



# ANNUAL REPORT 2017/2018

PRESENTATION DAY  
Sunday, 6th May, 2018





# PROGRAM OF EVENTS

2017/18 PRESENTATION DAY

President's Welcome

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Club Captains' Speeches  
Club Record Certificates  
10 Year Service Awards

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Tiny Tots Trophy Presentation  
Winston Hills Vet Cross Country  
Under 6s & 7s Trophy Presentations  
Frank Atkins State Relays Trophies

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Under 8s Presentation  
Nicholas Fortuna Memorial Trophy  
Wayne Clark Hurdles Trophy

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Under 9 & 10 Presentations  
Kathy Bail Sprints Trophy  
Kerry Arkins Walks Trophy  
Ray Clarke Middle Distance Trophy

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State Representatives Presentation  
David Bruce Throws Trophy  
Javlin Throwers Trophy

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Finishing Under 17s Farewell  
WHLAC Jumps Trophy  
WHLAC High Jump Trophy

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Presidents Awards  
Don Mcdougall Award  
Excellence in Athletics Award  
Queen Elizabeth II Trophy  
Spirit of Little Athletics Trophy

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Individual Age Group Presentation



# President's Report

Sara Welsby

Another busy season of athletics has come to a close and as I look back on the year, I reflect on how fortunate I am to be part of this club. We continue to be recognised as one of the leading Little Athletics Centres in NSW. Once again, Winston Hills was awarded Gold in the Centre Volunteer Administration Awards at the LANSW Annual Conference, held at Bankstown Sports Club in July. Only 3 centres in NSW achieved this standard throughout that season. It is an incredible achievement and a reflection of the effort that your committee puts into running this centre.

Early in the off-season, our summer allocation of Gooden Reserve was granted by The Hills Shire Council. As members would be aware, Gooden Reserve is now being allocated for use as a soccer ground during winter and this continues to impact on our operation. Council summer allocation dates have been reduced, significantly impacting the end of our season. We applied for, and this season were granted, an extension to include March to allow us to run for the whole LANSW season. The issue of negotiating access to our ground is an ongoing one for WHLAC and I urge the committee and all members to take every opportunity to promote our club and the service it offers for the local community.

In August, all little athletics centres in our region were invited by AFL's Greater Western Sydney Giants to participate in a club night to showcase little athletics to their members. WHLAC, along with Kings Langley, Hills District and Mount Druitt centres, participated in this event, setting up and running athletics circuits for approximately 250 young Aussie Rules players. Thank you to North West Met zone clubs for continuing to support the promotion of our sport through participation in initiatives such as these.

WHLAC has had a long association with Special Olympics. Most years, we host and assist with the running of the Western Sydney Regional carnival and did so again this season in October. This is an excellent opportunity for the club to support this inspiring organisation and its amazing athletes. One of these athletes, Taylor Doyle, won bronze in the women's T38 long jump at the Commonwealth Games. I encourage everyone to take the opportunity to come down and be part of any future carnivals and meet some incredible athletes.

Our last running day before Christmas was, as usual, our Charity Fundraiser. This year we chose to support Special Olympics, specifically to assist the athletes and their families, who had been selected to attend the Nationals in Adelaide in April. Thanks to your participation and generosity we raised over \$450. We also held our annual 100m Gift and the handicapped Mall Mile events on this day, making it an action-packed way to end the year. I would like to thank Winston Hills Mall for their continuing support of these events.





# President's Report

Sara Welsby

An important part of the culture of WHLAC is our inclusive, family-friendly atmosphere. We encourage all parents and spectators to be involved in the running of events and to support their athletes at club and championship events. In doing so, our expectation is that all members will abide by our Codes of Conduct, that promote positive encouragement in a safe environment for children's enjoyment of sport. We continue to support the NSW Office for Sport's SHOOSH for KIDS campaign to encourage all athletes and spectators to participate in the true spirit of Little Athletics.

WHLAC athletes are incredibly fortunate to have access to so many qualified, experienced and dedicated coaches across all disciplines. It is an aspect of our club that we can sometimes take for granted, but it is far from the norm. Midweek coaching not only improves athletes' techniques and achievements but enhances their experience of the sport. Young athletes get to know others from different age groups and they support each other at club running days and championships. Our walks squad is just one great example. I encourage all athletes to choose a favourite event or two next season and come along to training. Our wonderful coaches are Dave Bruce, Wayne Clark, Geoff Dalrymple, Emir Mucjinovic, Peter Mylonas, Stephen Pospischil, Paul Kennedy and Paul Byron. The club sincerely thanks you all for your invaluable support.

