



ANNUAL REPORT 2016/2017

PRESENTATION DAY
Sunday, 21st May, 2017





PROGRAM OF EVENTS

2016/17 PRESENTATION DAY

President's Welcome

Club Captains Speeches
10 Year Service Awards
Club Record Certificates
State Representatives Presentations

Tiny Tots

Best in Age/Most Improved and Runner Ups U6/U7/U8
Under 17s Presentation

Frank Atkins State Relay Track Team Trophy
Frank Atkins State Relay Field Team Trophy
Nicholas Fortuna Memorial Trophy
WHLAC Jumps Trophy
WHLAC High Jump Trophy
Dave Bruce Throws Trophy
WHLAC Javelin Throwers Trophy
Kerry Arkins Walks Trophy
Kathy Bail Sprints Trophy
Wayne Clark Hurdles Trophy
Ray Clarke Middle Distance Trophy
Winston Hills Veterinary Clinic Cross Country Trophy
Don McDougall Trophy
Queen Elizabeth II Trophy
Spirit of Little Athletics Trophy
Jim Arkins WHLAC Excellence in Athletics Trophy

President's Closing Address



PRESIDENT'S REPORT

SARA WELSBY

As I reflect on the past season, I realise what a busy year we've had. The LANSW state conference, held in Bathurst in July, was the start of what would prove to be a fantastic season for WHLAC. We were well represented with five committee members attending, along with two others who were there in other capacities. Apart from the AGM, some important issues to note were:

- Age group changes will come into effect in the 2018/19 season to align Little Athletics with school and Athletics Australia age groups. You will hear more on this change and its implications next season.
- A new results system, ResultsHQ, will become the only association-endorsed results system from next season. Its capabilities, setup and operations were demonstrated and WHLAC chose to transition this season.
- Conference (in its current format with the AGM) will become biennial from here on. Every alternate year, the AGM and workshops will be a 1-day event held in Sydney.

A definite conference highlight was when one of our own life members, Simon Nicola, was named Male Volunteer of the Year. This competitive and prestigious award shows how valued Simon's work is for Little Athletics. He continues to support our sport despite his girls finishing athletics several years ago. Simon was appointed to organise the recent Australian LAC Championships. WHLAC would like to congratulate him on his achievements and thank him for his ongoing support. Also at conference, the club was again presented with a Bronze in the Centre Volunteer Administration Awards. We consistently feature in these awards and are aiming for silver this year.

This start of the season brought a few challenges for our committee. The change to registration numbers with OneSport numbers for our senior athletes presented some difficulties. I would like to thank athletes, parents and officials for your patience while things were sorted. The start of any season is busy enough but this added a new dimension.

We demonstrated how resourceful and flexible we can be when council fertilised and top-dressed the field early in the season making the track unusable. Thanks to the experience of committee and general willingness of club members to pitch in, or even just to try something new, our first skills fun day was a major success. The format was a modified circuit covering all disciplines which gave athletes an opportunity to try new skills while having a laugh. Specific thanks must go to Bec Newton for her ideas, organisation and coordination of the event. Also thanks to those senior and ex-athletes who assisted with the running of the events. I highly recommend we keep an open mind and give new things a shot in order to keep our athletes engaged and motivated.

WHLAC continues to support initiatives that promote safe, family-friendly environments in which our children can participate. We registered to be part of the SHOOSH for KIDS campaign in November promoting positive spectator behaviour in children's sport. As a junior sport that prides itself on being inclusive and focussed on athletes doing their OWN best, this fits well with Little Athletics. Whilst this campaign has focus weeks during summer and winter sports, its purpose is something we see as part of the WHLAC culture and I encourage all spectators to remember to keep your comments positive and supportive of all athletes and officials.

As is tradition, we held our charity fund raiser in December. This year we chose to support the Love Mercy Foundation.

Those of us who attended the state conference were fortunate to hear from Ugandan Olympian, Julius Achon, the inspirational co-founder of this charity. The other co-founder is Australian Olympian, Eloise Wellings. I would like to thank members for your support of this fund raising effort and recommend reading Julius's story at www.lovemercyfoundation.org.

WHLAC has had another hugely successful season. Large numbers of athletes continue to represent the club at all levels of competition. Over 15% of eligible (U9 and above) athletes progressed to the state carnival this year which is a massive achievement. For the first time in many years, we also had our junior boys relay team run at state. Super effort boys and Renee for your coaching and support of the team! We saw an increase in the number of athletes taking advantage of the high-quality coaching available this season. We are so fortunate to maintain relationships with so many qualified, experienced coaches, who give of their time and expertise so willingly to support and develop our athletes. Sincere thanks to Dave Bruce, Wayne Clark, Charles Tees, Geoff Dalrymple, Emir Mucjinovic, Peter Mylonas, Stephen Pospischil and Paul Byron for your invaluable support.

Some carnivals focus on participation and offer athletes the opportunity to achieve PBs competing in new environments against different athletes. This year saw the introduction of just such an event. The inaugural North West Met Zone Multi-Event was hosted by Kings Langley LAC on a hot Sunday in February. Whilst WHLAC didn't take out the trophy this year, we did have a pleasing number of athletes competing, many of whom featured in the medals. I encourage members to participate in next year's event which will be hosted by Hawkesbury LAC. The "other" Multi-Event carnival (State Multis) was held at Hunter Sports Stadium at Glendale in March. WHLAC had an increase in participants this year to 20 athletes. I highly recommend this weekend to families as the focus is on fun and coming together as a club. Given the usually solitary nature of our sport, Multis provides a different experience for families.

Despite the unusually hot and wet conditions, we were fortunate to only lose 3 running days this season. Coaching sessions weren't spared though, given searing afternoon temperatures and storms were a feature. This is one season in which we were definitely better off being a Saturday morning club and our early starts proved beneficial for getting all events completed before days became too hot.

