

Ballarat Little Athletics Club

DECEMBER 6TH 2014

Club Notes

We are always looking for helpers.

If you have twenty minutes or the whole morning we will be happy to find you a little job!

Please make yourself available to help at the Region Champs in Feb—we will be hosting 17 other clubs—and there will be plenty of work to do! So book the weekend off now and look forward to helping us make the Regions Championship a great success!

From the Presidents Desk.....

Dare to Compare!!

People and Organisations that are in business and want to be good at what they do are constantly benchmarking (comparing) themselves against other similar businesses. This makes sure they are on top of their game, or shows that they need to adjust a few things to gain the success they want. Athletes do this too—it's why they compete. Going to competitions is benchmarking for athletes. The Region Track and Field Championships early next year offers a great opportunity for you to benchmark yourself against other athletes in our Western Region. There are about 18 clubs in our region so there will be plenty of opportunity for meeting new friends, getting your PB, and being a great competitor representing Ballarat! This year the Under 9's are eligible to compete—which means

they can go on to State Level if they want to! This year our club is hosting the event at Llanberris, so it would be great to have lots and lots of our members competing on the day! You need to sign up now though make sure you get a place and to get the Early Bird Entry Fee of \$7 per event! If you have never been to a competition like this before—don't worry—there will be plenty of people to help you know what to do! Come for competition; come for the fun; or just come to help on the day! Whichever option you choose—you will be a winner!!

Region Track and Field Championships 21/22 February 2015

<http://lavic.com.au/Competition/Events/Region-Track-Field-Championships>



The Start Line

For our younger athletes



Little Legend

Award

This weeks award proudly

sponsored by
NAB

goes to

**Samantha
Pretty**

Under 7

Well Done

Samantha!

Our Values

Personal-Development

Participation

Equality

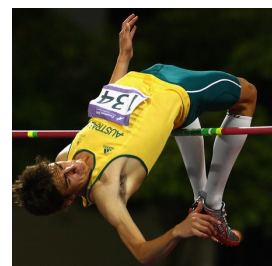
Enjoyment

Building Friendships



High Jump: The aim of high jump is to jump off one foot over a four meter long horizontal bar without knocking the bar to the ground. You have three chances at each height. If you know how high you can jump you can elect to "pass" at a given height. If you miss three times in a row at the same height or a combination of heights you will be eliminated. If there is a tie, the judge

will "count back" to see who had the least failure at that height; or if still tied, the least failures for the whole competition. If they are still tied, then there will be a jump off to determine the winner. For athletes just beginning high jump a soft bar is often used, and some people elect to "scissor kick" over the bar until they are a little older. As you get more experienced you start using the "Fosbury Flop" as the technique to get over the bar. Measurements for high jump are taken from the top of the middle of the bar. The height is also checked at each end of the bar to ensure it is level. Officials need to check the end heights every time the bar is raised and



when someone is attempting a record. Highjump requires a combination of strength, excellent technique and flexibility to be able to jump high. The highest highjump was in 1993 and was 2.45m by Javier Sotomayor of Cuba. No one has broken his record yet! Next time you do high jump –see if you can even touch 2.45m—its really high!!

Down the Straight

For our more experienced athletes

The most exciting moment in the high jump occurs when the jumper soars through the air and tries to clear the bar. But that payoff moment is the result of a longer, more complex process. The high jump combines techniques used in running and hurdling, as well as jumping events. It's the approach run that generates the speed that gives a high jumper the power to leap over the bar. At the same time, the approach run must be controlled – as in the hurdles – by employing the same stride pattern on each jump, to complete the approach at the proper take-off spot. Young high jumpers, therefore, should begin by developing a consistent approach run, then learning the proper take-off and flight techniques. If you don't get the approach right, you won't need to know how to clear the bar because you won't jump high enough to do so. The Fosbury Flop is all

about mathematics. It enables a high jumper to send their centre of gravity well below the bar even though their body curls over and around it. The more flexible you are the more you can curve your body around the bar and the lower your centre of gravity will be. The 2004 Olympic men's high-jump champion Stefan Holm, from Sweden, is rather small by the standards of high jumpers but is able to curl his body to a remarkable extent. His body is very U-shaped at his highest point. He sails over 2m 37 cm but his centre of gravity goes well below the bar. To help with stability and comfort in take off highjumpers wear special spikes—with special