This report is sadly my last as president of our great little athletics centre. For the past 3 years I have had the privilege of leading this club and have watched it grow and develop with the support and efforts of so many people. I cannot begin to name everyone who has made significant contributions; such is the strength of our club. We have so many who can be relied on to fill roles at centre level and at championships. I sincerely appreciate everyone's hard work and dedication. To our band of regular helpers at the track on Saturday mornings and behind the scenes, who just pick things up and run with them, I say thank you! To our amazing age managers who support our athletes and families; you are the faces of our centre and it is you who keep our groups together year in, year out. Well done! To the whole committee; you have been amazing to work with. We have achieved so much, I can't begin to thank you for your support. Lastly, to our athletes; congratulations on the spirit in which you participate and on your achievements (be they wins, PBs or participation in new events). Participate fairly, applaud others' achievements and have fun while you learn all you can from this great sport!



# Vice President's Report

Phil Dew

The 2017/18 season has been my first year as VP of the wonderful Winston Hills Little Athletics Centre, after three years on the general committee. I have enjoyed my time so far in this position under the inspirational leadership of our President Sara Welsby.

Unfortunately Sara will be finishing up in her role as President now that she no longer has any children still competing. Sara has done a remarkable job as President for the past three years and has stuck it out for the past year since her kids finished as she realised the need for her experience at this level to see in quite a few new committee members and to help see us all into the future. On behalf of all of the committee and members of the club, I would sincerely like to thank Sara for her wonderful work as President. A hard act to follow.

I would also like to give a massive thank you to Fiona Selmes, and Karen Cochrane and their families for also continuing selflessly with the club and helping out at all levels to ensure this club continues at the level we are all accustomed to. They will be sorely missed.

With age group changes coming in next year this will be a season of some adjustment and will present some challenges for everyone, but hopefully it will be a smooth transition.

We have an extremely competent group of people on our committee, who I am confident, will take us forward and deal with any issues that come up. I urge anyone who is thinking about joining the committee, and having a say in the running of this great club, to put your hand up and have a go. I think you will find it a rewarding experience and you will meet and work with some amazing people. Good luck with all your winter sports and activities and I hope to see everyone back next year. Bring a friend too.



# Secretary's Report

Jeffrey Grubba

I am delighted to present my first report as Secretary of WHLAC for season 2017/2018. This is the thirteenth year my Children have participated with WHLAC and my second year on the Committee. I would just like to thank three ladies who are stepping down from their committee roles, who have contributed great service to the Club and the Committee over many seasons. Sara Welsby, Karen Cochrane and Fiona Selmes. The Club is indebted to the all the work you have done. I would encourage interested people to step up and join the Committee, and help in the running of the Club.

It has been a successful season as a Club with outstanding results at the respective carnivals. We have many talented athletes across a broad range of events, but there are many other athletes who turn up every week to maintain fitness, learn new athletic skills or just to socialise and make new friends. We cannot have a Club without these athletes so I would like to recognise all the athletes who compete. I know that friendships are formed amongst athletes and these can last a lifetime. Our Club once again hosted the Special Olympics for Athletes with Intellectual disabilities. This was also our Charity day gold coin donation organisation. Money raised helped send athletes to their interstate representative carnival. It was highly enjoyable day as these athletes gave their all. I look forward to next years Special Olympics.

Thank you to all the Committee, helpers, Coaches, Officials, Age Managers, Parents, Grandparents and Athletes who have helped in the smooth running of the Club. Wishing everyone the best of luck in their winter sports. Hoping to see everyone back for another successful season in 2018/2019.





# Treasurer's Report

Scott Henderson

I would like to start by thanking Karen Cochrane who handed over the Treasurer's role to me in July 2017, and provided me with an efficient process that was easy to manage.

During 2017-18, your Club increased its investment in assets and electronic equipment to position it for future success. The highlight being the purchase of two sets of Wi-Fi timing gates with associated connectivity for \$23,604, the cost of which was partially offset by a grant of \$10,000 from the Little Athletics Centre Grant Scheme.

This season, for the second year running, your Club received no monetary sponsorship. That being said, Winston Hills Mall continued to support the club through the provision of gift certificates for the winners of our Winston Hills Mall Day. We are actively seeking sponsorship opportunities for the coming season to ensure we continue to have the resources we need for the future. Please contact a member of the Committee if you or an entity you are associated with can help in this regard.

Registration fees were lower in 2017-18 primarily due to an increase in the number of athletes registering online with Little Athletics NSW and the online fees that are charged during this process. The number of registered athletes fell by 20 or 4% while registration fees, net of payments to Little Athletics NSW, fell by 5%. .



# Treasurer's Report

Scott Henderson

Our canteen and BBQ were a major source of income this season, due primarily to the efforts of John McClelland (BBQ), Samantha Hinchelwood and Madeline Mason (Canteen). The canteen and BBQ contributed \$5,792, compared to \$3,684 in the previous season and they continue to be an important source of weekly cash flow to the club throughout the season.

