



RUN FOR FUN

Like Us on Facebook

The LANSW Social Media presence is being expanded and we have developed a new Facebook page. We hope to see this become another means by which information can be shared and LANSW promoted to the wider population.

To view the facebook page, click [here](#) or search for **Little Athletics NSW**.

Make sure when you visit, that you 'Like Us' and become part of the Little Athletics NSW community! We look forward to interacting with you soon!



Jan/Feb 2012

A Word from the President	2
Editorial	3
The ROC	4
Championship News	5
2012 NSW State Selection Policies	6
Coach of the Year	7
Coaches Corner	8
Foot Alignment Clinic	9
Development Diary	10
Upcoming Events	11
Centre News	13
Find a Word	14



A New Summer Sound

When you're out on the field, protecting your skin is probably the last thing you think about – until you're sunburnt that is. That's why Little Athletics NSW is supporting a Cancer Council NSW initiative - the Sun Sound, as an easy, positive way to encourage players and spectators to protect their skin.

BE SUN SOUND



Produced by renowned Australian musician Ben Lee and Sony Music, the international award winning Sun Sound is a catchy five second jingle designed to be played between 11am – 3pm on loud speakers at beaches, music festivals, pools and sports grounds. It's a friendly reminder to protect your skin from the sun.

We encourage clubs to take part in this positive initiative.

It's easy! The Cancer Council will provide you with the Sun Sound CD or MP3 – just play over your existing PA system. If your club is keen to play the Sun Sound at your events and competitions, please contact Cancer Council NSW at sunsound@nswcc.org.au or call 9334 1948 – they'll provide you with all you need! Listen out for it!

Off the field, you'll also hear the Sun Sound this summer at over 50 beaches, pools and sports grounds across NSW, as well as at Sydney's Big Day Out. Given its success and strong community support, the Sun Sound is now also going national across Australia this summer. So stay tuned for the Sun Sound - when you hear it remember to reapply your sunscreen, put on a hat, sunnies, shirt and get some shade.

Check out www.sunsound.com.au for more info.



Special Points of Interest...

- Sports Medicine Australia Website
- Does Your Child Need Orthotics?
- A Fun Start to the Silly Season
- Hunter Track Classic Coaching Clinic
- Blacktown Little Athletics Team Walk
- Holroyd LAC Lapathon

A WORD FROM THE PRESIDENT...

DERECK FINEBERG



I sincerely hope that everybody in our Little Athletics family had a very enjoyable and safe Christmas & New Year. I also hope that not too much pudding has to be run out as our athletes (and others) get back into gear for the restart of the season after the break!

During November we had a successful Trans Tasman Trials and State Relay Championships and I thank everybody involved in the planning and execution of these events. Also, some Zone Championships were held in November and December and I trust those who competed enjoyed the experience. The remaining Zones will be holding their championships during January & February. Good luck to those athletes who have qualified or are still striving to qualify to their respective Regional Championships to be held in February.

Of course our Trans Tasman Team will be heading to New Zealand in January. I hope that all team members and supporters enjoy the trip.

As we reach the halfway mark of our season it enables all of us to take a breath and then prepare for the back half of the year which is full of a number of championships such as Zones & Regions as already mentioned, but also State Multis, State and then ALAC's for the State Team.

I think it is also a time for us to reflect on the efforts of everybody involved in our sport in

NSW. From the Board of Management, LANSW office staff, to Regions/Zones, Centre and Advisory Committees, working parties, and parents who help out at Centres, there is a tremendous amount of work done. Apart from the paid office staff everyone else involved at all levels is a volunteer who give their time to Little A's. I would like to take this opportunity to thank them all and I ask everyone out there in LA's land to consider these volunteers and try and help them in any way possible. After all, those who benefit from all of this effort are the athletes and families.

Good luck to everyone for the remainder of the season.

Cheers

Dereck Fineberg (OAM)
PRESIDENT

editorial


The Zone Championships are upon us and I've had the pleasure of attending several carnivals held in country areas. I especially love to observe the 'team spirit' that emerges at these carnivals. Be it athletes marching proudly in the traditional march past, parents chatting under the tents, or Centre members cheering fellow team mates on, the atmosphere is friendly and enjoyable. Moments like these really do reflect our motto of 'Family Fun and Fitness'.