In closing, I must thank all of you who volunteer your time to make our club operate. Without you, there would be no Winston Hills Little Athletics Centre. At the risk of leaving out a group of helpers, I must thank our amazing age managers and assistants, our set-up, pack-up, grounds and equipment crews, our data entry team and our reliable event helpers. Some of you fill several of these roles and I'm sure the athletes are very grateful for your commitment. Lastly, to your incredible committee, many thanks! You are a capable, fun group of people with whom I truly enjoy working. Special recognition must go to those whose time with us is at an end. Thanks to Jacinda, whose support continued long after her time as an athlete; to Karen, who has filled too many roles with the club to begin to mention; to Bec, whose brain we will continue to pick for years to come; to Fiona, for her tireless efforts keeping us all on track and willingness to do absolutely anything; to Emily, who will continue to be our Zone Co but will always be from WHLAC – you will all be sorely missed!

I'd like to wish all of you the best for your winter sport endeavours; stay safe and play fair. I look forward to seeing you back in September for another fun-filled athletics season.



TREASURER'S REPORT

KAREN COCHRANE

This year saw some changes to our canteen due to the previous canteen committee stepping down. Our profit from the canteen was done from last year from \$5,789.02 to \$2,683.80. This was mainly due to us only offering a limited range of items as we did not have a committee to purchase and maintain the canteen for us.

A big thank you to our current committee and parents from the club in supporting the running on the canteen each week.

Registrations were similar to last year, however, with the increase in registration fees due to LAANSW increase and limited sponsorship, we have been able to maintain a slightly high income to last year and this will assist with the expense for presentation day and new equipment.

This year has seen a substantial decrease in Sponsorship for the club. We have not received any money from our previous sponsors, however, Winston Hills Mall, did provide us with a large amount of gift certificates for the winners of our Winston Hills Mall Day.

There has been an increase in equipment purchases and this was mainly for the purchase of new javelins and other throwing equipment.

There was a slight increase in bank charges; however, those charges should be lower in the next year as we have now closed the canteen account that was costing us \$10 per month to maintain. These funds were transferred to our investment account.

It should be noted that the Income and Expenditure Statement are fully reconciled and have been audited by a current member of the club.

INCOME AND EXPENDITURE STATEMENT

**1 April 2015-
31 March 2016**

**1 April 2016-
31 March 2017**

OPENING BALANCE	52,510.04	63,828.77
<u>Income</u>		
Canteen	5,789.02	6,312.30
Coffee Sales	360.00	390.00
Fund Raising and 40 th Anniversary	4,565.50	220.00
Investment Income	423.42	398.19
Other Income	2,743.32	1,745.00
Sponsorship, Grants and Rebates	19,702.90	2,987.37
Uniform Sales	9,810.00	9,215.00
WHLAC Registrations inc WHSC fees	33,167.20	37,292.45
Note: Money banked after 31.3.15	730.00	
Total Income	77,291.36	58,560.31
<u>Expense</u>		
Postage Printing & Stationery	1,438.18	325.50
Purchases of Equipment	1,919.14	5,553.40
Registration Fees	3,926.00	4,579.00
WHSC Fees	3,960.00	420.00
Uniforms	17,048.58	6,561.70
Sponsorship, Advertising & Promotions	500.00	0.00
Coaches, Conference & Training	875.50	1,830.00
Competitions Expenses & Athlete Sponsorship	2,852.00	2,013.00
Fundraising Expenses	770.00	440.00
General Expenses	4,240.25	2,346.01
Grounds Hire	2,380.32	1,713.99
Ground Improvements	0.00	0.00
Ground Maintenance	776.86	0.00
Repairs & Maintenance	5,593.13	2,884.71
Presentation Day/End of Season	11,301.73	13,144.39
Age Group Photos	2,016.00	0.00
Bank Charges	738.26	804.82
Dinner Dance/40 th Anniversary	5,635.68	0.00
Canteen Expenses		2,628.50
Purchase of Assets	0.00	0.00
Total Expense	65,972.63	45,245.02
Income less Expenses	11,318.73	13,315.29
Closing Balance	63,828.77	77,144.06



REGISTRAR'S REPORT

REBECCA NEWTON

As another season for Winston Hills Little Athletics Centre draws to a close there comes a time for a few statistics and thank yous.

This season saw a slight increase in registrations on the previous season and the numbers show Winston Hills LAC to be performing strongly, with our numbers placing us as one of the top 20 largest centres in the state.

There was a total of 452 registered athletes with largest group being the U9 Boys and U6 Boys both consisting of 35 boys in each group.

TINY TOTS	53
U6	53
U7	42
U8	36
U9	58
U10	45
U11	52
U12	30
U13	29
U14	14
U15	20
U17	27

As always I would like to thank everyone who has assisted me this year and consequently made my job so much easier, particularly the committee members who assisted at the Registration Pack Collection days at Gooden Reserve and for their support throughout the season.

In closing as I will be moving on from the committee next season I wish the incoming registrar lots of luck and hope he or she enjoys the position as much as I have.



SECRETARY'S REPORT

FIONA SELMES

It is with a touch of nostalgia that I submit my report for the 2016-2017 season. This is my last year as a parent of a (now not so little) athlete. Johanna started Little A's in the U12 age group in the 2011-2012 season but in six years has learned so much, made so many good friends and has been honoured to represent WHLAC at state carnivals and in her final year as a Club Captain. My time on the committee has only been for 3 years but like Johanna I have made some great friends, learned a lot about athletic competition and felt rewarded being able to contribute back to WHLAC. I encourage all parents to consider supporting the centre in one of the volunteer positions during your child's time at WHLAC.

Once again the season flew by. In the pre-season I attended the LANSW conference with 4 other delegates. It was an honour to accept a bronze centre administration award on behalf of the committee but more of an honour to accept Simon Nicola's Volunteer of the year award as he was in US at that time. Many newcomers to WHLAC may not be aware of the amount of work Simon does not only for WHLAC but also Special Olympics and most recently for LANSW as convener for the 2017 Australian Little Athletics Championships. Simon was a very deserved recipient of this award.

I was unable to attend the State Relays carnival; one of my favourite championships and this year WHLAC put in a great effort winning medals of all colours but also fielding teams in nearly all age groups. State Multis lived up to its wet carnival reputation but the luxury of a synthetic track meant that most events could progress on time.