spikes in the heel to help with approach and take off. The total number of spikes allowed by the IAAF can not exceed 11 in the front, and jump shoes are normally configured with six or seven in the front, and four in the heel: spikes may not exceed 12mm in length. The four heel spikes aid greatly in the last four to five steps of the J-approach, allowing the jumper to run on his or her curve at a fast speed without slipping. The limit for the length of spikes in the shoe may not exceed 9mm in length on a synthetic track. Some high jump shoes are even more technologically developed and in addition to the extra spikes on the heel, the shoes are modified to lean the direction of the approach to provide further support while running their curve. As well as the approach, high jump shoes also help and support the jumper's takeoff. The IAAF regulations specify a maximum sole thickness for both high jump and long jump shoes; competitors in all other events may wear shoes with soles of any thickness.



The photographer Peter Kjelleras captures the Olympic high-jump champion Stefan Holm jumping at the World Athletics Championships in Paris, in 2003. Holm dramatically demonstrates his ability to send his centre of gravity far below the

On Your Mark!

Eleanor Patterson is considered by the experts to be the most exciting youth women's high jump prospect the world has seen for 30 years. Patterson, from Leongatha in regional Victoria, didn't just leap to high jump stardom overnight. Rather, her potential for great things has been noticed across the globe over 12 months of eye-catching performances. Standing 1.82m tall, she appeared on the radar of talent-observers in July last year by soaring to an emphatic six-centimetre victory at the IAAF World Youth Championships in the Ukraine. It's fitting that all the ensuing attention thrust in the direction of the shy year 12 Mary

Mackillop Catholic Regional College student drew only a modest reaction, the kind expected from one of her very famous sporting heroes. "I admire anyone who works hard at any sport, especially in a humble manner, like Roger Federer," Patterson says. "It was a great experience winning at the IAAF World Youth Championships. Patterson's Eastern European effort, however, would prove merely an entree to her feats to come, when in December last year she lifted her personal best to a mammoth 1.96m. That fly at the Australian All Schools Championships in Townsville created headlines in sports



sections and news bulletins across the country. Green attributes the effort to the "five Ps": perfect preparation prevents poor performance.

"She's very dedicated," he says. "She's very easy to coach, she never misses a session and she's a good learner." Consistency is another quality which will keep Patterson above the bar: in March she also won the 2014 national under 20s final in an Aussie Junior Athletics Champs meet record of 1.89m. She began doing Little Athletics and it took off from there." Patterson's journey to rising superstar status certainly hasn't been as aerodynamic as her high jump technique. She still mostly trains on grass (given her rural location) and juggles high school to boot. But she wouldn't have it any other way. "I just love to jump and enjoy everything about training," she says. "I won't be moving to the city anytime soon."

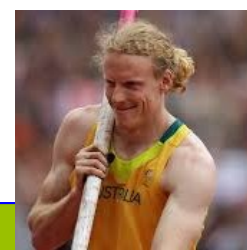
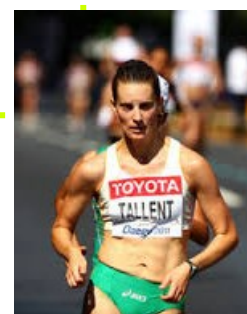
Ideas for Good Sportsmanship

We were very lucky last week to have the awesome support of no less than three Australian Olympians! Kathryn Mitchell, Jarred and Claire Tallent all gave their time to help our members learn some new skills. The presence of such distinguished athletes is not just about improving skills though. To be able to see, to listen and interact with people who have achieved the ultimate success in their sport is inspiring, and gives us real life examples of how hard work can really pay off in achieving dreams. Many of our

young athletes do not aspire to be Olympians, but each will have some dream they want to fulfill—and to talk with people who have made their own dreams come true can provide a great boost to their own determination.

Mentoring the younger generation is an important part of good sportsmanship. It is "giving back" to the organisation that started you on your path. At Ballarat we see some of our older or ex Little Aths people helping with coaching. It is wonderful to see this

interaction—the younger athletes really love to be coached by the "big kids". It is also a great way of making our club stronger as the different age groups get to know each other a bit more. Which other Olympian would you like to be mentored by??



Delicious Fresh Food

Our Values

Personal-Development

Participation

Equality

Enjoyment

Building Friendships

Jetstar 

Please pick up your New Jetstar Patch on Saturday! You will need to take off your IGA logo and replace it with the new logo! They need to be sewn above the Little Aths logo on the right hand side.

Sport—it is a science!