Uniform sales fell this season while purchases remained relatively consistent. It is important to note that the costs of uniforms from our suppliers have increased by 10%, on average, over the past three seasons, while selling prices have not increased at all.

We would like to thank our coffee vendors, Café 2 U and Coffee with Paulie, for their generous support through the commission they provided to us from their coffee sales this season.

Presentation Day expenses have fallen due to the timing of payments to suppliers. The rewards and recognition we are providing to our athletes have not changed and we will continue to spend funds to make sure our athletes know their contributions to the continued success of our Club are valued.

Your Club has ended the current season in a strong financial position, with a closing cash balance of \$82,695. We plan to invest some of these funds in equipment and technology during the off-season to help us maintain our status as one of the top 20 largest centres in the state.

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





# Treasurer's Report

Scott Henderson

1 April 2016 - 31 March 2017      1 April 2017 - 31 March 2018

<b>Opening Balance</b>	<b>63,828.77</b>	<b>77,144.06</b>
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## Income

WHLAC registrations inc. WHSC fees	37,292.45	34,201.45
Grants and rebates	2,987.37	12,352.00
Canteen and BBQ sales	6,312.30	12,454.75
Uniform sales	9,215.00	8,315.00
Other income	1,745.00	2,950.00
Coffee commission	390.00	810.00
Fundraising	220.00	455.00
Investment income	398.19	326.37

<b>Total income</b>	<b>58,560.31</b>	<b>71,864.57</b>
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## Expense

Purchases of assets	0.00	25,271.21
Presentation day / end of season	13,144.39	6,689.97
Canteen expenses	2,628.50	6,662.70
Uniforms	6,561.70	6,120.20
WHSC fees	420.00	4,380.00
Purchases of equipment	5,553.40	3,163.30
Registration fees	4,579.00	3,086.00
Repairs and maintenance	2,884.71	3,245.64
General expenses	2,346.01	1,928.34
Competition expenses	2,013.00	2,302.50
Grounds hire	1,713.99	1,249.36
Coaches, conferences and training	1,830.00	650.00
Postage, printing and stationery	325.50	415.50
Fundraising expenses	440.00	445.00
Bank charges	804.82	704.02

<b>Total expense</b>	<b>45,245.02</b>	<b>66,313.74</b>
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<b>Income less Expenses</b>	<b>13,315.29</b>	<b>5,550.83</b>
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<b>Closing Balance</b>	<b>77,144.06</b>	<b>82,694.89</b>
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# Registrar's Report

Kylie Webster

Another successful season has come to an end. This was my first season as both a committee member and also registrar for WHLAC and I can't say enough how much I have enjoyed being apart of a wonderful team of both athletes, parents and fellow committee members. Thankyou to everyone for your continued assistance and support. Upon taking over this role, I learned quite quickly that the first couple of months either side of opening day can be hectic. However, I was lucky enough to have a lot of helpers to get out registration packs out quite effortlessly.

## Total Registrations 2017/2018 Season:

Age Group	Female	Male	Total
Tiny Tots	25	18	43
Under 6 Athlete	19	29	48
Under 7 Athlete	19	30	49
Under 8 Athlete	18	27	45
Under 9 Athlete	24	17	41
Under 10 Athlete	18	30	48
Under 11 Athlete	21	23	44
Under 12 Athlete	24	21	45
Under 13 Athlete	9	16	25
Under 14 Athlete	12	12	24
Under 15 Athlete	2	3	5
Under 17 Athlete	9	6	15
<b>Grand Total</b>	<b>200</b>	<b>232</b>	<b>432</b>

Online registrations have assisted in the efficiency of having packs available in a timely manner for collection. This year we had a total of 378 online registrations, which was just under 88% of total registrations for the year. For the next 2018/2019 season, I would also like to look at streamlining our medical form and Sports Club Form as part of the online registration process. This would again make the registration process even more efficient.

This has been the last year of competition with the age matrix that we have all become quite accustomed to. The new age matrix will come into place in the upcoming 2018/2019 season.

Thankyou again to everyone who assisted me throughout the year. I look forward to returning next season.



# Records and Rankings

Anne Marie Torrens

Here we are again, at the pointy end of another fantastic Little Athletics Season. Each week, a large percentage of our 434 athletes came along bright and early on Saturday ready for another morning of running, jumping, throwing and walking. We had 22 running days with results being recorded for 19 of these. We were very lucky with the weather this year with only one complete wash out. As always, we saw many PBs – this year our total was up more than 100 from last year, 10,390 in all – and on average more than one record was broken each week.

This year saw the introduction of our Timing Solution computerised gates on the 100 and hurdles tracks. Although there were a few hiccups early on, this system has saved much time in entering results from the straight tracks. Many thanks need to go to Richard, Fiona, Karen, Kylie and Kelly for operating the computers each week with Fiona and Richard especially putting in hours on Saturday afternoon or through the week ensuring the results were uploaded and the computers ready to go for the following weekend.

