

# Newsletter

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## President's Message

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### Welcome!

On behalf of the Committee of Winston Hills Little Athletics Centre, I would like to extend a warm welcome to our Centre for the 2008-2009 running season. For those families returning, welcome back & to our new families, welcome aboard. Typically the first running day of each season is quite hectic, so please be a little patient as the Age Managers, new parents & athletes find their feet. We are looking to those parents & athletes familiar with our Centre to offer whatever assistance you can to help the day run smoothly.

To our sponsors, Winston Hills Sports Club, Gelita, Winston Hills Mall, OzSports, Winston Hills Veterinary Clinic, Aus-Web, PRD Nationwide, Austral Mortgage, Parravans and Wholesale Trophies; welcome back also. Without their ongoing support, the cost of running the centre would have to be passed on to parents. Please look for their products and services in this & upcoming newsletters & support them wherever you can. We again thank them for their ongoing support of your children's sport.

At the LAANSW Annual Conference in July, a motion to include the combined U16 & U17 age group in every State competition in the Little Athletics program was overwhelmingly supported by the affiliated Centres. I would like to welcome these athletes back this year & look forward to seeing many Winston Hills names listed amongst the new record holders at Zone, Region & State events. We already have a handful of registrations in these age groups & I urge anyone who knows of young people in these age brackets to encourage them to join up. This group will be combined girls & boys on Saturdays, so is sure to be popular.

Athletics is a "helper intensive" sport, perhaps like no other. Please assist the Age Managers & Officials by offering your assistance wherever possible. After all, it is the kids who suffer if their events cannot proceed due to lack of helpers. You will find that you will enjoy your child's sporting interests much more if you get "up close & personal" with all their events. We will also require assistance running the Canteen & BBQ, so please make yourselves available when it is your age group's turn. Remember, "many hands make light work".

*(Continued on page 2)*

### Points to note:

- Always be sun smart at WHLAC
- Check when your age group is rostered on set-up, pack-up, canteen and BBQ
- Our accredited coaches provide free coaching – see the schedule inside
- In the event of wet weather, please phone **9838 0661** after 7.30am on running days

## President's Message

*(Continued from page 1)*

We are blessed with some extraordinarily talented athletes at our Centre. Success at a National level in any sport is outstanding, but in Junior sport even more so due to the limited opportunities available. Last weekend, Sarah Marvin represented NSW at the Australian All Schools & National Cross Country Championships, in Geelong. Sarah won Silver in the 11 year girls & helped the NSW team to the team Silver medal as well. We congratulate you & I am sure your performances will inspire many others to achieve great things. Well done Sarah!

Athletes wishing to improve their performances & emulate these achievements are very fortunate to have a wide variety of quality coaching available at our Centre. We have over 20 accredited coaches in all disciplines now, including our newest level 1 coach. Details of the coaching programme will be published in the newsletter & you can check it out on the website at [www.whlac.org.au](http://www.whlac.org.au) & follow the coaching link. I thank all our dedicated coaches for the hard work they put in. All our coaches are volunteers, unlike other Centres where coaching is a fee based activity. We are very privileged to have so many dedicated & interested coaches. Thank you all.

Plans are well under way for our inaugural WHLAC Celebration Day on Sunday 19th October. The main highlight will be a 100 metre Gift proudly sponsored by Winston Hills Mall. The Celebration Day replaces the Gala Day run in previous years and is only open to WHLAC athletes. Athletes of all abilities are encouraged to attend and there are some great prizes available. Further details and entry forms will be available closer to the date.

As we are all aware, ours is a summer sport. It is a fact that the incidence of skin damage from excess exposure to the sun is an ever-increasing problem, particularly in Australia. Austral Mortgage has kindly donated large dispensers of sun block again this season. These are placed conveniently on the tables in front of the Clubhouse every Saturday morning. Please help yourselves & ensure everyone wears a hat and has a drink with them.

