



# Newsletter

Gooden Reserve, Kanili Ave, Baulkham Hills

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## Congratulations to all of our State Relay Competitors!

Well done to all of our athletes who competed at the State Relays a few weeks ago. Although it was a typically wet day for the Juniors on Saturday, it was still a great day for all, with many impressive performances by our teams.

Special congratulations to our medalists:

**Under 8 Girls Shot Discus: Gold**

**Under 11 Boys Shot Discus: Bronze**

**Under 15 Boys Shot Discus: Bronze**

To see the complete list of results from the club and read the report from our Championships Officer, please see page 4-5.

## Zone Entries are Due Today!

Please remember to hand your forms into your Age Manager or to Simon Nicola.

## Last Running Day before Christmas is Next Week!

A reminder that next Saturday (17/12) is the last running day before Christmas. Like previous seasons, we will be running the **Winston Hills Mall Gift**, a handicapped 100m race for all athletes. Please note that no other results will be taken on the day.

The first running day after Christmas will be Saturday, 7<sup>th</sup> January.

Contact us at [www.whlac.org.au](http://www.whlac.org.au) or Find us on Facebook!

Just search for [www.facebook.com/whlac](http://www.facebook.com/whlac)

## Points to note:

- \* Always be sun smart at WHLAC
- \* Check when your age group is rostered on to help set-up and pack-up.
- \* Our accredited coaches provide FREE coaching- see schedule online.

In the event of wet weather, please phone 9838 0661 after 7.30am on running days.

# **ZONE CARNIVAL JANUARY 2011-2012**

## **Entries Close Saturday 10 December**

Parents & Athletes

Our Zone Carnival will be run on the weekend of Friday 27th, Saturday 28th, and Sunday 29th, Jan 2012 at A.H. Whaling Reserve, Roxborough Park Rd, Baulkham Hills.

Athletes can compete in up to 4 different events plus the relay if selected, with age groups U7 to U12 restricted to 5 athletes from each centre per event. For U13 & above, there are no restrictions on how many athletes can enter an event, but athletes cannot enter more than 6 events, plus the relay if selected.

If you have any other questions feel free to ask you age manager, Simon Nicola the Championships Officer or any other committee member.

Cheers

Simon Nicola

## **Zone Programs \$5.00**

If you wish to order a Zone Program \$5.00 each, these have to be ordered & paid for by the 17 December 2011

Athletes Name: \_\_\_\_\_

Age Group: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Quantity: \_\_\_\_\_

Total-\$ \_\_\_\_\_

Programs are only available on a pre-ordered/pre-paid basis only

## **Working with Children Declaration Forms**

### **NSW Government Working With Children Declaration Form**

Every Parent, Volunteer, Coaches and Officials must complete a Declaration form, which can be done online. These forms have to be completed for each event you attend, so we suggest you make photocopies including your driver's licence image so you only have to complete the form once. You will need to show your driver's licence.

<https://check.kids.nsw.gov.au/volunteer-declaration.php>

## Records

So far this season we have already had a number of records broken by a range of athletes.

Please congratulate the athletes below on an impressive achievement.

Age Group	Event	Date	Old Record	New Record	Athlete
U8 Boys	60m Hurdles (Electronic)	19/11/11	12.66	12.53	Finn Watkins
U12 Boys	60m Hurdles (Electronic)	19/11/11	10.84	10.75	Patrick Idiare

## Safety around Gooden

A reminder to all Parents and Age Managers that they need to keep an eye on all younger athletes, particularly around the end of the 100m track. Fast finishing senior athletes will obviously find it difficult to stop suddenly and the younger athletes, who may not be paying attention or know where to look, could easily be hurt by this.

## Become an Official

Imagine the pleasure it gives to a child when Mum and Dad are able to actively participate in their sport. Children just love to see their parents out there marking, measuring, timing, starting or retrieving flying objects. It is now easier than ever to become an OFFICIAL.

Being an OFFICIAL gives you the opportunity to understand the rules and regulations, to promote fairness and to get closer to the action at Zone events. This is an opportunity to see our great athletes exceed all expectations, to experience the competitive tension close up and feel the pride and the passion driving this great sport. This great sport needs more volunteers to step forward as OFFICIALS for future ZONE events. The North West Metropolitan Zone has a great Mentoring Program for OFFICIALS and we want to continue Winston Hills LAC's rich tradition of participation.

## Spikes

**All athletes that are permitted to wear spikes must remove them on completion of their event.**

This is for both the safety of the athletes themselves and all other athletes in the vicinity.

Our club has boasted the highest level of membership in the zone over recent years. In years we need aspiring OFFICIALS to step forward today.

Entry starts at level "D" and requires you take a short exam which you can do in the comfort of your own home. Progressing to level "C" gives you the opportunity to take greater responsibility and to participate at a higher grade of competition.

Please consider this opportunity for the continued wellbeing of our great sport and the people who take most pleasure from it - our children. If you need further information on how to proceed please send your request by email to [bros007nan@gmail.com](mailto:bros007nan@gmail.com) adding OFFICIAL in the title box.