With the reduction in manual results entry required this year, we had a reduction in the team doing the data entry. I am very grateful to Gwen for her help each week. Most weekends, we were able to have all results in before the weekend was over. Hopefully all the children enjoyed seeing their results and improvement from week to week.

During this season, a total of 27 records were broken or equalled by 14 athletes. In particular, I would like to acknowledge Lachlan Wood who set new records in six events in the 13 Boys age group. A full list of all records broken is found on the next page:



# Records and Rankings

Anne Marie Torrens

Age Group:	Event:	Athlete Name:
8 Girls	60m Hurdles	Claire Vogelaar (2 times)
11 Girls	1100m Walk	Samantha Torrens (2 times)
12 Girls	60m Hurdles, High Jump, Javelin	Audrey Nadaya-Harb / Vanessa Apel
17 Girls	High Jump	Elizabeth Staples (equal)
8 Boys	700m	Nicholas McNally
9 Boys	700m Walk	Riley Payne
10 Boys	1100m Walk 60m Hurdles	Joshua Hand (2 times) Rhys Webster (2 times)
13 Boys	100m, 200m, 400m, 800m, 1500m and 200m Hurdles	Lachlan Wood
14 Boys	Shot Put	Patrick Spence (2 times)
17 Boys	300m Hurdles 300m Hurdles Javelin	Joshua Kahane Nicholas Long (broke 2, equal 1) Omar Nadaya-Harb

Finally, I would like to thank the committee for their ongoing support. Without them, our club would not be as fabulous as it is. I wish our outgoing president, Sara, a fond "retirement" and a welcome return to her Saturday morning sleep ins. I look forward to September where we get to do it all again.





# Championships Report

Claire Pospischil

It's been another great season championships wise for WHLAC. 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 2017, with the club sending 160 athletes and 4 relay teams. Notable achievements at zone were:

- Four under 7 athletes medalling in at least one event (Zoe Drake, Aahil Meeran, Mitchell Klomp and Eli Saffy)
- Three WHLAC athletes broke zone records (Audrey Nadaya-Harb in the high jump, Jorja Wilson in the long jump and Lachlan Wood in the 400m plus 800m)

The region carnival was held in February 2018 with the club sending 120 athletes and 4 relay teams. Notable achievements at region were:

- Ten WHLAC athletes broke a total of eleven region records (Vanessa Apel, Audrey Nadaya-Harb, Omar Nadaya-Harb, Brodie Payne, Brock Prideaux, Patrick Spence, Elizabeth Staples, Chelsey Torrens, Rhys Webster, Lachlan Wood (x2))
- Four under 8's athletes medalled at region: Claire Vogelaar, Nicholas McNally, Charlie Andrews and Aaron Chevalier

The state little athletics track & field championships were also held in March 2018. WHLAC qualified 40 athletes across 71 events, what a wonderful effort by all the state qualifiers! Notable achievements at state were:

- Lachlan Wood (13 boys) winning two gold medals on the track (100/200), plus a bronze in the 800m
- Audrey Nadaya-Harb (12 girls) coming second in the high jump, with Vanessa Apel finishing third
- Three walks medals for Brodie Payne (2nd/12 boys), Riley Payne (2nd/9 boys) and Brendan Pospischil (3rd/13 boys)
- Patrick Spence (14 boys) achieving second in the shot
- Clare Grubba (12 girls) achieving third in the discus
- Jorja Wilson qualifying for six events



# Tiny Tots

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## **Girls & Boys: Belinda Waddington**

The Tiny Tots have had a great Little Athletics season this year. We combined the girls and boys to make one big, sometimes crazy group who have all learnt and improved so much over the entire season. Tiny tots have practiced there long jump, shot put, field skills and running races and are ready for the challenge of Under 6s next season!

## Under 6s

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### **Girls: Louis Tuyau**

This season was nothing short of amazing for the under 6 girls. Some had graduated from the wonderful world of Tiny Tots while others were brand new to the world of Little Athletics. Regardless of past experience all the girls did amazingly well with everyone striving for PBs every week. It was great to watch the girls grow and learn from one week to the next. Not only were the girls great at following technical instructions but did so with a smile on their face. You could actually see their confidence grow as well as the friendships within the group.

I am so very proud of what the girls have achieved this season, both in athletic ability and for being so well behaved throughout the season. I looked forward to every Saturday morning to see all those happy faces again and I hope to see them all next spring.

I would also like to say a massive thank you to all the parent helpers who stepped up whenever it was needed and for providing such a positive environment for the kids, this is very much appreciated.

### **Boys: Natalia Mujcinovic**

Congratulations and well done Under 6 Boys for a brilliant season!!!

