



Kiama Little Athletics Centre

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Season 2011-2012

Newsletter

11th November 2011

Welcome!

Welcome to the 2011-2012 season. Little Athletics is a family sport - everyone should be involved. We encourage and need your help. Age Managers are required for every age group. Don't be concerned if you feel that you do not know enough to assist. There will always be someone who can show you. Just ask! It should be fun and athletes love to see you assisting in the events. You do not need to have knowledge of track and field events, just an eagerness to lend a hand. Even to organise athletes for events, measure or record. Remember that all our helpers have kids or grandkids involved with the Centre and would also like to see their kid's events. Sharing the roles makes it easier for all of us. Give it a go.



Reminder

Athletes cannot be "dropped off" on Friday nights. A parent or designated caregiver must be present at all times in case of injury or other circumstances that may arise. If there is no designated caregiver an athlete can be excluded from competing.

Mid South Coast Zone

Championships

Our Centre is part of the Mid South Coast Zone. The "Zone" comprises of seven (7) Centres - Albion Park, Kiama, Lake Illawarra, Milton Ulladulla, Shoalhaven, St Georges Basin and Sussex Inlet. Each season the Zone Championships are held at a different Centre in the Zone. This season the Lake Illawarra Centre is hosting "Zone" at Myimbarr Community Park, Wattle Road, Flinders on the 10th and 11th December 2011. Only athletes



from U/7 and up are eligible to compete at the Zone Championships. Athletes are encouraged to attend and compete in this event. Entry is free and it's a great experience, not only for the athletes, but the parents as well. Athletes of all abilities can enter. This is a terrific chance to put the skills learnt at Centre on Friday nights into practice. Entry forms are available from the Canteen and attached to this newsletter. Please speak to a Committee member for more information. Entries close 25th November 2011. We would like to see lots of our new athletes attend. Athletes from U/7 to U/12 can enter in a maximum of four (4) events. Athletes

from U/13 to U/17 can enter in a maximum of six (6) events over the weekend. Athletes who are placed 1st, 2nd or 3rd in any event will progress to the Regional Championships in Kiama on the weekend of the 18th and 19th February 2012. U/7 athletes do not progress to the Regional Championships. Athletes who are placed at the Regional Championships in the U/8 age group do not progress to the State Championships.

Athlete Numbers

We currently have two hundred and seventy eight (278) athletes registered with us this season. This is the highest number of athletes in the thirty four (34) year history of the Centre.



Local Heroes

The Grand Prix Series

Each season the Albion Park, St Georges Basin, Lake Illawarra and Shoalhaven Centres run a Carnival. These Carnivals are a wonderful opportunity to meet and compete against athletes from other Centres. Athletes can participate in any or all of these Carnivals. Certain events at each of these Carnivals are nominated as "Grand Prix Events" for each Age Group. Athletes are awarded points, based upon place, for competing in a Grand Prix Event. At the conclusion of the last Carnival (Shoalhaven) trophies are awarded to the top three (3) places in each age group. The champion Centre is also announced. Historically the Grand Prix has proven to be very popular

particularly with the younger athletes. Last season several Kiama athletes were awarded trophies for their efforts. Please support the other Centres in our Zone by attending these Carnivals.



Gerringong
Bowling & Recreation Club

Dragon Derby - St Georges Basin

The Dragon Derby is the second round of the Grand Prix. It will be held on Sunday 13th November at Sanctuary Point Oval. You can enter on the day of the Carnival.

Coaching

Once again we have been fortunate to secure the services of Level 1 accredited coach, Mr Don Hodgekiss. Don is a current member of the Australian Track And Field Coaches Association and has been coaching for in excess of thirty (30) years. Training is on Mondays and Wednesdays commencing at 4:00pm. Athletes from U/8's up are welcome and will be coached regardless of ability.

Facilities And Equipment

We are always trying to improve the facilities and equipment at the Centre for our athletes. It is important that athletes look after the equipment they use each week.

Website

Our website (www.lakiama.com) has proven to be very popular again this season. The response to the web site, both internal and external to the Centre, has been remarkable. Each

week results, stories and images relevant to the Centre are published on the site. Please take the time to visit our web site. You will be pleasantly surprised.

Read The Centre Handbook

The Centre Handbook contains the answers to many of the questions that parents regularly ask. If you have a question or need some information check the Centre Handbook first. Should you need another copy the Handbook can be downloaded from the Centre's website under "About Us".

Age Managers & Parent Helpers

Our Age Managers and parent helpers are doing a tremendous job this season. If people didn't volunteer to fill these positions we would not be able to run our Club days. Thanks go to each and every one of you. Judging by the smiles on your faces, you are having as much fun as the Little Athletes are! Keep it up.

The Centre would like to take this opportunity to thank those people who recently volunteered to assist us with data entry. Your assistance is greatly appreciated.

Mid South Coast Zone Championships

CENTRE ENTRY FORM ONLY

Hosts : Lake Illawarra Venue : Myimbarr Community Park, Wattle Road, Flinders
Date : 10th & 11th December, 2011 Entries Close : Friday 25th November, 2011

NAME : _____

AGE GROUP : U/____ BOY / GIRL

REGO No. : _____

U/7 To U/12 may enter a maximum of 4 events.
 U/13 To U/17 may enter a maximum of 6 events.

Please list events in order of preference.

	EVENTS
1st Choice	
2nd Choice	
3rd Choice	
4th Choice	
5th Choice	(U/13 To U/17 Athletes Only)
6th Choice	(U/13 To U/17 Athletes Only)

Will this athlete attend the Regional Championships at Kiama if he/she qualifies? Yes No

This nomination form is for Centre use only.

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SATURDAY'S EVENTS

Event	Age Group									
	7	8	9	10	11	12	13	14	15	17
50m	X									
100m	X	X	X	X	X	X	X	X	X	X
P/Start	X									
400m		X	X	X	X	X	X	X	X	X
60m/h		X	X	X	X	X				
1500m				X	X	X	X	X	X	X
200m/h							X	X	X	X
3000m							X	X	X	X
H/Jump			X		G	B	G	B	G	B
L/Jump		X		X		X	G	G	B	B
T/Jump					X		B	B	G	G
S/Put	B	B	X		X		G	G	B	B
Discus	G	G		X		X	B	B	G	G
Javelin						G	B	G	B	G

SUNDAY'S EVENTS

Event	Age Group									
	7	8	9	10	11	12	13	14	15	17
70m	X	X	X	X						
200m	X	X	X	X	X	X	X	X	X	X
P/Start		X								
800m			X	X	X	X	X	X	X	X
80m/h							X	G		
90m/h								B	G	
100m/h									B	G
110m/h										B
700m/w			X							
1100m/w				X	X					
1500m/w						X	X	X	X	X
H/Jump				X	B	G	B	G	B	G
L/Jump	X		X		X		B	B	G	G
T/Jump						X	G	G	B	B
S/Put	G	G		X		X	B	B	G	G
Discus	B	B	X		X		G	G	B	B
Javelin						B	G	B	G	B

X = Boys & Girls
 G = Girls
 B = Boys