If you are training to be good at any sport then you are in the business of optimisation - doing all you can to enhance anything that will make you do better and minimise any faults that hinder your performance. Sport science is a discipline that studies how the healthy human body works during exercise, and how sport and physical activity promote health from cellular to whole body perspectives. The study of Sport Science traditionally incorporates areas of Physiology (Exercise Physiology), Psychology (Sports Psychology), Anatomy, Biomechanics and Biochemistry (Kinesiology). Sport Scientists and performance consultants are growing in demand and employment numbers, with the

ever-increasing focus within the sporting world on achieving the best results possible. Through the study of Science and Sport, researchers have developed a greater understanding on how the human body reacts to exercise, training, different environments and many other stimuli. Within sport and exercise science we can also distinguish between sport science and exercise science:

Sport science is concerned with applying science to maximise the performance of an individual athlete or team

Exercise science is concerned with applying science to improve health and well-being through exercise

A sport scientist might design a training programme to increase a distance runner's race speed or improve a basketball team's ability to increase the tempo of a game, or help an athlete cope with pre-match nerves. An exercise scientist, on the other hand, might design a training programme to aid weight loss or improve muscle strength so that an individual can continue to perform daily tasks without becoming tired or to prevent falls in old age.

So whether you are wanting to enhance your performance, or are looking for a career in sport, it is important to remember that science provides the basics of what you need to do!



Our Mission: To be a professionally run club which promotes participation in athletics and provides a framework for continual improvement of all members in a safe and family oriented environment.

Our Vision: To be a successful club with a strong and engaged membership achieving personal developments as athletes and people

Thanks for the Visit!



If you would like to compete in the **Region Track and Field Championships** its time to register! [Here](#) is where you register as a Ballarat LA Member. There is a discount for early bird entries. There are some rules around who can enter:

To be eligible to enter the **Region Track & Field** Championships, athletes must:

Be registered and be a financial LAVic Competitive Member

Have competed in a minimum of 4 weeks of Centre competition

by the closing date and time for entries. There are no exemptions.

Footwear

Only spikes known as conical or pyramid are permitted to be worn by:

U11 athletes for the high jump and javelin, only

U12-13 athletes for all events run entirely in lanes, and all jump events and javelin

U14-U16 athletes for all jump events, javelin, and all track events, except Race Walks.

See: [Spike Specification Chart](#)

Uniform

Athletes compete in their Centre Championships Uniform.

See: Approved [Centre Uniforms](#)

Come to Midweek Training
Wednesday 4:40-5:30
At Llanberris Its Free!!

The Athletes Foot Award



This weeks award, kindly donated by Athletes
Foot Bridge Mall goes to:

Ally Trigg U13

The Athletes Foot Award is presented to an
athlete who has achieved excellent results in
an area of athletics.

This award is not always about wining and/
or records, it can also be about demonstrat-
ing the core values of Little Athletics.

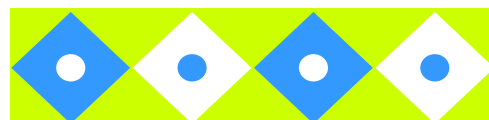


Want to help out with
coaching?

Join in an LA Coaching
Clinic! [HERE](#)



Check out
Little Athletics
Victoria Website
Calendar
[HERE](#)



Contact Information:

Ballarat Little Athletics Centre 122
Box 120

Ballarat 3353

www.ballaratlittleathletics.com.au

President: Shane Bicknell

Secretary: Deb Darlow

ABN 32113662144

Incorporated Club No: A0054601A

Our wonderful Photographs by

Michael and Debbie Jones

michaeljonesphotos@bigpond.com

Get our new Team App!



MACDONALD'S AWARDS

For Great Sportsmanship

Boys

Under 7	Philemon Pattinson
Under 8	Aiden Robb
Under 9	Garath Van der Hoeven
Under 10	Jackson Moy
Under 11	William Wardle
Under 12	Jaylan White
Under 13	Harrison Callaway
Under 14	William Morrison

Girls

Under 7	Tess Filmer
Under 8	Regan Bigham
Under 9	Sophie Atkinson
Under 10	Narissa Bunworth
Under 11	Sarah Elsey
Under 12	Phoenix Quick
Under 13	Amy Canavan
Under 14	Anna Olivia Burnett

THE MACDONALDS AWARD

This award is given to a member of each age group who has displayed qualities of sportsmanship, such as being supportive of other team members, helping the coach, achieving a PB, overcoming a difficulty, or working really hard to achieve their best.

