

ADAMSTOWN-NEW LAMBTON LITTLE ATHLETICS CENTRE



1993 - 94

ADAMSTOWN-NEW LAMBTON LITTLE ATHLETIC CTR

PARK; Alder Park - behind Alder Park Bowling Club off Moonbi St
New Lambton.

AGE GROUPS; U/6 to U/15 and Tiny Tots.

COLOURS; Green, Red, and White.

CLUB COMPETITION; Each Friday night starting 10 September 1993
at 430 PM sharp and lasts about 2 hours or till dark.

REGISTRATION; 27 August 93 at St Columba's, Lockyer St,
Adamstown from 3PM to 5PM; then at Alder Park on
3 September 93 from 4 to 5PM; then each Friday night
there after.

FEES; Tiny Tots - \$13.00; U/6 - \$15.00; U/7 to U/15 - \$20.00

Athletic Instruction will be available at a date and time to be advised.

POINT SCORE & TROPHIES

Recognition is given to athletes who are regular attenders and
improve on their own abilities;

1. Must attend 75% of total Friday nights available, minus rained out
days.
2. Must compete in 3 out of 4 events offered (or 2 out of 3, etc)
and have paid the Friday fee.
 - a. 2 points awarded for each Friday competition day.
 - b. 2 points awarded for personal best.
3. Additional points;
 - a. each Big Mac attendance - 5 points per carnival.
 - b. competition at Zone Championship - 5 points total.
4. Records; Setting and Breaking of Centre records will start after
the Sixth (6th) Friday of competition and then every week there on.

**ADAMSTOWN-NEW LAMBTON LITTLE ATHLETIC CENTRE
COMMITTEE 1993-94**

<u>PRESIDENT:</u>	ERROL RAINS	514685
<u>SECRETARY:</u>	PAT HOLLIS	522913
<u>TREASURER:</u>	PAM BENDEICH	572715
<u>REGISTRAR:</u>	LEA NUGENT	631648
<u>CANTEEN SUPER:</u>	MAREE GILMOUR	528622
<u>TINY TOT SUPER:</u>	ANGELA BALLINGER	692805
<u>ZONE DELEGATES:</u>	MICHAEL SCOTT ERROL RAINS	573475
<u>STATISTICIANS:</u>	PAM BENDEICH ERROL RAINS	
<u>STARTER:</u>	MICHAEL SCOTT	

As you can see we still need more volunteers to help with the committee; this is now your children's club, so please come help in any little way.

The Centre's committee will be holding monthly meetings at the Alder Park Bowling Club at 730 PM on Monday

	13 Sept
	11 Oct
	6 Dec

then on the first Monday of each month.

All parents are welcome to attend. Please come, listen and gain information that might not otherwise be gained, and have your input into your child's club. We won't pressure anyone into holding a position or draft them into a job. We will only charge you an annual two dollar (\$2.00) fee to join the Centre's membership if you wish to obtain voting rights.

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We congratulate the organizers of the Adamstown-New Lambton Little Athletic Centre and trust their much needed venture in the community is most successful.

Alder Park Bowling Club offers Social Membership at a minimum cost of only \$2 (two dollars) yearly with a joining fee of a further (\$2) and a further cost added to the joining fee of (\$1) Share Capital.

You are strongly urged to take advantage of this unique offer for the entry into Registered Clubs is now most difficult if you reside within a 5 km radius of the selected club - unless of course you are a guest of a member remaining in that persons company.

Bar commodities are at a very cheap rate along with the usual refreshments.

Become a member and enjoy the comfort of the club after your days activities.

