

Records

Craig PARKINSON

Additional Meeting Fri 2<sup>nd</sup> Feb

# ADAMSTOWN - NEW LAMPTON LITTLE ATHLETICS CENTRE Inc.

A.G.M 29-1-96 7.00pm

Level 0 Coaching Sept Father's day weekend

May 25, 26

June 1, 2

Wangi Wangi



Family - Fun - Fitness

# Athletics

Day Dash Run

adults \$15  
 11-15 yrs \$10  
 3-11 - \$7

Sat 23-7-96

Hillsborough Road,

11.00 am - 3pm

\$44

## 1995 - 96

### 3rd Season

683 411

Wibberley Mother

Margaret Cl

48 won street

Working Woman

next club Phoebe

ADAMSTOWN - NEW LAMBTON LITTLE ATHLETICS

CENTRE Inc.

COMMITTEE 1995 - 96

<u>President:</u>	Errol Rains	514685
<u>Vice President:</u>	Lee Nugent	408909.
<u>Secretary:</u>	Pat Hollis	522913 37 Wood St Adamstown
<u>Registrar:</u>	Isabell Wibberley	<del>570855</del>
<u>Equipment Officer:</u>	John Wibberley	<del>570855</del>
<u>Canteen Officer:</u>	Vicki Laidler	
<u>Statistician:</u>	Isabell Wibberley	570855
<u>Zone Delegates:</u>	Grahame Nash Gavin Krstinovski	522323 438411

Carnival

Team Managers: Maree Gilmour, Pam Bendeich

As you can see we still need more volunteers to help with the running of the club - this is now your child's athletic club - so please come and help in any little way.

The Centre's committee will be holding monthly meetings at Alder Park Bowling Club at 7 pm on the first Monday following the first Tuesday 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 activity.

**- Committee Notice - Important -**

The Adamstown - New Lambton Little Athletic Centre Inc. will not be responsible for any children who wander away from the athletic competition area; ie. in the drains, streets, bowling club, play ground.

Also remember STRANGER DANGER as this is a public park.

School athletics Mon 29<sup>th</sup> July

WELCOME to Adamstown / New Lambton Little Athletic Centre Inc.

This will be our third Athletic Season and hopefully it will be even better than our two previous seasons. This year we will not only be running our normal Season events but we will also be hosting the first of two "Big Mac" Carnivals on the 22nd October at our field. These are Fun Carnivals and for those of you who have not been to a previous one, let me assure you it is a great day. We have the chance to show other Centres how well we run our Centre ;and we do expect that we get a 100% attendance from our athletes. If you would like more information about this Carnival, Please feel free to ask any one of our Committee members listed in this book.

Also I would like to thank the firms who have advertised in this handbook and remind you that whenever possible, please support those who support our Centre.

REMEMBER, Little Athletics can only succeed if parents become involved in the running of the centre at Committee Level and also at competition level. YOUR HELP BENEFITS YOUR CHILD.

PLEASE READ THIS BOOK FULLY AND IT WILL EXPLAIN IN DETAIL WHAT OUR CENTRE IS ALL ABOUT.

HAVE FUN

PAT HOLLIS, Secretary

LAWLER DAVIDSON

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## Treasurer's Report

In our 1994-1995 season we have again shown a small surplus, we missed out on raising valuable income due to the many cancelled nights because of wet weather. Because of this we were unable to buy the equipment we require to ensure our children can participate in as many varied events as possible. Hopefully the weather will be kinder to us this year.

Our fund-raising chocolate drive was very successful along with our canteen sales and for our centre to succeed we will need our ventures for 95-96 to be successful so that our children can all benefit.

### OUR 1994-1995 REVENUE AND EXPENDITURE

Income	Item	Expenditure
2442	Canteen	1688
255	Donations	
1818	Friday Fees	
4059	Fund Raising	2674
10	Bank Interest & Fees	50
513	Presentation	319
4019	Registrations	2833
30	Membership	
1066	Uniforms	994
49	Admin/Misc	738
	Electric/Rent	387
	Equipment	1935
	Trophies	1569
	Field Upkeep	632
	Insurance	235
		<hr/>
14291		14054
Surplus \$237.00		
Cashbook balance @ 1 April 1994		1563
Add: Revenue for the year		<u>14291</u>
		15854
Less: Expenditure for the year		<u>14054</u>
		1800
Bank Statement Balance @ 31 March 1995		2105
Less: Unpresented cheques		<u>305</u>
		1800
Equipment approx. replacement value		6501
Total assets of Adamstown/New Lambton Little Athletics Centre Inc.		8301

Yours in sport

Ray Ramage, Treasurer



## UNIFORMS

The centre has club shirts for sale at the canteen. The children may wear just a plain white t-shirt or singlet - but the club shirt must be worn if the child competes at another function away from our normal Friday night competition. 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 (all shirts will have to be tucked-in when actually competing).