In addition to the secretary role I continued to assist with Uniforms and also with some of the canteen co-ordination and also served as Sports Club delegate. Thanks to all those parents that showed up for their allotted duties in the canteen and on the BBQ and to Dushanthy for purchasing sausages onion and bread for much of the season.

I would like to thank the rest of the committee for their support during the year. Good luck to all of our WHLAC athletes in your winter sport (or rest) endeavours. I am looking forward to summer sleep-ins but suspect I will be around to assist for the start of the season.



CHAMPIONSHIPS

CLAIRE POSPISCHIL

It's been another great season championships wise for WHLAC. I am grateful to my wonderful predecessor Simon Nicola for mentoring me over the past months. I give a big thank you to the parents, coaches and age managers who support the WHLAC athletes and encourage them to give their best at athletics. A shout out also to the people who have volunteered their time to support the various athletics carnivals and competitions during the season as officials and parent helpers.

The zone carnival was held in December 2016, with the club sending 180 athletes and 4 relay teams. Notable achievements at zone were:

- Seven under 7 athletes medalling in at least one event (Aaron Chevalier, Claire Vogelaar, Cooper Nurscher, Emma Webster, Nicholas McNally, Noah Scerri & Violet Knight)
- Six WHLAC athletes broke zone records (Audrey Nadaya-Harb, Caitlyn Hicks, Lachlan Wood, Patrick Spence, Rhys Webster and Rowena Milliss)
- The junior boys 4 x 100m relay team also broke the zone record

The region carnival was held in February 2017 with the club sending 118 athletes and 4 relay teams. Notable achievements at region were:

- Seven WHLAC athletes broke a total of nine region records (Caitlyn Hicks, Danielle Drinnan, Lachlan Wood, Patrick Spence, Rhys Webster, Rowena Milliss, Vanessa Apel)
- Marcus Prideaux (8 boys) medalling at region

In a first for the north west metropolitan zone, a zone multi carnival was held at Kings Langley in February 2017. Winston Hills finished third.

March 2017 was a busy month for athletics competition. The state multi carnival was held at Glendale Newcastle. Both Joanna Selmes and Audrey Nadaya-Harb finished 6th in their respective age groups.

The state little athletics track & field championships were also held in March 2017. WHLAC qualified 42 athletes in 81 events plus the junior boys 4 x 100m relay team, what a wonderful effort by all the state qualifiers! Notable achievements at state were:

- Lachlan Wood (12 boys) winning four gold medals on the track (100/200/400/800m)
- Audrey Nadaya-Harb (11 girls) winning the high jump
- A further six WHLAC athletes medalled at state across seven events (Brodie Payne, Caitlyn Hicks, Patrick Spence, Rhys Webster & Rowena Milliss)





RECORDS AND RANKINGS

ANNE-MARIE TORRENS, WITH HELP FROM KAREN COCHRANE

Well, the 2016-17 season is over. It only seems like yesterday we were all arriving for our first day of another wonderful athletics season. Once again, we have seen lots of PBs – 9,127 in total – from all athletes as well as plenty of Club records being broken.

Our club has been lucky to have a fabulous group of mums who have helped with the data entry each week. With a new system to learn this year, there were a few teething problems, but we managed to muddle through and were able to have the results from each week entered efficiently. Thank you so much to Wiebke, Gwen and Kylie for their help throughout the year. In particular, I would like to thank Karen, who has handed over this position this year to me. I think I have broken a new record this year with the number of questions asked each week. I promise not to go for a PB next season.

We had a total 16 records broken this season by 8 athletes, as well as 4 records being set for our new event, the 300 metre hurdles which the 15s and 17s compete in. A list of these athletes and their records can be found below:

AGE GROUP	EVENT	ATHLETE NAME
7 Girls	50 m Run	Claire Vogelaar
11 Girls	Javelin	Vanessa Apel (3 times)
11 Girls	High Jump	Audrey Nadaya-Harb
11 Girls	60 m Hurdles (electronic)	Audrey Nadaya-Harb
15 Girls	300 m Hurdles	Elizabeth Staples
15 Girls	300 m Hurdles	Danielle Drinnan
17 Girls	300 m Hurdles	Johanna Selmes
17 Girls	100 m Hurdles	Caitlyn Hicks
17 Girls	800 m Run	Rowena Milliss
9 Boys	60 m Hurdles (electronic)	Rhys Webster (3 times)
9 Boys	70 m Run	Rhys Webster (2 times)
12 Boys	200 m Run	Lachlan Wood
12 Boys	400 m Run	Lachlan Wood
15 Boys 300 m Hurdles	300 m Hurdles	Nicholas Long
17 Boys 300 m Hurdles	300 m Hurdles	Joshua Kahane

Next season will be upon us before we can say winter is over! I will be recruiting again for some data entry helpers. If you would like to assist, or would like some information on what is involved, please have a chat with any of the Committee members. Remember, the more the merrier. Enjoy your winter season and any sports you do to keep you busy. See you all next September to do it all again!

Firstly I would like to thank our President, Sara Welsby. With her commitment and dedication we are able to have an athletics club that is not only successful and smooth-running, it is also a club that is constantly striving to improve.

Thank you to our WHLAC committee, who always has the club and its members' best interests at heart.



OFFICER FOR AGE MANAGERS

FIONA NADAYA

Now I am here to talk about our awesome Age Managers. A big thank you to all the Age Managers and Assistant Age Managers out there who put in 110% every Saturday morning. We all know that this role is voluntary and we do it because we love it.

Throughout the season the Age Managers wear a lot of different hats and it's all for the benefit of our kids. We are there to motivate, inspire, encourage, help dust them off when they have fallen, organise State Relay teams, impending carnivals, plan for rostering of the much-needed assistance of the parents on our set up & pack ups of the track, laugh, coach, nurse, listen and enjoy the spirit that Little Athletics brings along with it.