Lastly, I would like to wish all the athletes a successful season. Whatever your goals, we all hope you achieve them. Just remember to always compete in the spirit of fun, friendship & good sportsmanship; it is what makes our sport such a great one!

See you on the track,

*Paul Byron*

## WHLAC Club Captains and Vice Captains

Thank you to all athletes who have nominated for leadership positions within WHLAC. A decision on Club and Vice-Captains will be made in the following week and announced at the next running day. We have a

large number of outstanding young people in our club and are fortunate to have such high caliber nominations. Once again, thank you to all athletes and their families who have shown an interest in our club.

## Wet Weather

As with all outdoor sports, athletics is susceptible to the elements. In periods of prolonged wet weather Baulkham Hills Shire Council may close Gooden Reserve in which event we are unable to conduct our running day. The Council's wet weather phone number is 9843 0354.



When there has been wet weather but Council has not closed Gooden Reserve, in the interest of safety WHLAC may still cancel the running day or alter the events that may be conducted.

In the event of wet weather, you can call **Gooden Reserve** on **9838 0661** after 7.30am on Saturday for a recorded message.

## Parent Helper Roster

Please check the Parent Helper Roster regularly and ensure your age group contributes to the smooth running of the day. At least 10 parent helpers are required at the start and end of each running day.

A complete roster for the entire running season will be displayed on the notice board.

Date	Setup (from 7am)	Pack-up	Canteen	BBQ
06 Sep	All help required	All help required	U10	U11
13 Sep	U8	U11	U12	U13
20 Sep	U10	U13	TT	U7
27 Sep	U12	U14/15/17	U6	U9
04 Oct	U7	TT	U8	U11
11 Oct	U9	U6	U10	U13
18 Oct	U11	U8	U12	U14/15/17
25 Oct	U13	U10	U7	TT
01 Nov	U14/15/17	U12	U9	U6
08 Nov	TT	U7	U11	U8

## Skills & Drills sessions

Following its successful introduction last season, we are pleased to announce the return of the Skills and Drills session for our younger athletes. We will be conducting preliminary instruction sessions for athletes in the U6-U8 age groups from 10th September through to 26th November, unless otherwise advised. The aim of these sessions is to give a basic grounding in skills and rules for the younger/newer athletes and their carers, and to encourage them to utilise our club coaches to further enhance their talents. There will be sessions on field

events, track events and general good practice in training.

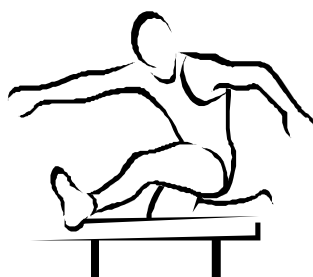
The sessions will be conducted by two of our accredited coaches, Peter Mylonas and Grace Baker and will take place on **Wednesday nights** from **5.00 - 6.00pm** on the junior throws and jumps area.

We encourage as many of our young athletes and their carers as possible to take advantage of these sessions to get their season off to a flying start.

## Uniforms

Uniforms will be available **Thursday 11 September** from **5.30pm to 7.30pm** at the Gooden Reserve clubhouse and thereafter on **Saturday morning** running days at the clubhouse **8.00am to 9.00am**.

Enquiries to **Christine** on 9636 3303.



### Price list

Singlet	\$25.00
Crop top	\$25.00
Training tee-shirt	\$10.00
Bike pants	\$20.00
Shorts	\$20.00
Baseball caps	\$15.00
Legion / Bucket Hats	\$12.00
Club jacket	\$50.00
Club wind jacket	\$35.00
Track pants	\$25.00

## Gala Days

### **Raymond Terrace 2008 Pentathlon (U6–U17)**

28 September 2008 (pre-entries close 23 September 2008, late entries will be accepted)

More information: Deidre - 4981 8000

### **2008 Edgeworth Challenge (U5-U17)**

2 November 2008 (pre-entries close 29 October 2008, late entries will not be accepted)

More information: Heather - 0431 026794

### **South West Metropolitan Zone Multi Event (U7-U17)**

7 December 2008 (pre-entries close 2 December 2008, late entries will not be accepted)

More information: Gordon - 0431 368 603

If you are interested in attending any of these carnivals, we have limited copies of the entry forms available at the clubhouse. You can download additional copies from the relevant club website or else contact the club representatives as noted above. Nominal entry fees apply to all competitors.