ENJOY YOUR SPORT - LITTLE ATHLETES

HIGHLIGHTS 93/94 CALENDAR

27-08-93	REGISTRATIONS	3PM ST COLUMBA'S
3-09-93	REGISTRATIONS	4PM ALDER PARK
10-09-93	COMPETITION STARTS	430PM ALDER PARK
10-09-93	COACHING CAMP	MYUNA BAY
17-10-93	1st ROUND BIG MAC	9AM NELSON BAY
24-10-93	ZONE MULTI	10AM MALLABULLA
29-10-93	ZONE CHAMPIONSHIPS ENTRIES CLOSE	
31-10-93	WALLSEND GALA DAY	FEDERAL PARK
7-11-93	2nd ROUND BIG MAC	9AM KURRI KURRI
14-11-93	PENTATHLON	EAST MAITLAND
20-11-93	ZONE CHAMPIONSHIP	WOODBERRY
21-11-93	ZONE CHAMPIONSHIP	WOODBERRY
5-12-93	GALAH DAY	WOODBERRY
5-12-93	TINY TOT CARNIVAL	ABERDEEN
10-12-93	CHRISTMAS BREAKUP	ALDER PARK
7-01-94	RESUME FRI COMPETITION	ALDER PARK
12-02-94	3rd ROUND BIG MAC	WOODBERRY
19-02-94	REGIONAL CHAMPIONSHIP	WALLSEND
20-02-94	REGIONAL CHAMPIONSHIP	WALLSEND
19-02-94 & 20-02-94	STATE CHAMPIONSHIP	SYDNEY

AGM AND PRESENTATION NIGHTS TO BE ADVISED.

The calendar is subject to change at short notice so please check at table/notice board each Friday for changes.

COMMITTEE NOTICE - IMPORTANT!

The Adamstown-New Lambton Little Athletic Centre will not be responsible for any children who wander away from the athletic competition area; ie in the drains, streets, bowling club. Also remember Stranger Danger as this is a public park.

Welcome to the ADAMSTOWN-NEW LAMBTON LITTLE ATHLETICS CENTRE at Alder Park.

I have been associated with Little Athletics for the past 11 years (1 at Cardiff and 10 with Waratah-Mayfield) and have served in various capacities at both club and zone level, and I am a Level 1 Coach with the Australian Track and Field Coaches Association.

While helping Merewether startup its Centre a few years ago, I felt that Newcastle could viably handle a few more Centres (with willing and enthusiast parents and with no experience necessary). When asked to help start Adamstown-New Lambton Little Athletics Centre, I naturally accepted.

Starting a new Centre with no money and no equipment is quite a challenge. Luckily, 4 of the ladies and their families have previous Little Athletic experience and enthusiasm, which has made this formation easier.

Roughly, \$15,000.00 is needed to have a fully functional Centre; so we are borrowing some surplus equipment from other Centres and have obtained a starting package from the State Association with a year to pay. Hopefully, we are having a service organization dig our long jump pits and from there we will have to purchase and/or make the rest(a list of equipment and items that we still need will be displayed the first night of competition). Please, don't be shy, and please come forward if you can help us obtain any items required no matter how small. We will be having more fund raising activities than I personally like to have. I know times are tough, so lets put our heads together and come up with ways of obtaining the money and equipment that doesn't come out of our own pocket to provide the children a safe, enjoyable athletic activity. We have been offered a free meat or vegetable tray from Festival Supermarket, New Lambton, to raffle each week, but from past experiences the novelty soon wears thin when you are asked to fork out extra money each week.

Being a new Centre, on the first 2 Fridays of competition, I will take all the parents around to all the activities and give them a general run down on how to operate each event and show how easy it will be. For the parent who wants to get deeply involved I can offer information of Officials and Coaching courses and exams.

We will be incorporating the Centre as soon as possible (once again \$\$), so until then the Centre will be operating under the "Model Rules for the Incorporation of Associations" except where it applies to incorporation; a copy will be at the canteen along with the LAA NSW Constitution and rules of competition for your inspection.

This handbook is full of information that usefull for the whole season, but if we have left anything out or you have any questions or problems during the season ---- PLEASE don't hesitate and ask the committee, no matter how small -- no one will call you a dummy -- we all started from scratch once and being a new Centre, we have to be open to new ideas and not ignore things we don't see.

Errol Rains - President



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I thank you for joining our NEW ATHLETIC CENTRE and WELCOME.....

As you can see in the list of committee members in this handbook, we still need some willing workers to fill positions (the present committee members have spent the last couple of months frantically trying to get to the starting post).

I would also like to take this opportunity to thank those businesses who have taken out advertising in this book and would like to ask you to patronize them whenever possible.
HAVE FUN...

Pat Hollis --- Secretary

Listed below is a breakdown of where your registration fee goes during the coming year;

Tiny Tots	\$13.00	\$10.00 to State Association registration and insurance.
Under 6	\$15.00	\$13.00 to State Association registration and insurance.
U/7 to U/15	\$20.00	\$17.00 to State Association registration and insurance.

The one dollar you pay for each child each Friday night goes towards Trophies, Christmas celebrations, and Presentation Night.