The Age/Asst Age Managers are the ones that help your child grow, learn and allow the kids to know that they can accomplish anything if they truly believe it and try their best every week. I know this sounds like a broad statement, however in regards to Athletics, more often than not it is spot on.

I see so much of what goes on at Gooden Reserve and how it helps to create resilient, confident and happy kids. And without the commitment of our fabulous Age/Asst Age Manager team, this cannot happen.

I hope that being as fortunate enough as we have been with these great Age/Asst Age Managers, that they will return and continue this fine story of WHLAC we are creating and building upon each season, each year.

I am looking forward to seeing you all again for our 2017-2018 season and once again sincerely thank all our age managers for what they contribute to this great centre.



CAPTAINS' REPORTS

JOHANNA SELMES & PETRIA WELSBY



As the 2016/2017 season comes to an end, we would just like to reflect upon another successful and memorable year at Winston Hills Little Athletics Centre. This season we were both immensely honoured to represent WHLAC as the club captains. We would like to take this opportunity to acknowledge the encouragement and support that the club has provided us with over the years we have been at WHLAC. Specifically, we would like to thank the committee, parent helpers and coaches for their ongoing efforts and commitment to the club.

We would also like to recognise all athletes on their excellent efforts and make note of their constant enthusiasm towards participation. Also, we would like to acknowledge the countless PB's made by individuals every Saturday morning. This season has been very successful at all levels of competition with many records being broken and medals won at zone, regional and state carnivals.

As our journey through little athletics comes to a close, we would like reflect on the friendships and memories made as well as skills developed and achievements reached throughout our time with the club. We would especially like to thank Olivia Cochrane, last year's club captain, who age managed the under 17s in a way that was always positive and supportive, encouraging us to push ourselves and have fun.

We would like to thank Josh Kahane and Elizabeth Staples, our Vice Captains for their help throughout the season. We encourage next season's 15s and 17s to take up leadership positions and to be positive role models for younger athletes and represent the club. Finally, we encourage all athletes to come back for another great season and participate in carnivals including the zone and state multis events, where the focus is on participation and fun. We hope you all gain as much from your Little Athletics experiences as we have. Best wishes for your winter sporting season.

TINY TOTS

GIRLS & BOYS: LOUIS TUYAU

It was another fantastic season in the land of the Tiny Tots. We started the season with so many shy little athletes and within a few weeks we knew all the events like the back of our hands. It was truly amazing to see so many kids developing their skills and challenging themselves with a huge smile on their faces. When the task became too easy, the kids were more than happy to accept the challenge to increase the difficulty. For example what started as running races turned into hopping races, backwards running races and sometimes star jump races. As always, the rubber chicken prize, doing the crazy dance under the parachute and the ice blocks were also as popular as ever.

Thanks to all the parents for all your help and support and for creating such a positive environment for all the kids to enjoy.

UNDER 6

GIRLS: ADAM ATCHA

"Little Athletics are today's leaders of tomorrow's future; reprogramming little minds with a road map to success." – Adam S. Atcha

It is evident to the human mind that love and affection increases a child's overall confidence and behaviour; naturally creating a greater sense of belonging in a society filled with genuine curiosity and happiness.

My under 6 girls including Xianyi, Erin, Manal, Zoe, Gemma, Chloe, Sanjana, Olivia, Annika, Gultaj, Sophie, Somer, Madison, Summer, Ajuni and Ebony

and Amber have demonstrated a character of exceptional team spirit, leadership and enthusiasm. You girls are adorable little ones and have enlightened my world with wisdom.

Your motivation and determination to succeed have inspired me most. Every single one of you has challenged yourself in being better athletes than yesterday; reinforcing powerful and healthier beliefs to achieve the extraordinary. You guys are awesome Age Managers, and I thank you all for supporting our team this year!

Stay cool and be positive!

BOYS: STEVE LAKIN

Our first Saturday was a huge one with over 35 Boys all ready to tear it up. Patience was going to be key this season for all involved. We slowly found our feet with a great parent group all willing to get involved. The boys were starting to form some bonds and some good banter was had. Overall the boys improved each week and always left with a smile on their faces. The club has some talent in this group and maybe some Gold down the track!!

Brilliant first year up from Tiny Tots well done Boys.

UNDER 7

GIRLS: KYLIE WEBSTER

It is such a pleasure to look after the under 7 girls each week. It was great to see a lot of our girls return for another season as well as the addition of new friends and athletes. We have had another fantastic season.

This was the first year that the girls were able to compete at Zone against other clubs, and the girls represented Winston Hills proudly. Our girls have shown to be quite competitive. A big congratulations to all the girls who competed.

Zone Results:

Claire – 1st 50m, 3rd 70m, 1st 100m, 3rd 200m

Emma – 3rd 50m, 4th 70m, 4th 200m, 3rd 500m

Violet – 8th 50m, 5th 100m, 3rd Shot Put, 3rd Discus

Amelia – 7th 200m, 9th 500m, 6th Long Jump, 7th Shot Put

Ella C – 7th 500m

Ella M – 8th 500m, 6th Shot Put, 4th Discus

Helana – 4th Long Jump

Much appreciation and thanks to all the parents of the under 7 girls – You guys are fantastic!!! Always assisting in events and being positive towards the girls. We would not be able to get through each week without the assistance.

A big thankyou to the canteen for supplying ice blocks each week. I know this was a highlight for many of the girls, especially after the 500m.

And lastly thankyou to all the under 7 girls. It is wonderful to see you girls pushing yourselves each week which has resulted in so many PB's for you all. I am very proud of the effort that you all give each and every week.

Keep up the great work girls, and I look forward to seeing you all back for another season.

UNDER 7

BOYS: DANA BROWN AND HEATHER CHARLWOOD

It was another great season of Little Athletics from all the boys in the 2016/2017 year. We started the season with over 23 registrations, and finished off with almost the same number. The boys were all pumped and putting in great efforts with PB's being achieved each week. As the season progressed the boy's strength, fitness and techniques were developing nicely, especially with the introduction of the 500 metre run.