Good luck to all our athletes who are taking part in any of these carnivals.

WHLAC will not be running a Gala Day this season. Instead we invite all WHLAC athletes to attend our Celebration Day featuring the Winston Hills Mall Gift on Sunday 19 October. Further details can be found on page 6.

## Calendar of Events - 2008/2009

Activity	Date/Time	Venue
First running day (Tiny Tots - U17)	Saturday, 6 September 2008 8:00am for a prompt 8:30am start	Gooden Reserve
WHLAC Celebration Day & Gift	Sunday 19 October 2008, 2.00pm	Gooden Reserve
Trans Tasman Trials	2 November 2008	Ridge Athletic Track, Bardon Ridge
State Relays NO RUNNING DAY 22 Nov	22–23 November 2008	Campbelltown Athletic Stadium
Last Running day before Christmas / Tiny Tots season-end & presentation	20 December 2008	Gooden Reserve
First Running day after Christmas	10 January 2009	Gooden Reserve
Trans Tasman Challenge	18 January 2009	SOPAC, Homebush
Zone Carnival NO RUNNING DAY 31 Jan	31 January/01 February 2009 (main programme)	AH Whaling Reserve Baulkham Hills
Region Carnival NO RUNNING DAY 21 Feb	21-22 February 2009	Mingara (Central Coast)
State Multi Event NO RUNNING DAY 7 Mar	7-8 March 2009	Lismore
Last Running Day	14 March 2009	Gooden Reserve
State Track & Field Championships	20-22 March 2009	SOPAC, Homebush
WHLAC Presentation Day	TBA	Gooden Reserve
Australian Little Athletics Championships	26 April 2009	Adelaide
WHLAC Annual General Meeting	TBA	Gooden Reserve
State Cross Country/Road Walks	5 July 2009	TBA

## Sun Safety at WHLAC

Australia has the highest incidence of skin cancer in the world with a predominately pale-skinned population living in a sunny climate. Naturally, the most effective way to avoid sun damage is to protect your skin.

Every Saturday morning it is stressed to all athletes and parents the importance of hats, sunscreen and hydration. Here are some easy tips to follow.

Stay under shade tents where possible while waiting at events, especially field events which may take some time to complete.

Wear appropriate clothing, ie made of material which casts a shadow and is therefore impervious to the sun. A thick t-shirt under your athletics singlet is ideal during a normal running day.

Wear a hat with a broad brim. Caps shadows the face, but common sites for skin cancer include the tops of ears and the back of the neck which are better protected by a full hat. WHLAC bucket hats are ideal!

Buy a recommended sunscreen that is economically priced so you do not skimp on its use. For best results, the sunscreen should be rubbed into the skin 15-20 minutes before going into the sun.

Remember that some sunscreens are easily removed by clothing, towelling, sweating or water. Reapply frequently in the most vulnerable areas like the backs of the hands, nose, upper lip, forehead and tops of shoulders. For maximum sun protection you should use a sunscreen labeled "30+ broad spectrum". Alternatively, Zinc cream gives virtually 100% protection and is often used by sports men and women on the most exposed body part.

Sunscreens should be applied every 2 hours while out in the sun and more often if playing sport or swimming. Use a waterproof product if swimming or engaging in activities which produce a lot of perspiration.

Follow these simple rules and you should have a sunburn free season!

