



## What's On

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**RUNNING DAY PROGRAMME** for Saturday 27th September is **PROGRAMME A**. In the event of rain on this day the next running day will still be Programme A.

**RESULTS SHEETS** for the first three weeks are currently being compiled and should be available next running day.

**TEAM PHOTO DATE** is 18 October. Booking forms will be allocated shortly.

**THROWS COACHING** (discus, shot put, javelin) is now available for athletes of all abilities from Monday–Friday 5pm-6pm (Thurs 5.30-6.30pm). Beginners in particular are encouraged to attend.

**WHLAC CELEBRATION DAY** is coming up on **Sunday 19th October**. Events include the 100m Winston Hills Mall Gift, relay challenges and the Mall Mile. Entry forms are on the back of the newsletter and must be returned by **11th October** in order to take part in the handicap events.

**STATE RELAYS** will take place on **22-23 November** at Campbelltown Athletics Stadium. All interested athletes must return a completed STATE RELAYS COMMITMENT FORM to their Age Managers by **11th October** in order to finalise teams and commence training.



## Reminders

**SCHOOL HOLIDAYS** We do NOT break for these school holidays and all mid-week coaching sessions will be conducted as normal with the exception of Thurs Throws.

**NEXT PROGRAMME B RUNNING DAY** 1500m run starting 8am sharp. Any athletes wishing to compete in the MALL MILE must have competed in the 1500m this season (cut off date for qualification is 11 Oct).

**NSW ALL SCHOOLS CHAMPIONSHIPS** are being run from 25–28 Sep. Good luck to all our athletes who are involved. If you have results you would like published please email publicity@whlac.org.au.



## Missing property

Please remember to check lost property for leftover hats, jackets and drink bottles as we have accumulated a large pile in the past couple of weeks.

## President's Message

Hi everyone,

I would like to congratulate all those athletes who have competed at the NSW All Schools so far on Thursday & Friday. To those who have qualified for Pacific Schools Games; a big cheer! You will be competing against some of the best athletes from all over the world in Canberra in December. Wear the "2 Blues" with pride & know that Winston Hills Little A's is right behind you.

To those who are competing over the weekend; good luck & may you perform as well as we know you can.

The school holidays are upon us & although we will be running each Saturday during the holidays, there are likely to be a number of families away. I wish everyone a happy & restful holiday & please travel safely.

To those who will be here over the holidays; please lend a hand so that the running days can operate smoothly. It is an ideal opportunity to try a job you may not have done before while there are not too many athletes & no pressure on. So grab a stopwatch or a tape measure & see the events from the best vantage point of all.

I would like to thank our Hurdles & Javelin Coach (& Life Member), Mr Wayne Clark for kindly offering his time this Sunday to teach Javelin at the Hills Shire Sports Association Youth Leadership Camp. This is a very worthwhile venture that takes place each year, alternating between Cootamundra & Baulkham Hills. This year we are at home, but for anyone between 14 & 18 years of age who is interested in taking part next year in Cootamundra, please see me any time for further information. The athletes who have done the camp over the past few years have loved every minute of it. We wish Nick Sullivan & Brad McNaughton all the best & look forward to their report after the "big weekend".

I am a little concerned about the number of athletes turning up on Saturdays, and even to training, without water bottles. This is essential to maintain good health, but especially when children are exercising & most importantly, if it is a hot day.

Remember also to be sun safe & have as much fun as possible.

See you on the track,

*Paul Byron*

## New Age Managers

A warm welcome to our newest Age Managers:

Tiny Tots Boys: Andrew & Rachel Jackson

Under 6 Boys: Ramon Geijsels

Under 9 Boys: David Palaster

Thanks for coming on board and being part of a great group of volunteers. We now have Age Managers for all age groups which is a great start to the season. Thanks again to all Age Managers and good luck for the season.

## 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.

## Get to know our Girl's Club Captain



### Louise Marvin

Louise is in the U17 age group and has been an athlete at WHLAC for the past five years. She has held a number of leadership positions at school and now looks forward to the challenges of leading her athletics club.

#### What is your favourite event?

My favourite events are the 3000 metres and Winter Cross Country.

#### What do you enjoy most about Little Athletics?

I enjoy being fit and active, being able to represent my club at different carnivals, and being with my friends from Winston Hills, as well as from other clubs.

#### What has been the highlight of your time with Little Athletics?

The highlight of my time with Little Athletics has been the State Cross Country trips to Parkes and Lithgow and the State Multis Trip to Wollongong.

**What has been your most embarrassing moment at Little Athletics?** Every time I pick up a shot put or discus is pretty embarrassing.

**Who is your favourite Australian Athlete?** My favourite Australian athlete is Tamsyn Lewis, because she is a great role model for the younger athletes and a good ambassador for athletics.

**What advice do you have for younger athletes?** Always have fun and enjoy what you are doing, whether you win or lose, it's all about having a go.

**What does representing WHLAC mean to you?** I love being able to represent WHLAC at different carnivals because I'm proud to be part of such a great club

## Parent Helper Roster

Please check the Parent Helper Roster regularly. **Please try and volunteer at least once throughout the season for each age group your family is involved in.** 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 (7am)	Pack-up	Canteen	BBQ	First Aid
27 Sep	U12	U14/15/17	U6	U9	Ilona Gaal
04 Oct	TT	U7	U8	U11	Ray Marvin
11 Oct	U9	U6	U10	U13	Ray Marvin
18 Oct	U11	U8	U12	U14/15/17	Tony Stathakis

## Thank you!

Thanks to all the parent helpers in the Tiny Tots, U7 and U10 age groups for the great assistance in set-up, BBQ and canteen last week. It was fantastic to see so many people pitching in this early in the season.