This year was another big step up in challenges as we attended the Zone carnival in Baulkham Hills. The boys all put in amazing performances and I think everyone did a wonderful job and had a great time.

Here are the participants and some of the amazing achievements;

- 50m – Charlie, Cooper, Christopher, Benjamin, Harry C
- 70m – Charlie, Nicholas 2nd, Cooper, Akash
- 100m – Charlie, Nicholas 5th, Cooper, Cameron, Benjamin, Akash
- 200m – Nicholas 2nd, Cameron, Harry, Aaron
- 500m – Cooper, Cameron, Harry, Aaron
- Long Jump – Charlie, Nicholas 1st, Christopher, Noah, Harry, Aaron 3rd
- Discuss – Christopher, Cameron, Benjamin, Noah, Aaron 3rd, Akash
- Shot Put – Christopher, Noah, Harry, Akash

Heather and I are both very proud of everyone's performances throughout the year, we congratulate every single boy for the super efforts and the results and PB's you achieved over the season. A special thank you to all the parent helpers who tirelessly helped us week after week. With so many active boys to help coach and train to do their best, we needed all the help we could get, so again thank you very much.

So here's the 2016/2017 Under 7 Boys – Charlie is our little pocket rocket. Alex B did an amazing job each week. Christopher B always did his best especially when throwing the Nerf with his mates. Jasper received PB's from week to week in all areas. Harry C an all-round athlete who enjoyed playing alongside his buddy Christopher. Aaron an all-round athlete who had some great results at Zone, coming 2nd overall in the multi event. Akash improved each week, especially in long jump and discuss. Harry F had a great first year, achieving many PB's. Jaishaanth is an awesome long jumper and all-rounder. Benjamin did so well at every event each week. Hamish has a great first year, achieving many PB's. Alex H is an awesome long jumper and a super all-rounder. Rohan had a great first season, receiving PB's in all areas. Nicholas had a slow start to the season with an ankle injury, but finished off the season with some amazing results in all areas. Thomas improved every week, especially in long jump, where he improved his distance by almost 80cm's. Cameron received PB's from week to week in all areas. Cooper is our little speedster, showing great results in 50m and 100m. Xavier received PB's from week to week in all areas especially 500m, long jump and 100m. Leo had a great first season, receiving PB's in all areas. Noah has an amazing style in discuss, it's great to watch him throw, reaching distances of over 12m. Akam did a great job every week.

Under 7 Boys congratulations on another great year and well done to everyone for always doing their best. I look forward to seeing everyone back for the 2017/2018 season to run faster, throw farther, jump further and we will be learning a new skill -hurdles.

UNDER 8

GIRLS: BRAD MARTIN

Another year has passed and the girls are all getting faster and stronger. We had quite a few new girls join our team this year with 17 girls registered and it was great to see all the girls getting along and enjoying themselves each Saturday morning.

Much the same as all the other age groups, we have athletes with varying abilities and levels of competitiveness. This season I was very proud to have a large number of Girls attend and compete in the Zone Carnival with five girls qualifying to compete at the Region Carnival. Our region representatives included Caitlyn, Elizabeth, Ava C, Ava S and Monet. Each week we strived to have the girls do their best and achieve a PB.

We experienced it all this season with rain and heat disruptions which we all expect with outdoor sports. Many thanks to the parents who assisted in the general running of the events by assisting in timing, measuring, recording, raking the sandpit, working in the canteen and providing positive support for our little athletes. The girls had a great time and I know everyone is looking forward to next season with a bigger team again so invite your friends

BOYS: KYLIE PRIDEAUX AND SHANNON COOPER

What a great season we had with the U8 Boys this year. We started the season with some fresh new faces, some excited returning athletes and 2 new nervous age managers. All eager to learn new skills and try their best.

We started our competitions for the year with our first attempt at State Relays. We entered a team in the 4 x 100 Metre relay, Our 4 x 100 team was Thomas Brackenreg, Matthew Cooper, Riley Payne & Marcus Prideaux the boys trained hard and it was a wonderful first experience for them not just competing with a baton in their hands, but getting to run on a tartan track. A great effort for their first relay. Well done boys!

Our next big event was the zone carnival where we had 5 boys compete in 7 different events, well done to Aaron Yan, Matthew Cooper, Riley Payne, Marcus Prideaux & Daniel Whitehouse who, ran, jumped and threw their best to achieve many PB's throughout the day.

Riley (Long jump), Marcus (70m, 100m, 200m & 400m) & Daniel (Discuss) all progressed onto Region at Blacktown, another first for the boys being able to compete at this level this year. The boys all competed with enthusiasm and great sportsmanship, congratulations to Marcus on receiving bronze for the 400m.

Our last competition for the year was the inaugural zone multi, on a very hot Sunday morning, Riley Payne & Marcus Prideaux competed against the boys from the other clubs in our zone in 6 different events, we had amazing results with Marcus winning gold and Riley winning bronze for overall champions of the day, well done boys you represented our club so well and showed fantastic sportsmanship on the day.

Other highlights of our Saturday morning competition included the magnitude of personal bests the boys achieved throughout the season. It was wonderful to see them develop throughout the season. The biggest highlight for us as coaches was seeing the boys listen, trying hard and making many new friendships.

Shannon and I would like to thank all of the parents who helped out on Saturday mornings and made our lives a lot easier as we learned the role of age manager.

Hope to see you all back next year.

UNDER 9

GIRLS: PENNY WALLACE

It was a great season girls, with everyone running faster, jumping higher and throwing further each week. Everyone had multiple PB's during the season, especially in the weeks we had lollies to motivate us! This season the girls started 2 new events, high jump and 700 walks. These events have challenged us but we have persisted and were improving each week.

Many of the girls from the team went along to State Relay, Zone and Regional Carnivals. For some of the girls it was the first time they completed at a Zone or Regional level.

Congratulations to:

State relays runners - Tiana, Lily, Anjali, Georgia, Isabella and Tana.