For me, the highlights are not the brilliant performances but the interactions amongst athletes. I take great pleasure in watching the older, more experienced athletes guiding the younger ones in the procedures of competition or providing a few coaching tips prior to events. The sportsmanship that is displayed when fellow Centre members become rivals, but still manage to cheer on good performances, always brings a smile

to my face. It also reminds me that children, particularly younger ones, often compete for different reasons to adults. One instance at the Central Tablelands carnival really brought this to light for me. I watched an 8 years girl return to the Centre tent with great excitement. She'd run her race, come third and qualified for Region. Her joy at qualifying was enormous. The fact that there were only 3 in the race and she'd have qualified even if she'd walked the 70m, didn't even enter her head. She was simply ecstatic at having come third. Centre members in the tent also congratulated her enthusiastically. As adults, I hope we always keep this in mind and encourage the enthusiasm and joy shown by the kids. I hope everyone had a nice Christmas and a safe holiday period.

Michael Gray
Business Development Director





The ROC

(The Rules of Competition)

Did you know.....

THROWING IMPLEMENTS

The specifications for a small number of throwing implements have been changed to ensure uniformity between the States. The changes came into effect by 1 November 2011.

The events where the specifications have changed are:-

Age Group	Event	New weight
U/14 Boys	Shot Put	3 kg
U/14 Girls	Javelin	400 gms
U/15 Boys	Javelin	700 gms
U/15 Girls	Javelin	500 gms
U/17 Girls	Shot Put	3 kg
U/17 Girls	Javelin	500 gms

UNDER 17 MULTI EVENTS

The events for the under 17's only at State Multi have been altered this season.

Deleted	Discus
Added	High Jump and Javelin

NO PRAC D GRADE ACCREDITATION

Officials have to pass a multiple choice theory exam to obtain their D Grade accreditation. The requirement to also pass a practical assessment under a higher graded supervisor has been removed.

If you wish to gain accreditation contact the officer for officials at your Centre who will liaise with your Zone Co-ordinator to arrange a time and place to do the exams.

What is the ROC?

The ROC is the LANSW Inc Rules of Competition. It contains the requirements for competition for LANSW Carnivals. Whilst the basic rules for athletic competition are contained in the IAAF Competition Rules we have modified those rules to suit children. These modified rules are contained in the ROC

Where can I find the ROC?

All Centres should have a copy of the ROC. The ROC can also be found in the Competitions section of the LANSW website.



Championship News

State Relays

Over 1200 teams braved the four seasons of weather during our 2011 State Relay carnival. The Saturday started off very wet with lots of umbrellas and wet weather gear being used, but by late morning the sun had come out and the wet weather gear was replaced with sun cream. On Sunday, we had trouble keeping shelters from blowing away, as the wind was very strong.

Congratulations to all of the athletes who were in teams who broke the current State Record. 27 team records were broken, with 15 being on the track and 13 in the field.

Special congratulations also go to the 4 athletes who broke individual field records. They were: -

U14B	Lachlan Burrows	Ku-Ring-Gai	Shot Put	11.72m
U17G	Alyssa Edwards	Shoalhaven	Shot Put	10.26m
U17G	Taylah Sengul	Winston Hills	Discus	46.86m
U17G	Melissa-Maree Farrington	Northern Suburbs	Long Jump	5.75m

Zone Championships

We hope that all athletes had "FUN" at the various Zones and that the U7's enjoyed their first Little Athletics NSW Championship experience!! With only a few of our Zone Championships still to be completed, athletes in the U8-U17 age groups should now be looking forward to their Region Championships, to be held on February 18 & 19.

If your Zone hasn't been held yet, have "FUN".