You will have to purchase your own bottoms outside - Bottle Green is the colour - and the choice for boys will be either shorts or bike pants - and the choice for girls will be either scungies, netball skirt and scungies, or bike pants.

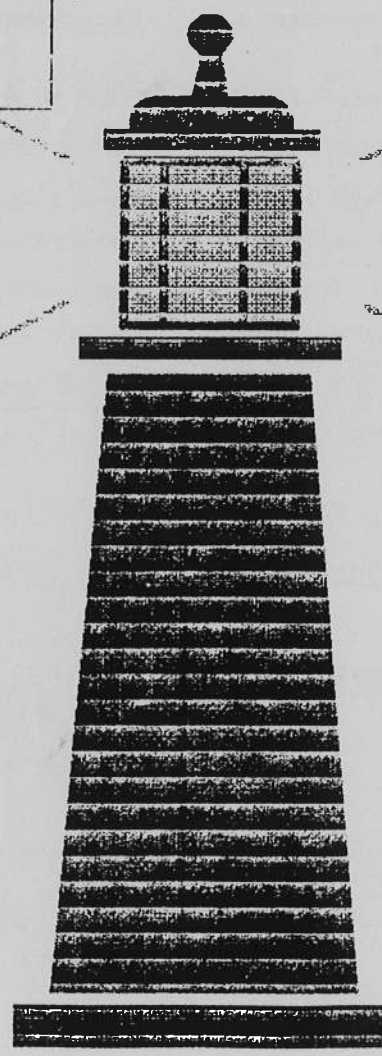
**Shoes must be worn at all times.** Spikes are not to be worn by athletes u/8 and younger. Spikes are only to be put on at the starting line and taken off at the finish line. This rule is to be strictly adhered to.

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

Parents should provide suitable protective clothing readily available to the children should the weather turn cold, wet, or hot.

We will try to run a second hand shop at the canteen to sell all your old running shoes, shirts, and shorts.

<u>Club Holder</u>	<u>Yr</u>	<u>A - NL</u>	<u>Port Hunter</u>	<u>EVENT</u>
<u>Under 14 Boys</u>				
Kris Nugent	12-94	15.5		100 m
Kris Nugent	12-94	32.6		200 m
Scott Bendeich	11-94	7-34.4		1500 m
Scott Bendeich	12-94	10-06.6		1500 Walk
Kris Nugent	02-95	4.05		LJ
Kris Nugent	12-94	1.30		HJ
Kris Nugent	02-95	7.00		SP
Scott Bendeich	11-94	16.95		DISC
Kris Nugent	12-94	26.3		90 Hurdles
<u>Under 15 Boy</u>				
Eric Galiatsatos	12-94	12.3		100 m
Eric Galiatsatos	12-94	25.8		200 m
Eric Galiatsatos	11-94	1-01.8		400 m
Eric Galiatsatos	11-94	2-50.7		800 m
Eric Galiatsatos	12-94	2.66		LJ
Eric Galiatsatos	10-95	8.95		SP
Eric Galiatsatos	12-94	18.48		DISC
Eric Galiatsatos	12-94	24.7		90 Hurdles



### Terminology

**The Centre:** The local activity area, where local children compete against and with one another.

**The Zone:** A gathering of nearby or conveniently placed Centres which come together as the first stage of higher level competition.

**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.

**State:** For most the ultimate goal along the competitive path where qualifiers from the 5 Regions within the State meet on equal footing.

Adamstown-New Lambton LAC is one of 11 Centres that form the Port Hunter Zone (3 zones reside in the Hunter)

Adamstown	522913	Stockton	281812
Medowie	828779	Thornton	664368
Tilligerry	823033	Merewether	529790 (may restart soon)
Port Stephens (NB)	821934	Waratah-Mayfield	559748
Raymond Terrace	975580	Woodberry	665565
		Wallsend	515287
Port Hunter Zone Co-ordinator		Peter Payne	824901
Hunter Zone Co-ordinator		Charles Sanders	334481
Lake Macquarie Zone Co-ordinator		John Spink	582307

### BIG MAC the FUN CARNIVALS

The 2 rounds of the Big Mac Challenge are Fun 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 2 rounds. Come along for an enjoyable Family Day and make friends from other clubs.

### 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 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 in NSW alone.

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21 MOIRA ST. ADAMSTOWN



## 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 too 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.

With Thanks to Balmain LAC