Advertising, donations, canteen sales, registrations, fund raising, together with Parents' membership goes towards purchase of equipment for our Centre (a minimum of \$15,000.00 is required).

I hope this brief outline of expenditure will encourage you to participate in every way possible for the coming season and help make our new Centre a very enjoyable experience for everyone.

Sincerely - Pam Bendeich - Treasurer

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WELCOME...As a new centre my position as REGISTRAR is also a new experience for me. It is my job to make sure that your child or children are registered and placed in the correct age group.

Registration is based upon the age of your child on the 1st October of each year. Birth certificates are required to be sighted by an executive when registering your child.

I hope this season will be a great and enjoyable one for all our Athletes.

LEE NUGENT - REGISTRAR

GENERAL RULE

It is expected and indeed essential that parents become involved in helping with events and serving in the canteen. Unlike other sports where two teams play, with one referee, athletics is for the individual with multi-events which must be timed or measured. These positions will need to be filled each week. Your child is the one who benefits from your help; and without it the events cannot take place. Experience is not necessary - help will be given.

ATHLETIC INSTRUCTION

Once the season has started Athletic Instruction will be available on certain nights. If interested please contact Errol Rains.

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INSURANCE

All registered athletes are covered by the NSW Little Athletics Association Inc. This insurance covers all athletes while competing at officially organised events against personal accident. All officials are covered against injury whilst attending Little Athletics activities, provided they sign their event sheets. All spectators should keep well clear of events as there is no accident or liability to cover them.

FUN CARNIVAL

The 3 rounds the Big Mac Challenge are Run Carnivals. Races are run in heats only - no finals, no times. Children compete in their own age group or the next highest. All entries gain points for their age group team and the centre over the 3 rounds. Come along for an enjoyable Family day and make friends from other clubs.

TINY TOTS

Being a new Centre we will more than likely have a large nursery of U/4's to U/6's. This age group was originally set-up as a child minding service for parents (with older children) when helping out in the field. Now it has proved an important nursery in developing future Little Athletes in providing co-ordination and play training. This group requires more parent help and more equipment per child to work effectively. We trust that the children will not just be dropped off and the parents go shopping, this group needs the interaction of parents and other children in an active atmosphere to work.

LITTLE ATHLETICS

The concept of Little Athletics was the brain-child of Trevor Billingham and the first competition started in the late 60's in Victoria. The NSW motto "FUN RUNNING WITH LITTLE ATHLETICS" is simple and basic and more enjoyment will be derived from Little Athletics if this motto is always kept in mind. The Association has gradually spread throughout Australia, commencing in NSW in 1970. Competing athletes in this inaugural year totalled 1500, and now around 36000 enjoy these activities.

The association is controlled by a Board of Management made up of voluntary elected workers. All centres are run by their own executive nominated and voted on at the Centre's Annual General Meeting. General or monthly meetings are conducted at regular intervals throughout the year to which all interested persons may attend.

Adamstown-New Lambton LAC is one of 10 centres that form the Port Hunter Zone.

Adamstown-New Lambton	522913
Medowie	828598
Merewether	529790
Port Stephens(Nelson Bay)	841736
Raymond Terrace	975560
Stockton	281976
Tilligerry	845167
Wallsend	515287
Waratah-Mayfield	559748
Woodberry	828950

TERMINOLOGY

THE CENTRE. The local activity area, where local children compete locally against and with one another. These Centres may have clubs, these built on sport or community groups, i.e. Police Youth Clubs, Church Groups, etc. or the Centre may all compete as one identifiable group. A number of larger Metropolitan Centres have their clubs, each with an executive but a number and the majority of Country Centres have no clubs as such.

THE ZONE. A gathering of nearby or conveniently placed Centres which come together as the first stage of higher level competition, and for closer to the scene administration of those centres on a collective basis. The Zone Co-ordinator, selected from a Centre within the Zone, is charged with the responsibility of that administration and with the responsibility also of conducting the Zone competitions. From Centre to Zone, 4 competitors per event with a max of 4 events over 2 days.

THE REGION. With similar administrative requirements of the Zone and with higher level of competition where Zones come together to further refine the qualification to State competition. Where 2 or more Zones bring forward their maximum first four competition.

STATE. For most the ultimate goal along the competitive path where qualifiers from the 4 Regions within the State meet on equal footing of 2 heats for all laned events with a max of 16 in all other events. Conducted by the Association this meeting over 2 days brings the leading athletes together. Those conducting the events are in the main parents of competing Little Athletes although it is surprising the number of parents still involved whose children are no longer a part of the movement.