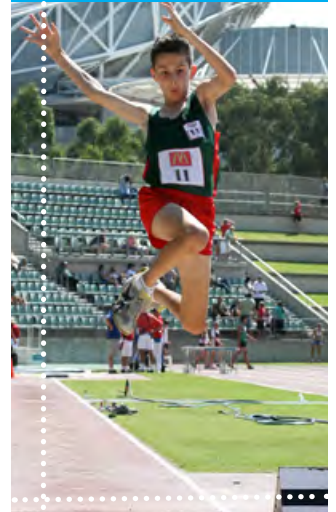
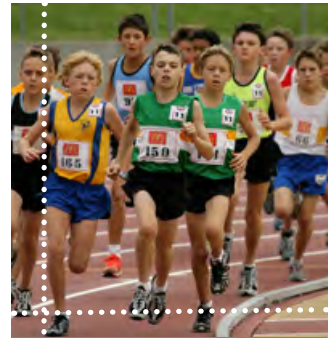
Once your Zone has been completed, check out the results, which can be found in the Competition section of our website.

Trans Tasman Challenge

Good luck to all U11 and U12 athletes who are competing in the Trans Tasman Challenge Match in Auckland on January 15. We hope you all do lots of PB's!

State Multi-Event

Don't forget that entries for the State Multi-Event for athletes in the U7 to U17 age groups (to be held at Turner Park, Aberdare [Cessnock] on Saturday & Sunday, March 3 & 4, 2012) close at the Association office on Wednesday, 8 February, 2012. Athletes can enter via online or can download a manual entry form at www.littleathletics.com.au. More information is also available on the State Multi-Event page of our website.



2012 NSW STATE TEAM SELECTION POLICIES



The 2012 LANSW State Team will compete at the ASICS Australian Little Athletics Championships on Saturday April 21 at The Domain Athletic Centre, Hobart.

The 2012 LANSW State Team Selection Policies (Under 13 and Under 15 athletes) have now been posted on the Little Athletics website.

By way of assistance, the following provides a summary of the intended meaning and operation of the policies.

Eligibility

All team members must be registered with Little Athletics NSW as an Under 13 or Under 15 athlete in accordance with the Constitution and rules/regulations of LANSW.

All Under 13 team members must have competed at the 2012 LANSW State Track & Field Championships at Sydney Olympic Park and all Under 15 team members must have competed at the 2012 LANSW State Multi Event Championships in Cessnock. There is no nomination process. Athletes competing at these events are automatically considered for selection.

An athlete's selection is conditional on their availability to attend all team activities listed on the itinerary and agree to the Conditions of Selection.

Team Size

Each Association is entitled to send an Under 13 team of up to 22 athletes to compete in the Australian Teams Championships (ATC).

Up to two boys and two girls may be entered in the Under 15 Australian Multi Event Championships (AMEC).

Selection Criteria

The selectors will name twenty-two Under 13 athletes who, in their opinion, have the ability to gain maximum team points for NSW. The discretion of the selectors is absolute.

The Under 15 athletes are selected based on their performances at the LANSW State Multi Event Championships. Selection will be determined on the events contested at the Australian Little Athletics Multi Event Championships (AMEC) – 100m, hurdles, long jump, discus, 800m. The two boys and two girls who have scored the highest number of aggregate points in the events contested at the AMEC, using the Australian Little Athletics point score system, will be selected to represent LANSW.

Announcement of the Team

Under 13 team members will be advised of their selection via telephone by 9pm on Monday March 26 following the LANSW State Track & Field Championships. Under 15 team members will be advised of their selection via telephone in the days following the LANSW State Multi Event Championships.

The proposed 2012 LANSW State Team Program is:

- Team Camp 1: Friday March 30, 2012 to Sunday April 1, 2012 (Sydney Academy of Sport & Recreation)
- Team Camp 2: Friday April 13, 2012 to Sunday April 15, 2012 (Sydney Academy of Sport & Recreation)
- Team travels to Hobart: Thursday April 19, 2012 (Team will travel and be accommodated together)
- Australian Little Athletics Championships: Saturday April 21, 8am to 5pm, Domain Athletic Centre, Hobart
- Team returns to Sydney: Sunday April 22

Please note:

- The LANSW 2012 LANSW State Multi Event Championships serve as the selection trials for the Under 15 team members. The 2012 LANSW State Track & Field Championships serve as the selection trials for the Under 13 team members.
- Team members are required to attend all scheduled team activities including both pre-championship camps.
- A Parent/Guardian of each team member is required to attend a State Team Introductory Session with their son/daughter on Friday March 30, 2012 at the Sydney Academy of Sport & Recreation, Narrabeen, which coincides with the start of Team Camp 1.