Zone - Lily, Lara, Tana, Amber, Anjali, Siena O and Tiana

Regional - Lily, Lara, Amber, Anjali, Tana and Tiana

And big congratulations to Tiana who made it through to State carnival for 800m and long jump! Tiana works so hard each week and she just gets faster and faster. Tiana smashed her PB in the 800m at State.

This has been my first year as age manager and it was made much easier by having an awesome assistant manager, Nicole, who keeps us all on track! Thanks also to all the parents, who help out each week, completing duties and helping out around the field when needed. It has been a fantastic season. The girls have made friends, everyone did their best and most importantly everyone had fun!



UNDER 9

BOYS: PHIL DEW AND MATTHEW WEBSTER

Another fun and successful season was had by all the U9 boys this year.

We began the season with our usual huge registration of 34 boys. Most weeks we had a turnout of around 30, making Saturday mornings quite hectic but always interesting and very competitive. In fact one of the most competitive groups of boys in the club if you ask any of the committee members who notice the enthusiasm amongst this group as well as the variety of talent. Not the least of which included Rhys Webster's record breaking efforts in the hurdles and the 70m sprint at club, zone and region. Congratulations Rhys, I'm sure there's more to come in the following seasons.

Apart from records broken though, all of the boys in this group have improved remarkably this season with many pb's every week. They all try their best and push each other along every week.

We had a full contingent of entries in most events at Zone and had representation at Region in all events. We had four boys progress to State for their first State Carnival. Congratulations to Rhys, Lawson, Roden and Harrison for making it this far. It's a great achievement just to make it to State.

Special mention to Rhys for gaining a silver medal in hurdles and making final in the 70m and finishing 5th.

Harrison also achieved a creditable top 8 finish with a 5th place in the walk.

Roden only managed to land one Discus throw in the sector and finished with a distance a metre short of his pb and was 17th overall but enjoyed the experience and was happy to have made it that far.

Lawson had a big program with hurdles and the three sprints and finished just outside the finals in all of these. More to come for Lawson in the future as he works on his technique, and stops looking at the other runners during the race.

We finished off the season at State Multis with 6 of the boys, Lawson, Roden, Harrison, Isaac, Declan and Xavier all attending a wet weekend in Newcastle. Despite the weather a good time was had by all and many pb's were achieved by the boys. I would highly recommend attending multis in the future. It's not all about the competition, it's just a good weekend away with friends interrupted by some athletics. Wagga next year. Should be good fun.

Thanks to all our parent helpers again this season, we couldn't do it without you. We have a great bunch of parents who are involved in voluntary roles from setting up in the morning, to track assisting, starting, pack up, and committee. I would say the most proactive age group presently in the club. Thanks everyone for your involvement. This makes Little Athletics the sport our kids love and want to come back to year after year.

We hope to see everyone back next season for more of the same.

UNDER 10

GIRLS: TONY BROWN & MICHELLE NIXON

It was another fun season of Little Athletics with this fantastic bunch of kids. Every week the girls were scoring PBs and everyone's progress seems to have sky-rocketed in the 2016/17 season.

Again, this year some of the girls qualified to represent Winston Hills at the NSW State Championships, which is a great achievement.

Many of the group also attended the State Relays plus the Zone and Regional carnivals. The girls all put in amazing performances and I think everyone did a fantastic job and had a great time.

Every year, Michelle and I are very proud of everyone's performances and we congratulate every girl for the extraordinary efforts you put in each week and the results and PB's you achieved over the season.

Little Athletics is all about striving to do your individual best and everyone in the Under 10 Girls delivers on this goal each and every Saturday.

So... Melanie Bendeviski, Lara Brown, Charlotte Fleming, Imogen Fuller, Isabella Jang, Amber Luchtmeijer, Zoe McIntosh, Alexandra Milton, Leah Nixon, Sindhu Senthil, Sophie Taggart, Kathryn Thomas, Samantha Torrens, Matilda Tuyau, Chanel Van Neijenhoff, Heidi Vogelaar, Ashlynn Webber, Jasmine Wong, Amelia Clark, Angel Tuara, Amelia Whitham, Agamy Sood, Charlotte McClelland and Hanami Yamaguchi-Alam congratulations on your performances. A special thank you (again) this year to all the parent helpers who tirelessly help us week after week. With so many kids to help coach and train to do their best we need all the help we can get, so again thanks very much.

Under 10 Girls congratulations on another great year and well done to everyone for doing your best. We look forward to seeing everyone (including the amazing parents!) back for the 2017/2018 season to run faster and jump even further!

And, don't forget next season the Under 11s are invited to participate in the TRANS TASMAN TOUR to AUCKLAND, NEW ZEALAND.

BOYS: CLAIRE POSPISCHIL

Thanks to the 10 boys and parents for another great athletics season. 2016/17 saw the return of many familiar faces plus a few new ones joining. I hope you all had a wonderful time. As always it was rewarding watching the group master new skills, set and beat PB's, while enjoying each other's company. My thanks to the parents for your involvement in running the events each running day.

The boys entered a number of carnivals during the season. Alex, Riley and Aidan competed at state relays. 11 of the boys competed at zone, including Ethan, Harry, Luke, Omith and Sahib. Six of the boys made it through to region, including Alex, Riley and Zach. Three of the boys, Lucas, Thomas and Aidan, made it to state in March. Well done on a great achievement! Two of the boys competed at the zone multi, with Lucas coming 1st in his age group and Brock coming 4th. Lucas also competed at the state multi champs in March. I hope to see many of you back for the 2017/18 athletics season.

UNDER 11

GIRLS: FIONA NADAYA

What a fun year we have had yet again, with most of the same girls returning year after year, and a few new gems. Thanks to Anne-Marie for another great year as my Assistant Age Manager, without her guidance, we would not have been even half as effective or efficient. Nothing goes unnoticed with Anne-Marie around, and for that I am thankful.

It makes me proud to see how all our girls strive to be the best they can be nearly every week. As I tell my girls every week, it's all about the PBs. We aren't competing against each other, that is not what this is about. It is about every single girl in our group genuinely trying to improve their performance – to be a better and stronger person, which is a beautiful thing. And to be proud when someone says, 'you run like a girl' Damn right, we say, just try to catch me!