It was a big season for our little under 6 athletes. Their enthusiasm and energy definitely transpired into some great results for all the boys. It was wonderful to see them try so hard and constantly improve. Many PB's were achieved each week and I'm sure we will see our boys be very competitive at their first zone carnival next season and achieve excellent results. Most importantly, as the season went on everyone made some new friendships and had lots of fun.

I would like to send a big thank you to all the parents that helped with completing duties and assisted with activities when needed. It made Debbi's and my job so much easier and the boys loved seeing their parents get involved. It has been an absolute pleasure getting to know all the under 6 boys and I hope to see them return for another great season.

# Under 7s

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## **Boys: Peter Kimpton**

Wow, what a busy year! I don't think I have ever looked after the livelihood of so many children before – and didn't realise it would be both such a challenging and rewarding experience. Watching all of them grow a little older, bigger, and get a little better each week; the faces full of determination as they put in so much effort, and then of pride and joy when they found out they'd recorded a personal best.

There's not enough space to name every one of the boys, but some of the highlights for me: Early in the season: Running around the entire 500m track the first few weeks so they didn't give up;

Mid-season: Trying to trick the boys into revealing their names at long jump after an 18 hour flight and not seeing them for 3 weeks;

The whole season: Trying to keep 20+ kids entertained around the discus cage while also coaching the 21st (so the 20 didn't end up on the nearby road – thanks so much for the parents who helped with bananas, "Duck Duck Goose" and other novelties on the netball courts)

I had a blast, it felt like the kids did too, thanks for bringing them and hope to see you again next year.

## **Girls: Luke Zapatero**

As I look back on the season it was a privilege and honour to watch the growth of every U7 girl that participated each week and attended carnivals. It was a season full of new friends, smiles, laughs and few tears where every athlete achieved PB's and strived to do their best. I would also like to thank everyone involved to make this possible and keep this great athletics club going. Looking forward to next season and hope to see you all there.

# Under 8s

## Boys: Dana Brown and Heather Charlwood

It has been another great season of Little Athletics from all the boys in the 2017/2018 year. We had a few new boys join our team this year with over 20 registrations, it was great to see the boys all getting along and enjoying themselves each Saturday. 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 700m and 60m Hurdles.

This year was another big step up in challenges, we were very proud to have a large number of boys attend the Zone carnival with six boys qualifying for the Regional Championships. Our region representatives included Noah, Tommy, Ben, Nicholas, Aaron and Charlie – well done boys.

Little Athletics is all about striving to do your individual best and everyone in the Under 8 Boys delivers on this goal each and every Saturday, SO Akash, Ben, Aaron, Xavier, Cameron, Christopher, Charlie, Thomas, Liam, Harry, Jackson, Jacob, James, Calvin, Kritin, Matthew, Julian, Liam, Levi, Arjan and Levian congratulations on your performances.

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.





# Under 8s

## Girls: Scott Johnston

What a great season we have had in the U8 Girls group! It was fantastic to see the girls enjoying the challenge of trying to improve their own performance from week to week. Although no one seemed to enjoy or want to do the 700m Pack Start at the end of a Program A Saturday, everyone pushed through to the end and always put in 100% effort.

As the season got underway it was great to have 4 of our girls compete at NSW State Relay Championships in November with Claire Vogelaar, Emma Webster, Amelia Johnston and Violet Knight competing in the 4 x 100m relay even with little baton changing experience. The girls had a great run with 3 clean hand overs, finishing 12th out of 21 teams with two of the girls following up with the boys in the Mixed U8 4x200m relay.

In December at the Zone Carnival the girls obtained some great results:

- 70m - Claire (2) and Emma (4)
- 100m - Claire (2) and Emma (4) and Violet Knight
- 200m - Emma (3) and Amelia (4)
- 400m - Emma (3) and Ella Mujcinovic (7)
- 700m - Ella Mujcinovic and Ella Christie
- 60m Hurdles - Claire (1) and Amelia (8) and Violet Knight and Ella Christie
- Long Jump - Claire (2) and Amelia (4) and Ella Christie
- Shot Put - Violet Knight (3) and Amelia (4) and Ella Mujcinovic (5)
- Discuss - Violet Knight (7) and Ella Mujcinovic (9)

4 of the girls were fortunate enough to qualify to complete at the Regional Carnival :

- 70m - Emma (5) and Claire
- 100m - Claire (5) and Emma (7)
- 200m - Emma (4) and Amelia
- 400m - Emma (6)
- 60m Hurdles - Claire (1)
- Long Jump - Claire (2) and Amelia (8)
- Shot Put - Violet Knight (6) and Amelia (12)

Well done to all the girls who completed and I encourage all of this year's U8 Girls to challenge themselves next year and consider entering events in the zone carnival to experience the excitement of competition.

Although not everyone competed at Zone and Regional Carnivals, I am astounded looking back over the season results that over the group of 18 girls, they achieved a total of 484 PB's this year.

