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Menai District Sports Awards - Update

Congratulations to **Theo Christian** who was awarded **Runner-up Junior Male Rookie of the Year** at The Menai District Sports Awards dinner held on Saturday 22nd October at Club Central, Menai. Congratulations as well to **Jessica Kable** who was awarded **Junior Female Sportsperson of the Year** through her soccer club.

To all our finalists, congratulations - it is an honour to be named as a finalist. There were some very impressive and strong athletes amongst the winners in the various categories.

Congratulations to all those who competed in the **PSSA State Championships** recently. Illawong athletes achieved the following results:

Harry Brierley	12/13 high jump - bronze
Ella Robinson	junior discus - 25th
Melody Nelson	junior long jump - 22nd

Nominations for Zone Championships now Open - Entry fee \$6 per family.

Zone Championships are conducted in each of the 24 Zones throughout the State and open to athletes in the age groups U7 through to U17. The first 4 placegetters in each event from the U8-U17 qualify through to the Regional Championships. U7 athletes do not progress past the Zone Championships, however, the first 3 placegetters are awarded medals and all finalists (top 8) are awarded certificates. The first 4 placegetters at the Regional championships (U9-U17) this year will then progress to the State Championships. U8 do not progress to State championships however all top 3 placegetters are awarded medals and all finalists are awarded certificates.

Athletes can compete in a **maximum of four events for the U7-U12 age group** and a **maximum of 6 events in the U13-U17 age groups**. As only 4 athletes per age group/ per gender/ per event may attend the zone championships, selection is based on criteria such as past performances and attendance. (*eg six U7 boys want to run in the 70m but only four can be selected*). It is important to list the order of preference for events just in case your first choice is not available to you. Please see a member of the Committee if you need assistance with completing the nomination form.

All families with athletes attending LAANSW championships must undertake a duty during the carnival weekend. A duty roster will be made available before the championships. Duties are allocated to the centres – we do not get to choose them.

All athletes nominating must have provided proof of age. If you are new to the club and have not yet provided proof of age you will not be permitted to compete.

Entries close: 19th November at Illawong

Rules of Competition

To assist you with learning the rules, this issue we will look at Shot Put and Long Jump

1. Shot Put

How to Put a Shot:

- Starting Position - stand side on, feet shoulder width apart and use the non throwing hand to aim.
- Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.
- Sit the shot in the curve of the neck just behind or on the upper part of the jaw (not on the cheek or ear).
- Putting the shot - **keep the elbow up** as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying, (“**elbow up, thumb down, palm out**”) can help remember the sequence

When is it a foul?

- If the shot lands **on or outside the sector lines**.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top (not the inside edge) of the stop board.
- If any part of the athlete’s body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.

How do I measure?

- Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board.
- The zero end of the tape goes out to where the shot lands.
- The tape needs to be pulled directly back through the centre of the circle.

2. Long Jump

How do the athletes work out their run-up?

An athlete can start from anywhere on the runway but try to make sure their run-up is not too long. A good guide is that the length of an athlete’s run-up should be their age in strides, + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.

If you notice that a child is reaching their maximum speed well before the take-off area, you might suggest that they move their run-up in.

Where do the athletes jump from?

- U6 - U7: a rectangle of sand or a mat (1.22m x ½m), set up ½m back from the edge of the pit.
- U8 - U12: a rectangle of sand or a mat (1.22m x ½m), set up 1m from the edge of the pit.
- U13 - U17: a board (or mat may be used) set up not less than 1m and not more than 2m back from the edge of the pit

When is a foul recorded?

- If an athlete’s foot goes over the front edge of the take-off area.
- If the athlete takes off from the board or mat with two feet.
- If the athlete after landing, walks back through the sand towards the take-off area.
- If any sort of somersault is used.

How do I measure?

- U6 - U12 (with foot mark): Measurement is taken from the **front of the foot imprint made in the take-off area**, to the closest landing mark in the pit.
- U6 - U12 (with no foot mark): If the athlete takes off from behind the nominated take-off area, measurement is taken from the **back of the nominated take-off area, to the closest landing mark in the pit**. The measurement must be taken perpendicular to the take-off line or its extension.
- U13 - U17: Whether the athlete takes off on or before the take-off area, measurement is **from the front of take-off area to the closest landing mark in the pit**. The measurement must be taken perpendicular to the take-off line or its extension.

Safety Issues

Spikes - We all need to take safety issues seriously. Spikes can be dangerous to others when worn outside the track areas. When an event is called you need to take your spikes with you and put them on at marshalling or at the event. NEVER wear spikes outside the track area. This rule is stated in our blue handbook that you received at registration.

If an athlete wears spikes outside the track area their registration number will be taken down and they will receive a warning. For any additional instances points will be deducted from their championship point score.

Uniforms

With the championship season about to begin it is important to remind everyone that **you need to wear correct uniform at all times**.

