



Revesby Workers' Little Athletics Centre

NEWSLETTER 2020/2021



Issue 3 - January 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



**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

Welcome back to all our families. I hope you all had a good break whether holidaying at home or around the State. Our first night back saw 53% of our registered athletes return and we hope to see these numbers build again in the next couple of weeks as athletes get ready to return to school. We returned to a very overgrown track, field and spectator area. Unfortunately, our calls to the Uni to have the ground prepared for us fell on deaf ears. However, I commend our Committee members Stuart and Pete, and throws official Barry, who worked to get the track marked and the area mowed enough to allow our athletes to move around safely on Friday night. We can only hope that the ground maintenance is carried out in the next few weeks but unfortunately this is out of our control. It was lovely to have a surprise visit from Santa on our last night before Christmas. Our Publicity Officer Stuart has another special visitor planned as well in the upcoming weeks. I thank Stuart and Bree for all the work they do in terms of publicity and keeping our Centre and athlete activities recorded on Facebook and social media. It has been terrific to see some of our younger athletes attending carnivals outside our Centre and winning medals as well as getting valuable experience competing against other children. We are now moving in to the tail end of our season and only have 7 more nights of competition. We will not be running our Friday night competition on the 5th February as this is when the State Qualifying meet for U9-U12 athletes is scheduled. We will also endeavour to make up any missed program weeks at the end of the season so keep an eye on emails for any program changes.

This is a timely reminder also that we do have a few parents who have not yet completed 5 parent duties and their children will not be eligible for any end of season awards. So please, if this is you, start signing up for parent rosters as we would not like your children to miss out!

Covid restrictions continue to be a moving target and as such we are not changing anything in our Covid plan. Parents and any other adults must still sign in using our QR code (we have verified that we do not need to change to the Service NSW code this season), athletes must still use hand sanitiser at the beginning and end of each field event and field equipment must still be wiped down after each age group. Please also be mindful of canteen queues, even though we have an outdoor canteen we still require people to stand back and give social distancing space in front and behind each family group.

A big thank you to our core group of coaches, they work quietly behind the scenes but children who attend their sessions are achieving great PB's and even more confidence. A shoutout to Peter and Stuart on the track, Brianna and Erin for high jump coaching and Bree for her walks sessions. Our Centre really appreciates your efforts.

Finally, good luck to our 25 athletes in the U9-U12 age groups who have been successful with their nominations to compete at the Region 8 State Qualifying Meet on 5th and 6th February. They have all been notified and we know you will wear our Centre uniform with pride!

Until next newsletter...

Christine Butters

RWLAC President.



Important reminders

IMPORTANT REMINDERS

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 RWLAC Season Handbook 2020/2021).

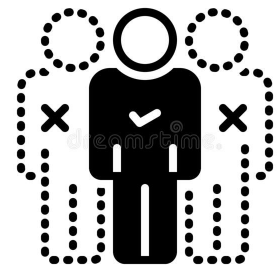


Athlete results are uploaded to ResultsHQ for athletes and families to access each week (usually by Saturday morning). We ask that athletes, parents and age managers please **do not ask for athlete results at the straight track** as this delays the program and the start of the next race. If you have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



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.**

(see RWLAC Season Handbook 2020/2021).



Credit & Eftpos facilities are **now available** at our canteen.





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Important Information



Reminder, ALL parents, guardians and siblings are required to check in each Friday night when arriving at the grounds by scanning our QR Code. These can be located at a number of 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. Maintain social distancing space while at the grounds as well as at and around the canteen.



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



Coles has continued their generosity in supplying bananas and there is usually enough for one banana each, some weeks more, but please check with a committee member before filling your bag with them. We do try to keep a box back for the last finishing athletes and officials.



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.

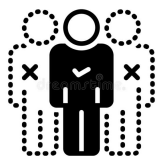


- **Field event** measurement tools must remain in place until the record is verified and signed by the RWLAC Committee member.

- **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. Results will not be provided to parents or age managers at the end of races as this delays the program and start of the next race. Results are available on ResultsHQ..