For the most up-to-date LANSW State Team information, go to the NSW section of the Little Athletics website then Click on 'Competitions', then 'Championships' and scroll down to 'Australian Little Athletics Championships – State Team'. It is the responsibility of all prospective team members, their parents/guardians and their coaches to read and make sure they understand the relevant policies and how they operate. If anyone has a specific query in relation to the intended meaning or operation of the policies, they can contact Little Athletics NSW on 02 9633 4511 or 1800 451 295 or admin@lansw.com.au.

2011 Little Athletics Coach of the Year Award

Do you know of a coach that:

- Is making a positive difference in the sport by doing that "little bit extra"?
- Steadily improves the performance of the athletes that he or she coaches?
- Continually looks for opportunities to improve his or her own knowledge and skills?
- Is a positive role model to his/her athletes and the wider Little Athletics community?
- Presents a really positive image for coaching and participation in the sport?

If so, why don't you recognize these excellent qualities and nominate them for the 2011 ATFCA (NSW) Little Athletics Coach of the Year Award?

The ATFCA (NSW) Little Athletics Coach of the Year Award aims to promote, encourage and reward quality Little Athletics coaching. The award will be presented to an individual whose coaching highlights the values and philosophies of Little Athletics and junior sport in general. Coach nominations may be received from athletes, parents of athletes, Little Athletics Centres or other appropriate individuals.

Nominations close on Wednesday February 22, 2012, at 5pm.

A special award presentation will take place at the 2012 LANSW State Track & Field Championships, at Sydney Olympic Park Athletic Centre. All nominated coaches who are eligible for the award receive a certificate in recognition of their nomination. The winner of the award receives a trophy.

To be eligible for the ATFCA Little Athletics Coach of the Year Award, during the twelve (12) month period of the award, a coach must:

- Have been actively coaching Little Athletics members;
- Have held a current coaching accreditation Level 1 or above;
- Have been a financial member of the ATFCA – NSW Branch, for the year of the proposed award.

How to Nominate a Coach

To nominate a coach, simply download a nomination form from the Little Athletics NSW website and fill in the required details. Completed nominations can be posted, faxed or emailed to Little Athletics NSW.

Coach of the Year Honour Roll

Little Athletics NSW and the Australian Track & Field Coaches Association have cooperated to present this award to an outstanding Little Athletics Coach since 1998.

Year	Winner
1998	Norbert Maciejewski
1999	Angela O'Brien
2000	Marilyn Pearson
2001	Don Hodgekiss
2002	Samantha Peck
2003	Joe Ebejer
2004	Warren Martin
2005	Ray Russell
2006	Gary Micallef
2007	Don Hodgekiss
2008	Tony Russell
2009	Ed Batten
2010	David Bruce



2010 Coach of the Year, David Bruce



COACHES CORNER

SPORTS MEDICINE AUSTRALIA SOUTH AUSTRALIAN BRANCH

www.smasa.asn.au/resources/resources.htm

With Christmas and New Year now gone, it is now back to business. Many Centres have yet to return and many of you may be thinking forward to Zone & Region, or maybe just wanting to improve as an athlete and need to find out more information. Have you ever needed information on 'Fueling Up for Sport'? Needed help deciding on the purchase of a pair of sunglasses? Need some tips on 'Fine Tuning Before Competition'?

This site is a good starting point!

Sports Medicine Australia—South Australian Branch has a specific resources site which answers the above questions, plus many more. They have a number of fact sheets which may help you or at least give you a good place to start.

The topics this site covers are: physical activity, injury prevention, sports injuries, women in sport, sport specific warm-ups, and planning for sport safety. Not all of the articles will be relevant to you, but I'm sure you will pick up lots of tips, ideas and suggestions which will improve you as an athlete. This is definitely worth a look!

