least 5 rostered duties throughout the season.**



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## Sign Up - Parent event duties

Thank you to all parents/carers who have so far signed up to undertake a duty on a Friday night. We have a number of families where a parent has helped every week and in some instances both parents have helped each week. This has been a fabulous response and we hope you will continue this trend. While **parents need to assist five times in the season for their child to be eligible for end of season awards**, there is nothing to stop you helping more and the kids love to see their parent(s) at an event. If you are struggling with the app to sign up please send an email to [president@revesbylac.org.au](mailto:president@revesbylac.org.au) and Christine will assist you.



Plan



Sign Up



Remind

## Athlete 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](http://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](mailto:recording@revesbyLAC.org.au)

### Newsletter Content

If you would like to contribute any news, information contact:

**Stuart McGraw**  
[publicity@revesbyLAC.org.au](mailto: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 and follow us on Facebook 'Revesby Workers Little Athletics Centre' to keep up to date notices about;

- Wet weather / cancellation
- Important updates
- Announcements
- Photos
- Athlete achievements and more



### Thank you to our sponsors



### 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"



### 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".