Records that are not accompanied by a Committee members signature will not be valid.



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.**



Credit & Eftpos facilities are now available at our canteen.



NO animals or ball games are permitted on the grounds on Friday nights.

LANSW Region 8 State Qualifier - Juniors (U9-U12)



Congratulations!

Congratulations to our junior athletes who have qualified to compete at the Region 8 State Qualifier, which is being held on **5th & 6th February** at Sylvania Waters Athletics Track (Port Hacking). An email has been sent to qualifying athletes and parents, including a program of events and **a link to sign up to a parent duty [HERE](#)**. All families must complete at least one duty.

- Liliana Anthony-Ligaiviu (U10)
- Damond Beard (U10)
- Caitlin Brennan (U9)
- Holly Carr (U12)
- Liela Carr (U10)
- Erin Cassilles (U10)
- Shea Cassilles (U11)
- Dulari Choudhury (U12)
- Callum Clasper (U11)
- Benjamin Collins (U10)
- Abby Freeman (U10)
- Courtney Ho (U11)
- Gabriella Ho (U9)
- Cooper Hunter (U11)
- Khloe Hunter (U10)
- Dimitri Kalergis (U12)
- Charbel Khoury (U12)
- Amelia Lukunic (U12)
- Scarlett McGraw (U12)
- Aaron Pasnin (U9)
- Abbie Pasnin (U12)
- Jacob Poole (U12)
- Eoin Richards (U11)
- Amelia Smith (U9)
- Zoe Zantiotis (U9)



Nominations for LANSW Youth State Championships (U13-U17)

ENTRIES NOW OPEN

Little Athletics NSW is pleased to provide information regarding the qualification process for the 2020/21 Youth State Championships for participants aged U13-U17.

Entries to the State Championships will be based off qualifying standards. Please note meeting the qualifying standard DOES NOT guarantee entry into the Championships.

A participant is only able to enter in up to four (4) events, and the qualifying standards are able to be achieved at your centre, another centre or any gala day/meet hosted in a Zone and Region in NSW in the 2020/21 season.

The registration process will be a direct entry via an online portal. Athletes must include where the standard was achieved in the registration process. To access the Entry Portal, click [HERE](#).

Under the current Public Health Order the top two results per region, pending the standard being met, will progress to the State Championships and then the next best eight across the state.

Entries close 5pm on Sunday, 21 February 2021. Centres will be advised of those athletes who have qualified by 28 February.

STATE QUALIFYING STANDARDS											
U13			U14			U15			U17		
Event	Girls	Boys	Event	Girls	Boys	Event	Girls	Boys	Event	Girls	Boys
100m	14.08	13.82	100m	13.81	12.92	100m	13.74	12.58	100m	13.40	12.04
200m	28.90	27.89	200m	28.51	26.65	200m	28.64	25.30	200m	27.71	24.15
400m	1:09.45	1:07.73	400m	1:11.4	1:03.03	400m	1:09.08	1:03.14	400m	1:06.96	55.84
800m	2:47.23	2:45.74	800m	2:52.23	2:39.69	800m	2:49.56	2:30.22	800m	2:49.77	2:23.36
1500m	5:48.74	5:28.63	1500m	5:56.06	5:10.55	1500m	5:50.95	5:20.22	1500m	5:48.33	4:59.35
3000m	13:23.81	11:53.79	3000m	12:46.94	11:46.49	3000m	12:30.00	11:57.18	3000m	11:45.27	10:34.29
80mH	16.79	16.71	80m/90mH	14.88	15.69	90m/100mH	18.24	17.19	100m/110mH	19.14	18.67
200mH	33.50	33.94	200mH	33.62	31.86	300mH	59.79	51.21	300mH	55.06	46.69
High Jump	1.30	1.32	High Jump	1.30	1.38	High Jump	1.32	1.52	High Jump	1.42	1.62
Long Jump	3.95	4.04	Long Jump	4.08	4.66	Long Jump	4.31	4.82	Long Jump	4.37	5.06
Triple Jump	8.50	8.85	Triple Jump	8.78	9.66	Triple Jump	8.74	9.98	Triple Jump	9.36	11.38
Shot	7.67	9.18	Shot	7.87	9.19	Shot	8.29	8.91	Shot	8.60	10.11
Discus	19.52	21.86	Discus	21.03	25.83	Discus	20.22	23.24	Discus	20.18	27.27
Javelin	18.64	20.02	Javelin	19.15	21.4	Javelin	19.38	23.32	Javelin	20.96	30.97
1500m Walk	9:37.89	9:47.92	1500m Walk	9:36.26	9:31.75	1500m Walk	9:30.21	9:05.84	1500m Walk	9:27.35	08:31.5