The screenshot shows the website for Sports Medicine Australia South Australian Branch. The header includes the SMA logo and navigation links: Home, Contact Us, Links, Policies. The main content area is titled 'Resources' and states: 'National Pharmacies have reformatted the following fact sheets into DL size colour brochures:'. Below this are six small images of brochures. A note says: 'Stocks are available from National Pharmacies stores, and we suggest that you contact your local store by phone to order your brochures. To find your nearest store [click here](#).' Below this is a section titled 'Select your topic preference and hit the top icon to return to this menu.' with a grid of links: Physical Activity, Medical, Articles, Injury Prevention, Women in Sport, Research, Sports Injuries, Sports Specific Warm Ups, Planning for Sports Safety, and Environmental Conditions. A footer note says: 'Some resources below are in Adobe Acrobat format. In order to view and print these documents you must have the free Adobe Acrobat plugin installed. To get the latest version of the Acrobat plugin click the Icon (below). Note: You may need to restart your browser after installing Acrobat.'



Does Your Child Need Orthotics?

There is currently quite a bit of debate as to what is the best shoe and orthotic combination for growing and adult feet. In this article I will present the common sense approach that is applied at The Foot Alignment Clinic and I will explain the clinical model we use.

Firstly it is quite normal for very young children to have flat feet (low arches) and bowed legs.

This stage is between one and seven years. It is very uncommon for children to need orthotic intervention at this age. We encourage lots of time in bare feet and when choosing shoes the more flexible the better.

As children increase their participation in sport more stress is placed on the muscles, ligaments, bones and fascia. This is a fantastic input to the growing nervous system and the more time outside away from the computer the healthier the child becomes. Clinically from 7-12 years children start to take on their adult postures and motor patterns are being developed. Some children may encounter issues relating to posture and may complain of overly tired legs, specific ankle or knee pain or may have coordination problems.

From twelve to sixteen the children are rapidly growing, hopefully participating in loads of physical activity and we believe are in a very critical stage of postural development. Walking and running patterns are being grooved in the nervous system for life.

This is a great time for a check up with a practitioner interested in postural health. Intoed or out toed patterns can be easily measured and corrected using orthotics (this is similar to braces for oral alignment and can only be fixed when the bones are growing). This can influence spinal health and alignment.

As the kids get more active and heavier a host of lower limb conditions can occur including arch pain, Achilles tendon/Severs, shin splints, aching legs, Patello Femoral pain, low back pain, osgoodschlatters and general growing pains. Generally these conditions get worse with:

- 1) Faulty biomechanics
- 2) Excessive tissue loading
- 3) Rapid growth spurts.

Faulty biomechanics needs to be assessed by movement professionals as over pronation/supination are poor postural positions. Some common methodology used includes Gait analysis, muscle testing, digital postural analysis and palpation of tissue stress.

Some common correctable physical findings may include:

- 1) Muscle imbalance
- 2) Leg length difference
- 3) Pelvic misalignment
- 4) Excessive ankle pronation/supination
- 5) Instability/hyper mobility

We are proud of our innovative and logical approach to postural biomechanics at the Foot Alignment Clinics and have much more information at www.footalignmentclinic.com.au

Lvl 5, 187 Macquarie St, Sydney
Suite1, Lvl 1, 267-277 Norton St, Leichhardt
12/71-75 Gladesville Rd, Hunters Hill
15/3 Vuko Pl, Warriewood

DEVELOPMENT DIARY



A Fun Start to the Silly Season



The annual Christmas Camp, held at Blue Gum Lodge Springwood, has again come and gone for another year with much fun and learning had by all involved. The camp is one of the highlights on the LANSW development calendar which took place over the weekend of 16-18th December, 2011.

This year a total of 76 participants aged 8 to 15 enjoyed the 3 day coaching camp with participants traveling in from as far as Gunnedah, Narromine and Young. Highly experienced and accredited track and field coaches Sam Peck, Glen Howell, Ben Abbott, Christie Chamberlain, Joe Ebejer, Richard Berrell and Earl O'Brien, joined LANSW Development staff Darren Wensor, Alvin Umadhay and Nick Bromley to pass on their expertise and knowledge.