## STATE RELAYS - 2011

### RAIN, HUMIDITY, PROTESTS, RERUNS & MEDALS

Well what a weekend! This will go down as one of the most memorable weekends for many reasons. For a period of time on Saturday I thought we were at the aquatic centre, but then I realised that their water is warmer. For our Under 8's, welcome to your first State Relays, and just think it can only be warmer and dryer next year. For those who were not there on Saturday, our Junior athletes got drenched in the morning before the sun decided to come out in the afternoon making it humid, so not ideal conditions. Sunday was a total reverse, with full sun all day. To all of the athletes who participated across the 2 days, you all did a fantastic job, especially considering the conditions.

The medal count was 1 Gold & 2 bronze medals. The gold went to the Under 8 Girls Shot Discus team who won by 17 points, which is a combined distance of 20cm across all 4 girls. The 2 bronze went to the Under 11 Boys Shot Discus team & the Under 15 Boys Shot Discus team. Congratulations to all of these athletes.

4 teams obtained 4<sup>th</sup> places & were just outside the medal tally.

There were 6 other superb performances where track teams obtained PB's, the best being 41 seconds for the Under 14 mixed 4 x 400 relay team, 34 seconds for the Under 13 mixed 4 x 400 relay team, 20 seconds for the Under 12 mixed 4 x 400 relay team, 18 seconds for the Under 17 mixed 4 x 400 relay team, 16 seconds for the Under 10 mixed 4 x 400 relay team & 2.36 seconds for the Under 17 mixed 4 x 100 relay team.

What makes the 2 Under 17 PB's even more memorable is that Nicholas Sullivan did 5 events on the day & Ben Allen did 7 events. This is not to diminish from the great effort the other team mates Emily Morgan & Abigail Marfo (3 events each) or Shinelle Baker or Eleni Velonas (4 x 40 team mates), but to simply acknowledge their outstanding stamina. You ask why so many events.....Firstly the Under 17 mixed 4 x 100 relay (heat 1) had a protest lodged by a centre as one of

their athletes was taken out by another team. The protest resulted in that team being disqualified from the results along with another 2 teams (DQ's were plentiful on the weekend with 49 in total, 28 juniors & 21 seniors). This meant that the first heat had to be rerun, but by this stage the 4 x 400 mixed relay had just been run & the guys had also finished 2 field events each. The 4 x 100 was rerun & the team made the final which was run 20 later, which was then followed by the final of the mixed 4 x 400.

These PB's for both teams were worth gold.

Many thanks to the age managers for making this year's selection process easy, and despite all of the last minute changes to teams the athletes performed well together.

### Junior Teams

Team	Event	Place	
<b>U8 Girls</b>	Shot/Discus	1st	
	4x100	Outside of Top 9	
	4x200 Mixed	Outside of Top 9	
<b>U8 Boys</b>	Shot/Discus	11th	
	4x100	Outside Top 9	
	4x Long	13th	
<b>U 8 Mixed</b>	4x200 Mixed	Outside Top 9	
	<b>U9 Girls</b>	Long	12th
		Shot/Discus	9th
<b>U9 Boys</b>	4x100	7th	
	4x Long	11th	
	Shot/Discus	10th	
<b>U10 Girls</b>	Shot/Discus	4th	

<b>U10 Boys</b>	Shot/Discus	4th	<b>U14</b>			
	4x100	DQ	<b>Mixed</b>	4x400 Mixed	7th	41.1 se
	Long/High	12th	<b>U15Girls</b>	Long/High	5th	
<b>U10</b>		Outside of Top		Shot/Discus	8th	
<b>Mixed</b>	4x400 Mixed	9			Outside of Top	
		Outside of Top		4x100	9	
<b>U11 Girls</b>	4x100	9	<b>U15Boys</b>	Long/High	12th	
<b>U11 Boys</b>	4x100	Outside Top 9		Shot/Discus	3rd	
	Long/High	4th		4x100	Outside Top 9	
	Shot/Discus	3rd	<b>U17 Girls</b>	Long/High	5th	
<b>Junior</b>	Middle	Outside of Top		Shot/Discus	4th	
<b>Boys</b>	Distance	9	<b>U17 Boys</b>	Long/High	7th	
<b>Junior</b>	Middle	Outside of Top		Shot/Discus	5th	
<b>Girls</b>	Distance	9	<b>U17</b>			
<b>Senior Teams</b>			<b>Mixed</b>	4x100 Mixed	8th	2.36 se
<b>U12 Girls</b>	Long/High	10th		4x400 Mixed	6th	18 sec.
	Shot/Discus	9th				
		Outside of Top	Regards			
	4x100	9	Simon Nicola			
<b>U12</b>			Championships Officer			
<b>Mixed</b>	4x400 Mixed	Outside Top 9				
<b>U13 Girls</b>	Long/High	13th				
<b>U13 Boys</b>	Long/High	8th				
	Shot/Discus	7th				
	4x100	8th				
<b>U13</b>						
<b>Mixed</b>	4x400 Mixed	6th				
<b>U14 Boys</b>	4x100	5th				

## Senior Athletics

A reminder to all athletes in age groups U12 and above that you are able to register with a senior athletics club for free if you complete a dual registration form. WHLAC has an affiliation with Hills Athletics Club, however you are able to join any ANSW club.