We still seem to be short a few helpers at the end of the day for pack-up. Please make sure your age group is well represented at the end of the day – the more help we have the quicker we can all get home.

## Gala Days

### **Liverpool City Annual Gala Day (U6–U17)**

26 October 2008 (pre-entries close 12 October 2008, late entries will be accepted)

More information: Rob - 0404 911 510

### **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 on Sunday 19 October. Further details can be found at the back of this newsletter.

## Officials Course

### **D Level OFFICIALS COURSE**

WHEN: Sunday 12th October, 10am–4pm

WHERE: Morgan Powers Reserve, Kings Langley

COST: Free to WHLAC members

Suitable for Age Managers and Assistants, along with any interested parents/carers. Athletes in U14, U15 and U17 age groups are also invited to participate.

Enquires: Peter Mylonas 0422 370 292

## Calendar of Events - 2008/2009

Activity	Date/Time	Venue
WHLAC Celebration Day & Gift	Sunday 19th October 2008, 1pm	Gooden Reserve
Trans Tasman Trials	Sunday 2nd November 2008	Ridge Athletic Track, Bardon Ridge
State Relays NO RUNNING DAY	22-23 November 2008	Campbelltown Athletic Stadium
Last running day before Christmas/ Tiny Tots season-end and presentation	Saturday 20 December 2008	Gooden Reserve
First running day after Christmas	Saturday 10 January 2009	Gooden Reserve
Trans Tasman Challenge	Sunday 18 January 2009	SOPAC, Homebush
Zone Carnival NO RUNNING DAY	31 January/01 February 2009 (main programme)	AH Whaling Reserve Baulkham Hills
Regional Carnival NO RUNNING DAY	21-22 February 2009	Mingara (Central Coast)
State Multi Event NO RUNNING DAY	7-8 March 2009	Lismore
Last running day	Saturday 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	Sunday 26 April 2009	Adelaide
WHLAC Annual General Meeting	TBA	Gooden Reserve
State Cross Country/Road Walks	Sunday 5 July 2009	TBA

## Skills & Drills sessions

Skills and Drills provides 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.

## 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)	5.00-6.00 (David Bruce)	5.00-6.00 (David Bruce)	5.00-6.00 (David Bruce)	5.30-6.30 (Paul Byron/Paul Cochrane/Wayne Clark)/Steve Woodhouse) <b>NO TRAINING 2nd OCT</b>	5.00-6.00 (David Bruce) 6.00-7.00 (David Manz)
Long / Triple Jump		Training sessions commence Friday 17 October			
High Jump		Training sessions commence Tuesday 14 October			

## Newsletter / website update

You can find a copy of this newsletter (and more) in full colour on our website. If you would like to be notified when newsletters are available online, please email [webmaster@whlac.org.au](mailto:webmaster@whlac.org.au) to 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).

**PLEASE NOTE, THERE WILL BE NO NEWSLETTER PUBLISHED ON SATURDAY 4th OCTOBER**

 Proud Supporters of Winston Hills Little Athletics



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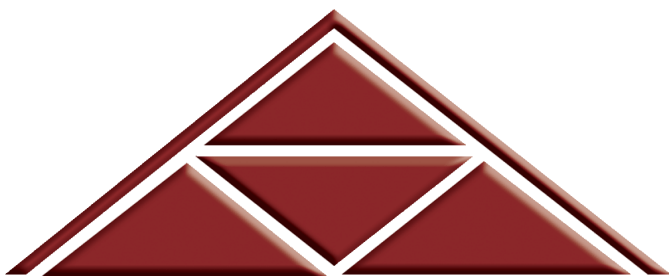


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**WINSTON HILLS LITTLE ATHLETICS CENTRE**



**WINSTON HILLS  
MALL**

# CELEBRATION DAY

*Proudly supported by* **WINSTON HILLS MALL**

**WHEN: SUNDAY 19th OCTOBER 2008, 1pm start**

**WHERE: GOODEN RESERVE**

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

## **WINSTON HILLS MALL GIFT (U6–U17)**

Handicap 100 metre event run over 3 rounds by divisions

Junior U6 - U9

Intermediate U10 - U13

Senior U14 - U17

## **WHLAC RELAY CHALLENGE (U6–U17)**

4 x 100m relay team, teams consist of age groups. Teams to be put together by Age Managers.

## **MALL MILE (U10–U17)**

Handicap Mile (1609m) using the delayed start handicap system. No heats, just straight final.

## ENTRY FORM

Athlete's name	Age group	Registration number	100 gift (please tick)	Relay (please tick)	Mall Mile* (please tick)

\*Athletes must have competed in the 1500m at 8am on programme B this season (cut off date for qualification is 11 October)

Parent's  
name \_\_\_\_\_

Parent's  
signature \_\_\_\_\_

**PLEASE RETURN THIS FORM TO YOUR CHILD'S AGE MANAGER BY 11th OCTOBER**  
**ENTRIES FOR 100m GIFT OR MALL MILE WILL NOT BE ACCEPTED ON THE DAY.**  
**RELAY TEAMS CAN BE DECIDED ON THE DAY.**