And of course, Saturdays would not run as smoothly as they do without the continued assistance from our willing parents. Thank you to all the parents who helped out across the season raking the sandpit, smoothing the take-off pad, measuring throws distance or retrieving the shots.

I'm looking forward to the 2018/2019 season to see how many PB's each and every one of you can achieve!

# Under 9s

## Girls: Brad Martin

The under 9 Girls had a great year with PB's being constantly improved by all of our Athletes each and every weekend. We have built a very strong team this year with several new Athletes joining our team as well as having many of our girls being with us from Tots. This year we had a large representation at the Zone Carnival with the majority of these athletes making it through to the Region carnival and then we had 3 Athletes make it through to State. The 3 Athletes who represented the Under 9 Girls team at State were: Emilie Chandran in the 700m walk, Sehejta Kaur in the 700m walk and Caitlyn Martin in the High Jump and Long Jump. Congratulations to these Athletes you have done us all proud.

Our Athletes have excelled in their stronger events and continued to work on their techniques to improve in their weaker events. Madison threw the discus like a professional, Ava and Elizabeth used there strength to throw the shot putt out of the park, Annabelle excelled in the sprint races, Maeve jumped for joy in the long jump, Diva just missed out on State with her speed in the 700m walk, Rebecca showed everyone up in the 200m, Anany and Jina ran rings around everyone in the early morning 800m, Lauren and Jazlyn kicked that pesky bar out of the way improving each week on the high jump and Rose, Riya, Kayla and Georgia competed in every event with guts and determination.

We have a great team of Girls who all get along really well, it's great to see them cheering each other on and when we have down time they are doing each others hair, comparing Gymnastics moves, throwing grass on each other but best of all supporting each other when someone is upset, I was even taught a new dance move this year.

I am looking forward to the 2018 - 2019 season and hope all the girls come back and even invite their friends and family to take part in this tough but very rewarding sport. Thank you to the parents that assisted this season, I congratulate you all for getting yourselves and your children up and out of bed to develop your child's sporting abilities which is important to their development in their lives journey.



# Under 9s

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## **Boys: Kylie Prideaux & Shannon Cooper**

This year was our second year managing the boys; we welcomed back many familiar faces as well as some very enthusiastic new members. The boys participated all season in the true spirit of little A's, always trying their best, learning new skills and most importantly making new friendships.

We started our competitions for the year participating at State Relays. The boys trained hard in baton practise leading up to the event to ensure they had clean changes; it was great to see the development. This year representing our team was Matthew Cooper, Riley Payne Marcus Prideaux, Hayden Moynihan, Joel O'Brien & Kingsley Askew the boys trained hard and it was a wonderful experience for them. Well-done boys!

Our next big event was the zone carnival where we had 8 boys compete in 10 different events, well done to Kingsley Askew, Matthew Cooper, Riley Payne, Marcus Prideaux, Daniel Whitehouse, Alex Bayliss, Hayden Moynihan & Thomas Brackenreg who, ran, jumped and threw their best to achieve many PB's throughout the day.

Kingsley (70m & 100m) Matthew (60m Hurdles) Riley (800m Walk & 800m), Marcus (100m, 200m, 400m, 800m & Relay) Alex (High Jump) Hayden (High Jump, Shot Put) & Thomas (Shot Put & Discuss) all progressed onto Region at Blacktown. The boys all competed with enthusiasm and great sportsmanship, congratulations to Riley (Gold – walk) and Alex (Silver – High Jump) who qualifying for state.

It was the first time the boys were able to compete at the state level, and compete and represent our centre they did with pride, enthusiasm and a little bit of nerves. Congratulations to Riley who won silver medal for the walk and to Alex for achieving a PB in high jump, what a wonderful achievement for you both.

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.

Hope to see you all back next year.

# Under 10s

## Girls: Penny Wallace and Nicole Henderson

It has been another great season for the girls, with some new faces in our team. Welcome Lauren, Phillipa and Felicity who fitted right in with the team. The girls have continued to improve in their running and hurdles times each week. Some of the girls have been focussing on their throws and have seen big improvements. High jump has still been challenging for the girls, but the group has jumped higher this season and determined to get a PB each week. Still the lollies and chocolate motivate us to run faster, jump higher and throw further!

This season we had more girls attending the competitions and for most, it was the first time they competed at State Relay and Zone. For State Relay, it was the first time we sent a team to compete in the jumps and throws. Congratulations to:

State Relay – Amber, Anjali, Georgia, Holly, Lily, Isabella, Tana, Siena and Bianca

Zone – Isabella, Lara, Alice, Lily, Siena, Tana, Anjali, Amber, Hayley, Holly, Georgia and Bianca

Regional – Lily, Siena, Tana, Amber, Holly and Georgia

The girls have a great time at the competitions and most came away with PB's.

