



Ballarat Little Athletics Club

F E B R U A R Y 7 T H 2 0 1 4

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.....

A Gift of Gold!!

Well, the Christmas break is over and we are back with a very busy and exciting athletics schedule as we head in to the business part of the season. Hopefully you have all enjoyed some activities over the holidays that have kept you fit and ready to compete!

So now the fun begins!

This week we will venture to the Eastern Oval to participate in the Ballarat Gift. And what a gift it is! All our members are eligible to compete in the Handicap events and be part of Ballarat's running history. The Dash for Cash also offers the opportunity for you to make some money!! The Weekend is also an amazing opportunity to be part of the action as well known profes-

sional athletes compete. This is a two day event with finals running on the Sunday—so get plenty of rest, get familiar with the program so you can watch some of your favourite races, and not miss your own race! Be prepared for a very hot weekend—with hats, sunscreen and plenty of water!

See you at the Ballarat Gift held at the **Eastern Oval**, Saturday and Sunday.

Also don't forget the Region's coming up on the 21/22 Feb!





Ballarat Gift of Gold

The early settlers arrived in Australia with full knowledge of pedestrianism, a popular sport in England. Although no records were kept of the sport in the early days, it is known that the Englishmen found the heat excessive for long distance running. Sprint races seemed the order in those days. For small side stakes, the English Trooper did not think he could be beaten by a convict or Aboriginal over short distances.Professional foot racing in Australia is often said to have begun in the gold mining days. It did indeed boom with the findings of gold, and in areas where prospecting and diggings went on. The miners raced against each other on a handicap basis for the gift of a gold nugget offered by the local publican or the mine owner. The miners wagered their precious gold dust on the outcome of a race. It was in this manner the present day "Gift" races originated. The miners raced

over various distances, but the main race was .. and still is .. the one over the Sheffield distance of 130 yards. Back in England, the Sheffield Handicap in Yorkshire was run over this distance, and the winner was presented with a purse of gold. With metrication, the distance has now become the slightly longer 120 metres. The distance is regarded as the true test for professional sprinters ..". n the gold mining days of the nineteenth century, each gold mining town had its own athletic club, and each club had its own rules and regulations. Townspeople supported their local champions so vehemently that club officials found it difficult to award races to runners from other towns. Even in the case of a

clear victory by a visiting runner, the result would often be declared a dead heat.

The formation of the Stawell Athletic Club, with its honourable members all dedicated in their task to promote professional athletics, set a standard of ethics hitherto unknown at mining centres. Reports from runners of slipshod rules that applied all around Victoria prompted the Stawell Athletic Club to convene a meeting of all clubs promoting professional running in Victoria with the object of forming a controlling body. At this meeting, held in 15 April, 1895, the Victorian Athletic League was formed .."

Our Values

Personal-Development

Participation

Equality

Enjoyment

Building Friendships

Jetstar 

If you haven't already done so...Please pick up your New Jetstar Patch on ! 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



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

WE LOVE ATHLETICS!



This weeks NAB award winner is

KY SWARDS



Ky crashed in to a hurdle mid race and nose dived—but then he sprung up and finished the race in third place! Great work Ky—You have real resilience!!

Talking about Sportsmanship



STATE MULTIS AT MOE

Holly Nichols(L)

14th overall U13

Holly Robertson (R)

12th overall U15

Jane Robertson & Warren Nicholls

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Bringing Out the Best in Your Little Athlete

Most parents want their children to be happy, healthy and being their best. That's why we do things like get up early on a Saturday morning to bring them into Little Athletics! Why do we do it? What is our purpose in enrolling our children into Little Athletics? Most parents give reasons such as fun, fitness and friendship. These are great reasons. Are these your reasons?

What if your child isn't so sure about Little Athletics?

While most children love participating in Little Athletics, others are not so sure. I'm sure you have witnessed it, or even experienced it yourself – a child who doesn't want to participate. Maybe they are crying, or clinging to their parents. What do we do now? How can we convince or motivate them to participate? How can we encourage our children to strive to be even better than they already are? Here are some different ideas you might like to consider:

1. Your child's motivational style might be different to yours.

It is possible that your child has a different meaning to Little Athletics than your meaning. Their meaning will depend upon their beliefs, experiences, values and age. Some children are motivated to win at all costs, others to not lose. For some it's all about PBs, being with their friends, or the trip to the canteen for a sausage in bread at the end! Ask your child what motivates them and go with that. Try not to correct or judge, just accept and go with it. This is a great way to understand your child and to know what to say to encourage them to participate. Also, know that their motivation will change over time. It won't ALWAYS be about winning, or sausages or PBs etc.