GENERAL INFORMATION?

Adamstown-New Lambton Little Athletics Centre was formed at a public meeting on 22 June 1993 at St Columba's school Adamstown and was attended by representatives of the NSW Little Athletic Association INC. The parents present felt that a little athletic centre was needed and would be of benefit to the children of this area. The basic objective of this new centre is to provide and promote track and field activities under the NSW Little Athletics Association Inc. for children from U/4 to U/15 years in an atmosphere of family and fun. The committee first made approaches to the Adamstown Park Outer Grounds Committee for use of their grounds and facilities, but was denied use in that the park was overused and there was no room for another user. Sincere thanks to Pat Clarke and Alma Tate for their efforts on our behalf in trying to use Adamstown Park; But with time running short to start the season, the ANLLAC committee obtained permission to use Alder Park with thanks to John Bower and the Western Suburbs Junior Cricket Club; and Robert Gearing and the New Lambton Junior Soccer Club. Also special thanks goes to Michael Davidson for surveying the track for us.

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FRIDAY COMPETITION

Our club competition is held each Friday at 430pm sharp and last about two hours. Until daylight savings starts, the throws and jumps will be restricted to two tries (instead of 3). We will not be using the lights this season in an effort to use the money on equipment. This year the Friday competition fee will be \$1.00 per child per each Friday that they compete. Please try to be at the park a little earlier than 430 to register the children, help set up, and volunteer to help in the field.

UNIFORMS

To start with, a plain white t-shirt or singlet; the centre will be ordering a uniform top for the athletes to purchase in the near future. The child's registration number is to be attached to the front of the shirt so that it can be clearly seen when the shirt is tucked-in. You will have to purchase your own bottoms outside; Bottle Green is the colour; and the choice for the boys will be either shorts or bike pants; and the choice for the girls will be either scungies, netball skirt and scungies, or bike pants. When actually competing, all shirts will have to be tucked-in. SHOES MUST BE WORN AT ALL TIMES. SPIKES ARE NOT TO BE WORN BY ATHLETES U/8 AND YOUNGER. SPIKES ARE ONLY TO BE PUT ON AT THE STARTING LINE AND TAKEN OFF AT THE FINISH LINE. THIS RULE IS TO BE STRICTLY ADHERED TO.

The age patch is to be attached on the top, left, front of shirts.

WARM UP

Prior to starting any event, the children should always do stretch exercises and a light jog to loosen up.

LA'S TEN COMMANDMENTS

1. Little Athletics is a family sport, to be enjoyed by each family member in their own way. Don't spoil it by getting too intense.
2. There is only one winner for each event. If your child isn't that winner and it matters a lot to you --- go home!! Little Athletics is not for you.
3. Be on guard about projecting your own aspirations onto your own child. If you want to win the event - - go do it yourself and join a senior club.
4. Never hurl abuse from the sidelines; people don't respect you for it. By all means cheer your child on, but do so with good temper and friendly enthusiasm.
5. There is no circumstance in Little Athletics that warrants a child being humiliated. If they were able to win or were trying their best on the day, then it would have happened. Punishment and verbal abuse brings resentment in these circumstances. Resentment leads to deterioration relationships. This in turn is bad for the whole family. A child will go to the "ends of the earth" for parents who lay fair and respect their child.
6. be on watch for signs of stress, reluctance to compete, worsening performances, anger, resentment, change in personality, or anything unusual. Be ready and willing to listen. If you do, your child will tell you the problem; unless they think it is something you don't want to hear.
7. PLEASE! approach the President, executive members or coaches if you see a problem occurring. All of them have children of their own and they will be only to willing to help you or your child.

8. Athletics will not be the only thing in your child's sporting life. There is the age of discovery and development. If things are going badly, it may be time for a rethink. Ask your child if they are having any particular problems in athletics. If you can correct the problem; their enjoyment increases.

9. "The higher you climb, the further you fall."

10. If you see something of which you disapprove; bring it to the notice of the executive. Don't grumble in the background or try and set it right yourself. You will find that the executive are there to help and will listen to any reasonable idea or request.

THANKS

A special word of *THANKS* to our advertisers who came forward to help us. Sponsorship is not a donation, it is a way of promoting a business or service; therefore it is hoped that we will endeavour wherever possible to patronize those who support us.



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