## Medication Delivery Consent Form

Parents and carers will need to fill out a Medication Delivery Consent form, otherwise we cannot give their children any medication whatsoever. These forms will be at the front desk every Saturday and will be filed for

the First Aid Officers reference only. We particularly need all parents/carers of children with specific medication requirements to fill one in ASAP. Please see the First Aid Officer on duty.

## Running Day Programme

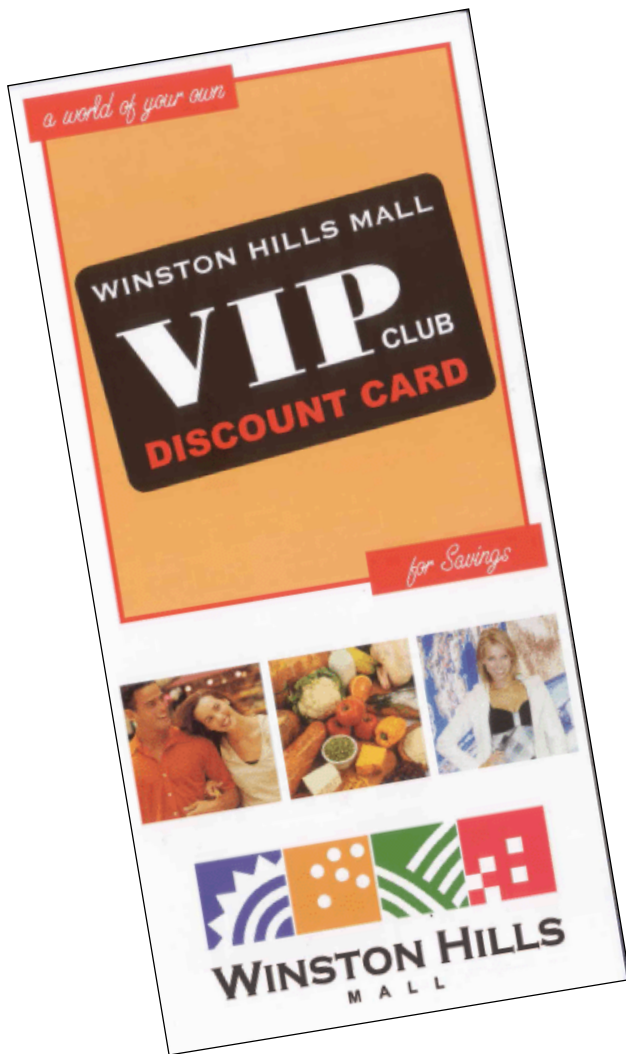
Each Saturday running day, every endeavor is made to start right on 8.30am. In order to do so we need to have all our athletes assemble on the oval behind their age group flags by no later than 8.15am. Following a rendition of the national anthem we will have short messages highlighting important information for all of our families. The athletes will then move off to their first event areas to start at 8.30am.

There will be a two week programme, alternating between programme A and B each running day. There will be no set calendar, and the season will start with programme A. Should a running day be washed out then the next running day will assume the next programme e.g. if programme B is washed out on one Saturday, the next Saturday running day will be programme B. This is to ensure athletes have the opportunity to participate in all events equally.

For the older age group athletes who wish to participate in the distance runs or walks, these events will start promptly at 8.00am. There will be a single combined event only, alternating with 1100/1500m walks and 3000m runs on programme A and a 1500m run on programme B. To ensure the rest of the mornings events proceed on time we are unable to delay commencement of these events so please ensure you are there in time, allowing sufficient time to warm up and stretch before competing. The first of these events will be the 1500m run on 13 September.

Details of the programme of events can be found on the notice board and on our website.

Finally, please note there are **no running days** on 22 November (State Relays), 31 January (Zone Carnival), 21 February (Regional Carnival) and 7 March (State Multi Event).



## An invitation from one of our valued sponsors

Become a Winston Hills Mall VIP member today and you can save money while you shop.

