



ILLAWONG LITTLE ATHLETICS E-NEWS

JANUARY 2012

ZONE CHAMPIONSHIPS

The zone championships are now only 2 weeks away. **All athletes registered for the championships must make sure that they are in correct uniform on the day:**

- Plain black pants (no logos, stripes etc) – above knee length
- Illawong crop top/singlet
- Registration number on front with red border showing
- Illawong Centre number (70) on back (no coca cola branding)
- IGA patch front right side of top
- Age patch front left side of pants
- Skins must be worn under shorts/pants

It is a condition of registration for the championships that parents assist at the championships. Parents of athletes must sign on and do their rostered duty.

Roster available for viewing in the Operations room – if you need to change your duty it is your responsibility to organise a swap.

See the Zone championships handout for more information – available in the operations room.

LAANSW COACH OF THE YEAR NOMINATIONS

This is your chance to give the ultimate 'thank-you' to your coach.

Nominations are now open for the LAANSW Coach of the Year. Nominations need to be completed on the official nomination form available on the [LAANSW website](#).

This annual award is presented to an Australian Track & Field Coaches Association member whose coaching highlights the values and philosophies of Little Athletics and junior sport in general.

Nominations close: 5pm, 22nd Feb 2012

NO COMPETITION DAYS

A reminder that there is no competition the following Saturdays due to major championships being held:

Saturday 4th February (Zone)

Saturday 18th February (Region)

STATE MULTI'S

A reminder that entries to the State Multi-Event championships are closing soon. It is being held on 3rd & 4th March in Cessnock. See LAANSW website for more information.

Closing: 8th February 2012

NEW CENTRE RECORDS

Congratulations to the following athletes who have set new centre records during weekly competition this year.

12 - M - H. BRIERLEY - High Jump - 1.67
12 - M - H. BRIERLEY - Triple Jump - 10.16
12 - M - J. SMITH - Javelin 400g - 26.13
13 - M - A. ENGELER - Javelin 600g- 29.96
14 - F - C. PETERS - Javelin 400g - 13.27
14 - M - L. HANRAHAN - High Jump - 1.75
14 - M - T. MAKOWIAK - Shot Put 3kg - 8.46
15 - F - A. DEAN - Javelin 500g - 29.98
15 - M - C. KALANTZIS - Javelin 700g - 19.55
15 - M - T. POTIN - High Jump - 1.77
17 - F - B. GIFFEN - Long Jump - 5.10
17 - F - B. GIFFEN - 100m Hurdles - 16.5
17 - F - B. GIFFEN - Shot Put 3kg - 10.24
17 - F - B. GIFFEN - 100m - 13.4
17 - F - B. GIFFEN - Javelin 500g - 18.23
17 - F - B. HERRMANN - 400m - 1:04.5
17 - F - B. HERRMANN - 200m - 28.5
17 - F - E. DUTTON - Triple Jump - 9.75
17 - F - G. MOSELEY - 1500m Walk - 8:18.
17 - F - M. SALE - 1500m - 5:30.5
17 - F - S. SHEFFIELD - Discus - 25.10
17 - M - M. NORTHEY - Discus - 26.12
17 - M - M. NORTHEY - High Jump - 1.70
17 - M - M. NORTHEY - 200m Hurdles - 29.6
17 - M - M. NORTHEY - 200m - 26.1
17 - M - M. NORTHEY - Shotput - 9.28
17 - M - M. NORTHEY - Triple Jump - 11.46
17 - M - M. NORTHEY - Javelin - 18.56
17 - M - M. NORTHEY - 110m Hurdles - 16.2
17 - M - M. NORTHEY – Long jump - 5.66
17 - M - M. NORTHEY - 100m - 12.7
17 - M - M. NORTHEY - 400m - 1:00.1

All records need to be verified by an official/parent with official accreditation. If a record jump or throw is set – the throw or jump should not be cleared until it is checked and signed off -otherwise the record cannot be counted.