Springwood didn't really provide the most magnificent of weekend weather but did provide perfect cool (most importantly dry) conditions for training. All kids took part in coaching events of their choice including sprints, hurdles, middle distance, walks, long jump, triple jump, shot put, discus and javelin.

During downtime, all campers were able to enjoy the peace and serenity that Springwood has to offer but was broken by the noise of laughter, shouts of "catch it" and "pass here" and even singing. Campers were also able to enjoy a swimming session each day after giving their all in their coaching sessions. The Saturday night program enabled both participants and staff to let their hair down and enjoy the traditional camp disco (super Hero "theme") with DJ Jukebox and Secret Santa present giving. The highlight for me was the "Shuffle" competition with the "Shuffle Off" finale.

Many thanks must go to all the staff at the Blue Gum Lodge, especially Erica & Pauline. A big thank you to all the camp participants, parents, friends and coaches for their ongoing support which ensures initiatives such as the Christmas Camp continue.



UPCOMING EVENTS

Don't Miss Out! The Hunter Track Classic Coaching Clinic is on Again!

Little Athletics NSW and the Hunter Track Classic will again combine by running two age-specific coaching clinics on Sunday 22 January, after the big event at the Hunter Regional Sports Centre, Stockland Drive, Glendale! There will be plenty of action on the track with a junior clinic for the Under 9 – Under 11 athletes and a senior clinic for Under 12 – Under 17 athletes. Both clinics will take place 8.30am – 12.15pm.

Under 12 – 17 Senior Clinic:

- Several high profile athletes and coaches will be guests at the clinic, including Tamsyn Lewis.
- Athletes will select two specialist training sessions from the full range of events and take part in a workshop: 'When will I be famous' - a "Q and A" with Tamsyn Lewis and other elite athletes.
- The cost of the clinic is \$30.

Under 9 – 11 Junior Clinic:

- Each athlete will complete a set program which includes sprints, shot put, long jump and high jump.
- Athletes will be placed into groups with athletes of similar age.
- The cost of the clinic is \$25.

Both clinics will be staffed by qualified, experienced coaches who are highly skilled in working with the age groups catered for by this event.

The closing date for all registrations is Thursday, January 12, 2012.

Act now to ensure your place at the clinic. Simply register online or download, complete and return the application form, with full payment, to Little Athletics NSW by the closing date.



Lithgow City Council is inviting all athletes, young and old, to take part in the 2012 Lithgow Flash® Carnival. The event program allows everyone from juniors to seniors to take part as an individual or in a team. Everyone is welcome to enter and it's not a requirement to be in a club or have competed before.

With events in the junior category ranging from under 5 years through to 16 years of age for both girls and boys there is something for all juniors interested in competing. Entry forms for the junior events and the Valley Challenge can be collected from the Lithgow Visitors Centre or downloaded from the Lithgow Flash® Carnival website www.lithgow.com/flashgift

The 2012 Lithgow Flash® Carnival will see the introduction of a sports expo and clinics with sporting clubs and associations invited to participate by having stalls with information and demonstrations about their club activities. For example, Tennis NSW will be setting up a mini court and a speed serve zone for spectators to test their tennis skills.

The Lithgow Flash® Carnival will also include a Growers, Producers and Artisan Market featuring the fine foods, produce and artworks available in and around the Lithgow region.

The Lithgow Flash® Carnival is supported by Destination NSW and will be held at the Tony Luchetti Showground, Lithgow, on Saturday 25 February 2012.

For more information on the Lithgow Flash® Carnival contact Lithgow Tourism on 1300 76 02 76 or tourism@lithgow.com



5km, 10km RUN OR WALK
Half marathon (21.1 kms)

Funds raised from this event will be donated to



INFORMATION & REGISTRATIONS ONLINE BEFORE 2nd March, 2012

www.orangerunners.com.au

GENERAL INQUIRIES—Tricia 6360 0923 or 0400 405778

PRIZES FOR EARLY BIRD ENTRIES (enter by 12/02/2012)

PRIZE for 1st, 2nd & 3rd MALE & FEMALE in each event

AGE CATEGORY PRIZES

SCHOOL TEAM PRIZE

LOTS & LOTS OF BARREL DRAWS

Blacktown Little Athletics Team walks for 24 hours

Blacktown International Sportspark (temporary home of BLAC) hosts the Blacktown Relay For Life for the Cancer Council NSW.