We have a great group of girls and without the assistance of the regular parents with our events, then most of this could not go on. It's all for the kids and when the girls see their parent helping, they love it! And so do we, for that matter!

To all our champion girls who came every week (in alphabetical order): Vanessa, Hayley, Ashleigh, Taylor & Jade, Lucie, Dana, Clare & Georgia, Victoria, Mary & Mikayla, Ashleigh, Molly, Ainslie & Audrey, Zara, Annalise & Bianca, Chelsey, Kailey & Raysha. Also to Charlotte, Amelia F, Maddie, Abbey, Siobhan & Amelia Z. Thanks!

We have incorporated the very important 'Dab' into our early morning stretches and came up with nicknames for nearly everyone. Most of our girls have developed friendships that have lasted years and they all just love to hang out together.

I was so proud of all the girls last year when I had reports back of zone and region qualifiers for their school too. A big congrats to Lucie, Vanessa, Clare, Chelsey and Audrey for making it to the State level for Little Athletics and achieving so much.

BOYS: DUNKO GRUBISIC

Wow, what a great season! The boys really gave their all this season with a lot of new PB's being achieved by all boys across all the various disciplines on a weekly basis

This season the boys learnt and participated in two additional events, that being the javelin and triple jump, it was great to see the boys give these events a good go.

The boys as a whole really gave allot of effort, each week they were pushed harder and the results from the Zone and Region carnivals was a clear indication that the group was competitive in the wider area.

I would like to recognise the following athletes for their placing in the Regional championships

Mitchell	Boys U 9-12 4x100 Metre Relay (Jnr) & 200m Final	1st & 2nd
Ayudh	Triple Jump	4th
Ben	1500m Walk , 400m & High Jump	2nd, 4th & 4th
Brodie	1100m Walk	2nd
Aidan Brosnan	Discus	3rd

A big thank you goes out to the parents that assisted each week with the measuring, time keeping and general organisation of the group, plus a big thank you to Renee and Todd for assisting with the u11 boy's schedule.

It was a pleasure being the age manager for the season, I really enjoyed watching the boys improve and grow each week. We are fortunate to be a part of a well organised club and one that attracts good people to make it a fun and enjoyable experience for the athletes and parents.

UNDER 12

GIRLS: SUZIE WILSON

This season was a quiet one for the girls, with only 9 in the group. It was a nice mix of the regular girls and newcomers who fit right in. Paul Cochrane coached this year and did a fantastic job of teaching the girls and also making them laugh and love every minute, not to mention get some impressive PBs!

Our new girls, Ananya and Ashleigh, are lovely girls and fit right into the group. Both girls learnt a lot and improved throughout the season, particularly Ananya who showed a great deal of determination in overcoming her fears, well done.

Molly came back this season with a vengeance and she should be extremely proud of how hard she tried this year. Maddie also had a great year, along with Carissa, who both made it into region for the first time for the 800m.

While we didn't see much of Ellie, Alana and Chelsea, it was great to see the girls again. Lucy also had a great year making region for both the discus and the shot put. Well done Lucy!

Jorja had her best year so far, winning high jump at region and making state for high, long and triple jump. Paul's influence has definitely paid off for Jorja and it was fantastic to see her do so well.

Congratulations to all of the girls, who make up a very lovely group. And thank you to the parents for all of their help throughout the season. We hope to see you all next year.

BOYS: STEVEN POSPISCHIL

Well another season has come and gone, and I must say we had a great time this season. The energy and enthusiasm was great to see. Every week was full of athletes trying to do their best, with some pretty good achievements and PBs along the way. We have a core group of athletes that have come through from Tiny Tots & U6s and I am looking forward to seeing that continue for another season come September.

I'd like to make a special mention of Lachlan Wood who won 4 gold medals at the State – 100m, 200m, 400m & 800m (I reckon he would have won more if was allowed to compete in more events however). I'm sure you would all agree that is an incredible achievement! We also had Brendan Pospischil and Ryan Salloman who competed at the State and both can take pride in the fact that they did PBs in their events. To those athletes who competed in the Region and Zone, keep up the great work and remember to always strive for that something extra. Next year I'm sure we'll have a few more of you go through to State.

To all the U12 boys, above all I hope you had fun each week at Gooden, and that you always strive to do your best. See you in September.

UNDER 13

GIRLS: JEFF GRUBBA

It is with pleasure that I present the Under 13 girls report for Season 2016/17. We had a number of new girls who joined our group this season hopefully all had an enjoyable season and will come back next season. It was great to see the girls striving to improve each week as they undertook the different events, usually with smiles on their faces. Unfortunately some of the girls had a disrupted season due to injuries which could be attributed to growing pains. Hopefully next season everyone will be injury free.

We had a number of girls who represented the club at different Championships. All performed with distinction and did themselves and the club proud. Seven girls made it through to Region and Four girls progressed through to the State Titles. We have a number of girls who have talent, they just need to work on their skills and have self believe and the results will come.

Finally a big thank you to the assistant manager Steve for helping out during the season, as well as Dana, Andrew and Chris who helped out during the season recording measuring, recording or timing. The club appreciate all the help. Thank you and hopefully everyone will be back next season.

BOYS: ROBYN SCOTT

The 2016/17 season was a fun and enjoyable one for the U13 boys. We had the majority of our boys return this year as well as some new faces who joined the group, which was nice to see for boys at this age. We have had some great friendships develop over the years and this is one reason why the boys return year after year. Our week to week competition was both competitive with many PB's and also fun with lots of banter and laughter between the boys. Our group was represented at Zone with a throws team and a jumps team, who did not place but were competitive all the same. We also had a large group of boys to represent the club at both Zone and Regional Carnivals and a few go on to State where Patrick Spence placed then went on to the Australian Athletic Championships to place 1st in Shot Put and 4th in the 100m.



UNDER 14

GIRLS & BOYS: JASON FULLER

It saddens that this seasons report is going to be so short. However, it is a reflection of the size of our group. The weekly average turn out of boys and girls combined was around six and on numerous occasions two.