This is a great opportunity to not only continue on in athletics past Little A's, but also to gain more opportunities to compete as well as meeting a range of other people who also love this sport!

## Wet Weather

As with all outdoor sports, athletics is susceptible to the elements. In periods of prolonged wet weather The 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 the

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.

## Winston Hills Mall Relay

A big thank you must again go to Winston Hills Mall, who sponsored the Age Group Relay Challenge on the 12<sup>th</sup> of November.

The event was a success once again and a great practise for some athletes competing at State Relays. Congratulations to all the Finalists and placegetters:

**1<sup>st</sup>** U9 Girls  
**2<sup>nd</sup>** U14 Girls  
**3<sup>rd</sup>** U12 Girls  
**4<sup>th</sup>** U11 Girls  
**5<sup>th</sup>** U14 Boys  
**6<sup>th</sup>** U10 Girls

## Hills Rugby Union Club

For all those interested, the Hills Rugby Union Club are holding their Registration Days and Come 'n' Try Clinics soon for the 2012 season soon.

Please see the details below:

Saturday 10<sup>th</sup> December:  
Winston Hills Mall  
9am-3pm (Information & Registration)

Sunday 12 February:  
Yattenden Oval  
10am-11.30am (Come 'n' Try Clinic)  
10am-1pm (Registration)

Friday 17 February:  
Yattenden Oval  
5pm-6.30pm (Come 'n' Try Clinic)  
5pm-8pm (Registration)

Hills Rugby Union Club:  
Yattenden Oval, John Street, Baulkham Hills

If you need any more information you can contact,

Registrar: Thea Parle- 0400 009 974  
President: Darren Hyde- 0407 570 599

Or check out their website at:  
[www.hillsrugby.rugbynet.com.au](http://www.hillsrugby.rugbynet.com.au)

# 2011/2012 Season Calendar

Activity	Date/Time	Venue
Last running day before Christmas (Mall Gift, sausage sizzle, BBQ for Managers)	<b>17 December 2011</b>	Gooden Reserve
First running day after Christmas	<b>7 January 2012</b>	Gooden Reserve
Trans Tasman Challenge	<b>5-17 January 2012</b>	Auckland, New Zealand
Zone Carnival	<b>27-29 January 2012</b> (NONE RUNNING DAY)	AH Whaling Reserve, Baulkham Hills
Region Carnival	<b>18-19 February 2012</b> (NONE RUNNING DAY)	Narrabeen
State Multi Event	<b>3-4 March 2012</b> Running Day at Gooden ?? - TBC	Cessnock
Last running Day (Mall Mile, Presentations for Tots & U6s) & Dinner Dance	<b>17 March 2012</b>	Gooden Reserve
State Track & Field Championships	<b>23-25 March 2012</b>	Sydney Olympic Park Athletics Centre
AGM and Presentation	TBA	Winston Heights School
Australian Little Athletics Championships	TBA	TBA
State Cross Country / Road Walks	TBA	West Dapto

## WHLAC Dinner Dance

The Winston Hills Little Athletics Club Dinner Dance will take place this season- 7pm, Saturday 17<sup>th</sup> March 2012. Please keep this night free as it is a great night for parents and older athletes alike. More details to come!

# 2011/2012 Coaching Schedule

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.

There are few Centre's who are able to offer this facility to their athletes so please take advantage of their expertise and time! All events and abilities are catered for, so it is a great opportunity to give the athletes additional practice and guidance.

All sessions are at Gooden Reserve unless otherwise advised. For further information, please see our Coaching Co-ordinator, Jeff Walsh.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Hurdles		<b>4:30 - 5:30</b>			
		<b>Mr Wayne Clark</b>			
Sprints		<b>5:00 - 6:00</b>		<b>4:30 - 5:30</b>	
		<b>Mr Charles Tees</b>		<b>Mr Charles Tees</b>	
Middle Distance			<b>5 - 6:30</b>		
			<b>Mr Ray Marvin &amp; Mr Ian Elgey</b>		
Throws	<b>4:45 - 6:30</b>		<b>4:15 - 6:00</b>		
	<b>Mr Wayne Clark</b>		<b>Mr Wayne Clark</b>		
	<b>5:00 - 6:00</b>		<b>5:00 - 6:00</b>		<b>5:00 - 6:00</b>
	<b>Mr Dave Bruce</b>		<b>Mr Dave Bruce</b>		<b>Mr Dave Bruce</b>
Long/Triple Jump		<b>5:30 - 6:30</b> <b>Mr Howard Searle</b>			
High Jump				<b>6:00 - 7:00</b> <b>Mr Mark Drennan &amp; Mr Jeff Walsh</b>	
Walks	<b>5:45 - 6:45</b>				
	<b>Miss Houston</b>				