OFFICIALS ACCREDITATION

Would you like to know more about an event? Know whether the athletes are throwing or jumping correctly? Do you want to be more confident in judging events and knowing that you are applying the correct rule?

Our zone coordinator, Ray Loveridge, is able to assist you with gaining Officials Accreditation - available to all parents and athletes in the senior age groups. He will go through the rules with you and show you how to judge the events. A simple multiple choice exam is all you need to do for a D grade accreditation .

You can gain accreditation in any or all events – it is up to you.

The Illawong Club and the Association would like to see **all Age Managers hold at least D grade accreditation in field events** - see any club official for more information.

CONGRATULATIONS HARRY

Harry Brierley (U12) had great success at the Trans Tasman Challenge. Harry went on the LAANSW Trans Tasman Tour to New Zealand this year competing in several local competitions. In the Challenge Harry gained:
gold - high jump
silver - 4x 100 relay
8th - long jump
14th - discus
and pb's in both the 100m heat and final.
NSW retained the Challenge Cup. The Trans Tasman Challenge will be held in NSW in 2013.

Thank you to our sponsors.

and thank you to Steve Halloran Refrigeration for coming to our rescue during January to repair our drinks fridge.



ABN: 80 871 264 632
SIGNWRITING • DIGITAL PRINTING • VINYL LETTERING
Create a VISUAL IMPACT today and visit our WEB SITE
www.sign.net.au
Phone: 0418 271 742



Ph: 9543 0093
pestandtermite.com.au
Your Clean
& Safe
Pest Experts



9541 2944
SUITE 1
THE BELVEDERE
MENAI
METRO
ACCOUNTING FOR BUSINESS SUCCESS
ACCOUNTING - TAX RETURNS
BUSINESS SERVICES - SUPERFUNDS
www.aaward.com.au

Menai Services Centre
Unit 12, 800-812
Old Illawarra Road, Menai 2234
Phone: 9541 4666
Fax: 9543 4888
Open 6 Days
Thursday night
till 6 p.m.



Bully Beef Pet Products
Fresh mince, meat and bones
Complete range of food and accessories for all
your animal needs. Prices to make you smile.



Menai Sand and Soil
www.menaisandsoil.com.au
ALL BUILDING &
LANDSCAPE SUPPLIES
Phone: 02 9543 5333
Fax: 02 9543 0091
Email: sales@menaisandsoil.com.au
Lot 124 New Illawarra Road, Lucas Heights 2234 NSW

9543 1639
Shop 1 Fowler Rd Illawong NSW 2234
Fax 02 9541 4710
illawong.pharmacy@nUNET.com.au



ILLAWONG
Pharmacy
your partner in health

Menai
9541 2580



GARY'S
SEAFOOD
The freshest quality seafood
Shop T22C Allison Cresnet Menai Market Place Ph: 9541 2580

Menai District
PHYSIOTHERAPY
 & SPORT INJURY CENTRE
 ILLAWONG
9543 0199

GENESIS
 SOLAR GROUP
1ST IN SOLAR
SOLAR POWER
 Call Genesis Solar for a brighter future.
1300 881 935
www.genessolar.com.au

WATERMARK
 Security Management
 Laura Reid
 Commercial Account Manager
 Mob: 0478 276 375
 Email: Laura@watermarksecuritymanagement.com

BANGOR
 GOURMET MEATS
 Steve
 Your Friendly Butcher
 Shop 5 Bangor Shopping Centre
 Menai Road, Bangor NSW 2234
 Ph: 9543 1697

Set-up – pull down roster.

<u>Age group</u>	<u>Dates</u>	
Under 15/17		25/02/2012
Under 13/14		03/03/2012
Under 12		10/03/2012
Under 11	3/12/2011	
Under 10	10/12/2011	
Under 9	14/01/2012	
Under 8	21/01/2012	
Under 7	28/01/2012	
Under 6	11/02/2012	