From our tiny group we did have some successes with Natasha representing at the State Carnival in Triple Jump and 3000m. Well done on another great season of results and PB's Tash. Nathan, Eric and Olivia both represented at the Regional Carnival.

Unfortunately most of our group chose no to represent our club at any carnivals this year with a number of athletes either not entering Zone or withdrawing from events.

I would like to thanks the athletes that put in a great effort during the season and when they attended tried their best and a number of PB's were achieved.

I would also like to acknowledge Ashleigh E who left the club mid way through the season with her family relocating to Queensland. Ashleigh was with our group from Tiny Tots and I wish her the very best in her future sporting endeavors.

With some luck and the commitment of our groups athletes I hope that next year will see some numbers return on a consistent basis and we can continue to enjoy our athletics through the last couple of years of little athletics.

UNDER 15 & 17

BOYS: CHERYL LONG

Another great year of athletics has concluded. This year saw our number of athletes reduce, enabling us to combine the 15 & 17 boys. We had a total of 10 athletes. What the boys lacked in numbers they certainly made up for in their great support & encouragement of each other. Their sportsmanship was exemplary.

Josh & Keenan represented the 17 boys very well. They did well at Zone & Region. Josh excelled this season in high jump and Keenan made a massive improvement in his 100m time. They encouraged not only the 15 boys each week but the younger athletes too. Well done boys.

The 15 boys also showed great leadership skills to younger athletes and support to each other. Nicholas, Lachlan, Omar, Jayden & Patrick all showed great commitment to improving their PB's. James, Riley, & Connor we didn't see you much this season but we hope to see more of you next season. Congratulations to Omar & Nicholas for making it to State this year. Omar made great improvement in his javelin. Lachlan worked hard at his short distance. Jayden improved his 100m times. Nicholas made great PB's in 300m hurdles. Patrick always competes in every event and made many PB's this season.

I need to thank my helpers throughout the season. Dave Honeywell, David Porter, Justin Cuhane, Stephen Long and especially our Assistant Age Manager Andy Cusack. I could not have this without your help and support. Thanks for a great season.

UNDER 15

GIRLS: MEAGHAN STAPLES

It has been a pleasure to spend Saturday mornings with the U15 girls this season.

An enthusiastic core group of Tiana, Jordyn, Eleanor, Sophie, Chloe and Elizabeth had lots of fun each week while striving to achieve their personal best in their favourite events. These girls worked together to measure, mark and record events while encouraging each other to succeed and praising those who performed well.

We welcomed Jasmine and Sabrina to the group at the beginning of the season. Jasmine particularly enjoyed Javelin and throwing events during her short stay before moving onto selective futsal. Sabrina was keen to involve herself in each event, staying for the first half of the season.

Annabel continued her involvement with the group early in the season. Danielle visited a few times between her weekly training schedules setting a high standard for the rest of the girls in the new event for this year the 300M Hurdles as well as a number of running track events.

Tiana, Chloe, Elizabeth and Sabrina represented the girls in the 4 * 100M at State Relays.

Congratulations to Elizabeth for being voted as one of the Club Vice-Captains. This brought a connection with the U17 Girls, bringing the two groups together for events some Saturday mornings and enabling friendly competition with a larger number particularly in track events. Tiana, Paige, Jordan, Danielle, Chloe and Elizabeth represented the group in the Zone Carnival and successfully qualified for Region. Elizabeth had the fortunate experience of braving the very wet conditions to compete in the State Championships.

Jordan, Eleanor, Chloe and Elizabeth thoroughly enjoyed their last week of the season. They tackled the 100M as a three-legged race and ran backwards in the 400M.

Thanks to the parents who took their turn on weekly rosters, John Lavender for starting track events every week and to our Assistant Age Manager Colin Jarvis who was able to assist the girls with their technique in various events.



UNDER 17

GIRLS: OLIVIA COCHRANE & SARA WELSBY

We continue to maintain healthy numbers of senior girls with 23 competitors this year, 15 turning up regularly. During the season the girls came together to form a very social group enjoying each other's company and encouraging each other to participate in events. Throughout the season we saw PB's being achieved on a regular basis and several club records broken. Congratulations to Caitlyn (100m Hurdles), Rowena (800m) and Johanna (300m Hurdles).

Our girls represented WHLAC at all carnivals this season, with some notable results. Congratulations to our jumps team of Caitlyn and both Johannas who took out silver at State Relays. The majority of girls competed at zone with Caitlyn, Rowena, Jo and Abi progressing through to State. Rowena came home with a silver and a bronze and Caitlyn a silver. Well done girls. In the spirit of club participation Jo and Abi attended State Multis as athletes and Petria worked as an athlete controller, and Jo and Petria were our representatives at the inaugural NW Met Zone multi event, bringing home a gold and a bronze respectively.

Sadly, for Clare, Rachel, Deb, Abi, Jo, Bailie-Rae, Caitlyn, Petria and both our Emma Ms, their time as "Little" athletes has come to an end. You've been a joy and we wish you all the very best in everything you do. Remember, we love seeing "old" athletes back to help out the little ones. You're all very welcome. To our "younger" 17s, it's been a pleasure getting to know you better. I'm confident the club is in great hands with such enthusiastic athletes with great attitudes ready to be the leaders.

What a privilege it's been to assist this group of gorgeous girls. Thank you all for participating with such great sportsmanship and in the true spirit of Little Athletics. You've been fantastic role models for our younger athletes – something we're sure will continue with the U15s coming through. Well done U17 girls! Take a bow!



SPECIAL THANKS

2016/2017 COMMITTEE

An extra special thank you must go out to the 2016-2017 WHLAC committee members. Thank you for providing the skills, time and effort in order to ensure the club can run, jump & throw.

Sara Welsby

Fiona Selmes

Rebecca Newton

Karen Cochrane

Paul Byron

Jason Fuller

Claire Pospischil

Phil Dew

Jeff Grubba

Jacinda Martin

Emily Jordan

Richard Abela

Fiona Nadaya

Anne-Marie Torrens