There are over 40 retailers involved in the VIP Club offering specials, deals and savings every month. Every month the participating retailers offers will be on the centre website and you will be kept up to date by viewing our monthly e-newsletter on the deals and centre events.

The VIP Club Card is available for \$4 from the Centre Management office located in the service corridor next to Noni B.



## WHLAC CELEBRATION DAY *featuring the* WINSTON HILLS MALL GIFT



**WHEN:** SUNDAY 19th OCTOBER 2008, 2pm start

**WHERE:** GOODEN RESERVE

**COST:** FREE, only open to WHLAC athletes

Handicapped races over 100 metres - plenty of prizes to be won.

Also girls v's boys handicapped relay challenges so get your teams together now.

Come and join us for a great afternoon of fun. BBQ, face painting, games and more!

## BE PART OF IT!

## First Aid Roster - 2008/2009

Thank you to all parents who have volunteered for the First Aid Roster. For further information, please contact our Child Protection and Safety Officer Stephen Collen-Treagus

06 Sep	Ilona Gaal	04 Oct	Ray Marvin
13 Sep	Kerrie Sicard	11 Oct	Ray Marvin
20 Sep	Kerrie Sicard	18 Oct	Tony Stathakis
27 Sep	Ilona Gaal	25 Oct	Tony Stathakis

## Coaching Schedule - 2008/2009

Winston Hills Little Athletics Centre has the good fortune of having over 20 accredited coaches who volunteer their services to provide coaching sessions **free of charge** to our athletes. All disciplines are covered, as are all levels of ability. All sessions are at **Gooden Reserve** unless otherwise advised.

With the new summer season now underway we are in the process of finalising our coaching schedule. Continue to check here and on our website for updates as additional sessions become available.

For further information, contact our Coaching Co-ordinator, **David Manz**, on **0419 695 881**.

	Mon	Tue	Wed	Thu	Fri
Skills and Drills (U6–U8)			10/09–26/11 only 5.00–6.00 (Peter Mylonas/ Grace Baker)		
Sprints				5.30-6.30 (Charles Tees)	
Middle Distance			5.00-6.30 (Paul Byron/ Ray Marvin)		
Hurdles		4.30-5.30 (Wayne Clark)			
Walks *	If you are interested in Walks training, please contact <b>Hank Huston</b> on <b>0402 098126</b> .				
Throws (Discus, shot put, javelin)	5.00-6.30 (David Bruce)	5.00-6.30 (David Bruce)	5.00-6.30 (David Bruce)	5.00-6.30 Beginners welcome (Paul Byron/Paul Cochrane/Wayne Clark)	5.00-6.30 (David Bruce) 6.00-7.00 Beginners welcome (David Manz)
Long / Triple Jump					5.30-6.30 (Hank Huston/Lara Huston)
High Jump TBA					

## Newsletter / website update

You can find a copy of this newsletter (and more) in full colour on our website. If you would like to receive notification when the newsletter is available online, please email [publicity@whlac.org.au](mailto:publicity@whlac.org.au) and you will be added to the mailing list.

If you have anything you would like to contribute to the newsletter and/or website (eg, results, articles, photos) please forward them to [publicity@whlac.org.au](mailto:publicity@whlac.org.au).

 Proud Supporters of Winston Hills Little Athletics



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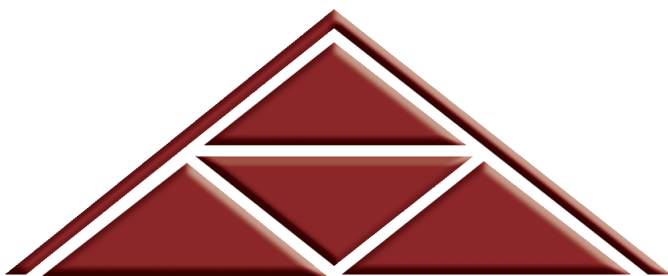


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