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

Upcoming 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 for more information.

Scamper Carnival (Liverpool LAC)

U6-U8 only

- 13th Feb

Werrington LAC gala day

- 14th Feb

Wagga Wagga LAC carnival

- 21st Feb

Gala Days and Local Carnivals

It has been great to see so many of our athletes representing RWLAC at various gala days and carnivals hosted by other centres. Carnivals are great fun and a chance to make new friends and set new PB's.





Congratulations

to the following athletes who have broken Centre Records this season

Cooper Hunter

11 Boys
Discus - 29.71m

Amelia Lukunic

12 Girls
Javelin - 22.16m

Jacob Poole

12 Boys
1500m - 4:58.35
800m - 2:32.72

Matilda Richards

13 Girls
3000m - 11:19.21

2020/21 New Year Discounted Registration offer

Little Athletics NSW is offering a reduced registration fee for children who register for the remainder of the 2020/21 season. This membership option is available for the 2020/21 season only, due to the unique challenges of this year.

The discounted registration fee is \$60. Athletes who take up this offer will be eligible for end of season presentation, access to carnivals and gala days and can forfeit uniform purchase if they wish (at club level only).

This membership option does not allow participation in state qualifying events or championships.

If you have a friend, relative or neighbour who is wanting to try Little Athletics, let them know about this great offer. This offer is also available to athletes who have trialed but not yet registered.

Special Treat - Don't miss out!

The Nova 96.9 Weis Icecream Truck will be visiting us on Friday 29th January to deliver free Weis ice creams for our little athletes and their families...

Don't miss out!



NOVA 96.9FM
sounds different



5 basic rules

- Each athlete gets three jumps in little athletics competitions
- Athletes must take off with one foot only
- Athletes are not allowed to do any form of somersault into the pit
- The athlete must land on the pit (landing on the runway is a foul)
- U12 and above athletes are allowed to wear spikes
- The athlete must not leave the pit closer to the take-off point than the marks made on landing
- Measure with the zero end of the tape in the sand and pull the other end through the take-off board, measuring from the inside edge of the take-off board

Technique

- No need for a long run up (11 to 15 strides for younger athletes)
- Run up should be fast and controlled
- Drive lead knee up into the air (*extend drive leg fully before it leaves ground*)
- Bring arms up high as knee comes up to encourage lift
- Jump high (*as if jumping over a fence*) as well as long (JUMP UP AND OUT)
- Keep body tall and head up (do not look down into the sand)
- Do not look down at the take-off board when doing the run up
- Keep chest and hips up high
- Try to land feet together and bend knees on landing (legs in front of body)
- Try to not fall backwards on landing
- To work out take off leg – ask athlete to run and jump over something a few times (to see which leg they naturally jump off)



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)

- 4pm Thursdays
- U9 - U17

Straight Track & Blocks

(50m, 70m, 100m, 200m, Blocks U11-U17)

- 5pm Tuesdays
- U9 - U17

High Jump

- 5pm Fridays (Weeks 1 & 2 of the RWLAC program)
- U11-U17 (flop)
- U8-U10 (scissors)

Race Walks

- 9.15am Saturdays (Weeks 1 & 2 of the RWLAC program)
- U9 - U17

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 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
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



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Newsletter Content

If you would like to contribute any news, information 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 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".