On October 29-30 2011 BLAC entered a small but dedicated team in the Relay For Life to support the work of the Cancer Council and to support the local community.

Relay For Life is an overnight, community event where teams participate in a relay-style walk or run to raise funds for Cancer Council. The event brings the whole community together for a night of fun, entertainment, celebration and remembrance.

Some people do it in memory of a loved one who has passed away from cancer. Some people do it to show how proud they are at having survived cancer. Some use it to show they are strong enough to beat cancer. And some just want to be involved and make a difference.

The team did an exceptional job in walking throughout the day and night and had a lot of fun. We are proud of the effort put in and also proud that we exceeded our fundraising goal.



Holroyd Little Athletics Centres Lapathon

Holroyd have been conducting a lapathon for over 15 years as their major fund raiser, with varying degrees of attendance. Of course we have athletes who don't care to run long distances and they have been the ones who have dodged the night in the past.

In a bid to increase interest and participation in the event, the committee decided that we would conduct a fancy dress lapathon, with judging by two independent judges who were instructed to select the best dressed in each age group, one boy, one girl. Trophies were to be awarded to each winner and this was duly advertised and parents were also invited to join in the fun and dress up.

The night was an outstanding success with only seven or eight children turning up who were not in fancy dress. As can be seen by the photos, the costumes were very colourful, with a great deal of genius ideas shown by some. We had witches, fairies, doctors, clowns, cartoon characters, footballers, princesses, brides and animals.

The lapathon is started by a gun, and exactly an hour later is stopped by the gun. During the hour all athletes participating receive an ice block, handfuls of soft lollies and as much cordial and water as they require. At the completion of the event each child that participated receives a free sausage sandwich.

It is a great fun night that for a comparatively small outlay that raises thousands of dollars.



Find a Word



HORSES

- Andalusian
- Arab
- Barb
- Clydesdale
- Coach
- Colt
- Dartmoor
- Filly
- Foal
- Galloway
- Gelding
- Highland
- Jutland
- Mare
- Palomino
- Pinto
- Pony
- Shetland
- Shire
- Stallion
- Tarpan
- Thoroughbred

A	M	O	N	J	U	T	L	A	N	D	T
N	Y	T	P	A	Z	H	S	E	U	R	C
D	Q	R	W	A	Y	O	Z	H	K	T	L
A	C	O	L	T	L	R	N	E	I	A	Y
L	I	O	P	H	L	O	R	G	F	R	D
U	D	M	G	J	I	U	M	N	G	P	E
S	N	T	A	L	F	G	L	I	M	A	S
I	A	R	L	K	L	H	H	D	N	N	D
A	L	A	L	A	V	B	C	L	M	O	A
N	T	D	O	A	B	R	A	E	A	T	L
S	E	F	W	R	Q	E	O	G	R	N	E
T	H	V	A	A	S	D	C	P	E	I	D
B	S	B	Y	B	X	G	Y	N	O	P	J

CONGRATULATIONS

to U13 Little Athlete **ERIN DALLEY** from
ALBION PARK LAC who won last edition's Find-a-Word!!

To win a \$50 gift voucher from



send completed puzzle, along with your
name & address to LANSW Locked
Bag 85, PARRAMATTA NSW 2124 by the
27th of February 2012.

Name: _____

Centre: _____ Age Group: _____

Address: _____

Postcode: _____

Contact us...



Locked Bag 85, PARRAMATTA NSW 2124 (90-92 Harris Street, HARRIS PARK 2150)
Tel: (02) 9633 4511 or 1800 451 295 Fax: (02) 9633 2821
Email: admin@lansw.com.au Website: littleathletics.com.au