The season is always made easier with help from our assistant manager, thank you Nicole. Also big thanks 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 and I hope they girls are looking forward to some new athletics events next season!

## Boys: Phil Dew and Matt Webster

The U10 boys had another enjoyable season at WHLAC this year.

We started with over 30 boys as has been the case every season, and finished with only a few less by the end of the season.

It's been great to see all the boys improving in all the events this year. We had a grand total of 750 pb's through the season, not to mention many more at zone and region events. Our most improved for the season had a total of 51 pb's individually. I won't mention who this was as it will spoil the presentation surprise. We averaged 25 pb's per athlete. That's what it's all about, improving yourself and enjoying the sport and getting together with your friends.

Well done to everyone who achieved and represented at Zone, Region and State this year. You all did very well and should be commended on your efforts and your behaviour at the carnivals and on a Saturday morning.

I have thoroughly enjoyed looking after the boys this year and for the past few years as well. Unfortunately with the age group changes coming in next year I will be leaving the group as Roden will be going up an age group to 12's.

Thank you to the slightly diminishing group of regular parent helpers who assist us every week. We couldn't do it without you.

See you all next season albeit from a distance.  
Phil.



# Under 11s

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## **Girls: Tony Brown and Michelle Nixon**

Wow! What an amazing 2017/2018 season our fabulous 11 Girls had.

The progress the girls have made in Athletics this year is amazing. All of them have seen big improvements in their times/jumps/throws and everyone is now starting to specialise into their best and favourite events. It's been really special helping this next generation of athletes reach their best potential each week.

And, the friendship & support that the girls give each other every Saturday is to be commended. It encourages them all to have fun & do their best. This resulted in PB's each week, many girls reaching Regional, Zone and State levels plus also fantastic results at State Relays. Well done to all of the girls.

Of course we can't forget our fantastic parents who we never have to ask for help, they are always keen to lend a hand with a smile

So.....Sam, Alex, Heidi, Amber, Matilda, Lara, Leah, Sindhu, Jasmine, Kathryn, Amelia W, Amelia C, Charlotte M, Charlotte F, Lotte, Natalie, Chloe, Zoe, Isabella, Ashlynn, Melanie & Hanami CONGRATULATIONS!

We look forward to seeing you again next year for another fabulous season.

TONY BROWN & MICHELLE NIXON

## **Boys: Claire Pospischil**

Thanks to the 11 boys and parents for another great athletics season. 2017/18 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 set many new PB's across the season, plus try javelin and triple jump for the first time. It's also great to see the social enjoyment of the group when they hang out together. 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. 13 of the boys competed at zone, including Angus, Harry C, Lachlan and Will. Nine of the boys made it through to region, including Alex, Harrison, Jack, Riley and Tom. Four of the boys, Brock, Lucas, Zach and Aidan, made it to state in March. Well done on a great achievement!

I hope to see many of you back for the 2018/19 athletics season.

# Under 12s

## Girls: Fiona Nadaya

It's incredible how quickly an athletics season passes. As the girls grow each year, we watch them develop into beautiful, active and intelligent beings. The way they interact and support each other is one of the main reasons I love Little Athletics so much. And I love it because I get to yell and scream and be happy in a really loud fashion. It's not about competitiveness and beating someone else, it's all about doing your personal best. Something our girls truly strive to do each and every week.

Thanks (well no thanks) to the new changes brought on by Athletics Australia, I will be breaking up with my favourite and irreplaceable Assistant Age Manager Anne-Marie, after many years together. I may even need therapy! You were the backbone of our age group and we all appreciate everything you did for us each week to make the running on the morning as smooth as possible. Thank you lovely lady! Anne-Marie and I were very lucky to have sooooo many girls return to us year after year. Even at U12s we still had a few newcomers, who we welcomed with open arms.

To all our girls that came every week and those that came to most: Chelsey, Zara, Audrey, Ainslie, Molly, Kristina, Mikayla, Vanessa, Mary-Rose & Lauren, Victoria, Clare, Dana & Lucie, Hayley, Raysha & Kailey. Also to Annalise, Jessica, Sophie, Ella, Summer, and Katie. All of you girls made our Saturday mornings as amazing as we expected. For that we thank you. There were many girls that made it to zone and regional levels, which made us so proud. A huge congratulations to Kailey, Lucie, Vanessa, Clare, Chelsey & Audrey for your fabulous efforts and results at State level representing our great club.

I must extend my thanks out to those fabulous parents who helped us out every time they could. Without this assistance, we would struggle to get through our weekly programs. You know who you are, so thank you - what you did for our us and our girls did not go unnoticed. I must bid farewell to my girls that will be leaving my age group next season: Chelsey, Zara, Sophie, Mikayla, Mary-Rose, Raysha & Ella.