Our uniform is the two tone blue top and black pants - or royal blue pants if only competing at centre competition. From next season we will be black pants only.

Pants need to be plain - no contrasting stripes/patterns or logos (you can always cover a logo with your age patch). **All bike pants need to be above the knee and if you are wearing skins you must wear shorts or other pants over the skins**. Little Athletics NSW rules state that you will not be permitted to compete in skins (any colour) without shorts/pants over them.

November Competition Schedule

5	Sat	12:45pm	Centre competition at the Ridge
6	Sun	8:00am	TRANS TASMAN TRIALS - Flinders, Shellharbour (U11 - U12s only)
12	Sat	12:45pm	Centre Competition at The Ridge
19	Sat	12:45pm	Centre Competition at The Ridge Entries Close for Zone Championships
26	Sat	12:45pm	Centre Competition at The Ridge
26	Sat	8:30am	STATE RELAYS JUNIORS - SOPAC, Homebush
27	Sun	8:30am	STATE RELAYS SENIORS - SOPAC, Homebush

Calendar of Events

November 2011

<u>05-Nov-2011</u>	<u>Murray Valley Open Championships</u>
<u>06-Nov-2011</u>	<u>Deniliquin Open Carnival</u>
<u>06-Nov-2011</u>	<u>Trans Tasman Trials</u>
<u>06-Nov-2011</u>	<u>Barry Kingsman Gala Day</u>
<u>06-Nov-2011</u>	<u>Edgeworth Challenge</u>
<u>06-Nov-2011</u>	<u>Werrington Gala Day</u>
<u>12-Nov-2011</u>	<u>Campbelltown Collegians Twilight Gala Day</u>
<u>12-Nov-2011</u>	<u>Eastlakes Athletics Pentathlon</u>
<u>12-Nov-2011</u>	<u>June Open Carnival</u>
<u>12-Nov-2011</u>	<u>Southlakes Summer Carnival</u>
<u>12-Nov-2011</u>	<u>East Maitland Multi Carnival</u>
<u>13-Nov-2011</u>	<u>Warren Mossman Memorial Carnival</u>
<u>13-Nov-2011</u>	<u>Gunnedah Gala Day</u>
<u>13-Nov-2011</u>	<u>Moree Carnival</u>
<u>13-Nov-2011</u>	<u>South West Metro Athletes/Parents Coaching Day</u>
<u>13-Nov-2011</u>	<u>St Georges Basin Dragon Derby</u>
<u>13-Nov-2011</u>	<u>Temora Little Athletics Carnival</u>
<u>19-Nov-2011</u>	<u>Hunter Zone Championships</u>
<u>20-Nov-2011</u>	<u>Southern Cluster Gala Day</u>
<u>20-Nov-2011</u>	<u>Tamworth Gala Day</u>
<u>20-Nov-2011</u>	<u>Wagga Wagga Open Carnival</u>
<u>20-Nov-2011</u>	<u>Wellington Multi-Event Carnival</u>
<u>26-Nov-2011</u>	<u>State Relay Championships</u>
<u>27-Nov-2011</u>	<u>MIA Championships</u>

Illawong Little A's committee Meeting

Our next meeting will be held at **7.45pm Wednesday 7th December at The Ridge**. Please come along and consider joining the committee, without committee members we will have no club.

We look forward to seeing you there

Healthy Kids Recipe - If you have a health recipe to share email news@illawongathletics.org

Preparation Time

15 minutes

Cooking Time

30 minutes

Makes

36

Ingredients

- 200g (1 1/3 cups) self-raising flour
- 1 tsp baking powder
- 1 tbs caster sugar
- 310ml (1 1/4 cups) milk
- 1 egg, lightly whisked
- Olive oil spray, to grease
- Strawberry jam, to serve

Method

1. Sift the flour, baking powder and sugar into a large bowl and make a well in the centre.
2. Whisk together the milk and egg in a jug. Pour into the flour mixture and whisk until a smooth batter forms. Cover with plastic wrap and set aside for 30 minutes to rest.
3. Heat a large non-stick frying pan over low heat. Lightly spray with olive oil spray to grease. Spoon half the batter into a small plastic bag. Cut 1 corner off bag and pipe four 8cm letters into pan. Cook for 2 minutes or until bubbles appear on the surface. Turn and cook for a further 1 minute or until golden. Transfer to a wire rack. Repeat, in 8 more batches, with remaining batter, reheating pan between batches. Serve with jam.

Reference: www.taste.com.au

Quick Jokes Section – If you have a funny Joke to share email to news@illawongathletics.org

Question - What do you call a deer with no eyes?

Answer - No I deer?

Thanks to Joseph Cowell Under 11's

Do you have any exciting news to share? I would love to receive photos or news that you would like to include in the fortnightly newsletter

***Email details to
Laura at news@illawongathletics.org***

Remember – we can't report it if you don't tell us about it.

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