That's it from me, til next season xxx

# Under 13s

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## **Boys: Steven Pospischil**

We had another enjoyable season in the U13 Boys, which culminated with some inspiring performances at State. Congratulations to Lachlan who came home with gold in the 100m and 200m and bronze in the 800m, and Brendan who received bronze in the 1500m walk. Well done also to Jake, Luke J and Ryan who put in some great performances at State.

The Zone and Region also saw more great performances and most of the group made it through to Region. And of course, our State Relay team came away with 3rd in the 4 x 100m. Congratulations to Lachlan, Zach, George and Eden for another great performance. The most important thing however is that the boys had fun every Saturday morning. You're a lively bunch but I certainly enjoy the journey every year!

I hope to see you all back again in September.

# Under 14s

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## **Boys: Robyn Scott and Anthony Milton**

The 14 boy's age group was made up of 13 enthusiastic boys, Aiden, Connor, Gautham, Oliver, Tim, Kayden, Patrick, Rory Nathan, Ben and Cameron, who all returned from last year. It was great to see the boys consistently show up each Saturday morning eager to see each other. Their ability to all get along with each other, support each other and also compete against one another was a pleasure for the Age Managers and Parent helpers who were there each Saturday Morning. Their behaviour, positive attitudes and determination to try their best should be commended.

A number of the boys competed at State Relays, Zone, Region and State, once again doing their best and competing with a positive attitude and good sportsmanship.

Three boys progressed to State, some recording PB's and Patrick Spence placing 2nd in shot put. Patrick also placed 1st in the Nationals for shot put which was an outstanding achievement!!.

Overall a great season was had by all. We hope to see each athlete return next season.

# Under 13 and 14s

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## Girls: Jeffrey Grubba

It is with pleasure that I write the Report for Season 2017/2018. Firstly Thank you to Suzie Wilson who jointly ran both Age Groups with me . Also thank you to the Core group of parents who assisted in running events, and in assisting throughout the season when it was needed. We had a very happy group of girls and it made for the smooth running each Saturday.

We had one stand out performer in Jorja Wilson who qualified for State in six Events and competed in five which was an Outstanding achievement. Her sprinting continues to improve finishing a close 5th in the 200m as does her Jumps. A true allrounder who should look at competing at the State Multis next Year. Jennifer Grubba qualified for the State in the Three throws disciplines for the third consecutive year. Her effort to again finish in the Top 8 in Javelin was a fine performance given her lack of practice due to injury and low Iron levels. She can be Proud of her achievement. Kala Wong also performed with distinction at the State level with a top 8 placing in the Walk. Eva Nadaya Harb qualified for the state in High jump I think for the sixth year in a row , but was unable to compete due to injury. To Jenny, Kayla and Chloe congratulations on 10 years of service to the Club.

To the regular Athletes who turned up week in and week out and strove to improve in their events each week, You can all be pleased with your efforts. Thank You Maddie Hand, Maddie Aldric , Ananya Kumar, Karissa Anderson, Chelsea Garnett, Verity Yorke, Alana Brown, Lorelei Hull, Lucy Hicks, Ellie Brown, Ella Beesley, Indigo Kelly, Tallara Bamblett, Chloe Fuller, Holly Mc Lelland, Isabella Hamilton and Kenzie Wilbow.



# Under 15 & 17s

## Girls and Boys: Steve and Cheryl Long

This season saw the U15's & U17's combine to make one group. All the athletes showed great support and encouragement to each other. I love to go each week and see the athletes helping each other. The friendships made at Little A's will, I hope, last a lifetime.

Over the season we saw many PB's achieved by all athletes. Congratulations to our Zone, Region and State competitors. Representing us at State this season were Elizabeth, Nick, Tiana & Omar.

Omar and Elizabeth both broke their respective High Jump records at Region. At a club level we also broke a few records this season. Elizabeth - High Jump, Omar - Javelin & Nick - 300m Hurdles.

Little A's can not run without the support of the parents. Thank you to all the parents that helped out on the track, at hurdles, set up, pack up or with our group at each event. A very special thank you to Andy Cusack our groups assistant Age Manager. You are amazing in all you do every week.

Sadly we have to say goodbye to a few athletes. We wish Josh, Keenan, Emma, Natalie, Francis and Lachlan all the best for their futures. I hope to see the rest of our athletes next season.



# SPECIAL THANKS

## 2017/2018 COMMITTEE

An extra special thank you must go out to the 2017-2018 WHLAC committee members. Thank you for providing the skills, time and effort in order to ensure the club can run, jump & throw. Thanks also to Brendan Pospischil for compiling and editing the report.

Sara Welsby

Phil Dew

Jeffrey Grubba

Scott Henderson

Kylie Webster

Claire Pospischil

Anne-Marie Torrens

Fiona Selmes

Fiona Nadaya

Karen Cochrane

Luis Tuyau

Matt Webster

Richard Abela

Steve Novkovic

Steven Pospischil

Kristy Breeze