2. Celebrate the success and the struggle.

While it's great to be your child's biggest fan by celebrating every improvement, it's also important to celebrate the effort, regardless of the outcome. Have you ever helped at under six triple jump? If you have, you may have noticed that children get it wrong, make mistakes, and often can't DO IT! I've seen tears from children, and frustrated parents (me included!!!). This is

A great example of when we can make something that is hard, and difficult, and a struggle = good fun. Struggling means they are learning something new, developing new skills and thinking in a new way. This is where mistakes are good, and welcome, and the challenge is to be celebrated. You might have heard of the Growth Mindset work by Prof. Carol Dweck that is being introduced into many Ballarat schools. Let's bring a Growth Mindset to Little Athletics.

3. Praise & Feedback.

Linked to the Growth Mindset approach is how we praise our children's efforts. It's important to describe things in a way where your child can make a picture or movie of it. It's important to state what you would like your child to do in the positive (describe what you DO want rather than what you don't want). Use language that is positive, specific, repeatable and within your child's control, ('I saw you listen to the starter and stay in your lane', rather than 'You are a natural. You are born to run'). Praise the effort in the process, rather than just the end result.

4. All or Nothing Thinking.

All or nothing thinking is also described as black or white (with no grey). Up until the age of seven years, children usually think in an all or nothing way. Sometimes that thinking style stays with people for life. Here is how it might play out using the triple jump example. 'If I can't do triple jump right EVERY time, I can't do it at ALL'. So even if the child gets it right twice, but mucks up third jump, in their mind, they can't do it AT ALL SO THERE IS NO POINT TRYING AGAIN. Sound familiar?

Another example, 'I fell over the hurdles twice in a row. I can't do hurdles. I fall EVERY time. I'm no good at them AT ALL. I WILL NEVER BE ABLE TO DO HURDLES. I'M NOT DOING THEM'. With feedback and encouragement, your child can learn to think in grey, rather than black and white. (I got

over six out of ten hurdles). This opens up many more choices and possibilities and is closely linked to building their confidence, motivation and momentum.

5. The Difference Self-Esteem and Confidence.

As well as all the health and social benefit Little Athletics offers, some parents enroll their child in sport to boost their self-esteem. Since self-esteem is not based on a child's ability to perform, this rarely works. Children can, however, increase their confidence in their ability to run, jump, interact with other children, follow instructions, be part of a team, win, lose, stick at something difficult, learn about themselves etc. So being clear about the difference between self-esteem and self-confidence is very important. Some children link their self-esteem to their performance, which means they believe they are only as good as their last performance. When parents understand how self-esteem works, they can help children to avoid this trap, which makes for happier children.

If you would like to learn more about how to bring out the best in your Little Athlete, Sue Anderson will be presenting these points in more detail (plus more) on 26th February at 7pm location TBC

Sue Anderson is a highly sought-after coach, trainer, author and presenter who works within schools, businesses and organizations. Since 2007 Sue has worked with hundreds of children helping them to be their best. She works as a coach in schools and privately. Sue's international award winning book, Unbullyable, was released in 2013. Sue has tertiary qualifications in psychology, disability, management, training and quality assurance. She gained her international coaching qualifications in 2007. A pioneer in the field of coaching, she developed the cutting-edge methodology Unbullyable. Sue was a nationally ranked junior athlete. Sue currently has two little athletes at the Ballarat Centre.

www.good2gr8.com.au

WIN WITH STYLE

LOSE WITH STYLE



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:

Eden Squire

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.

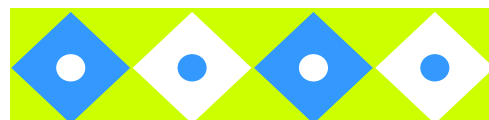


Want to help out with
coaching?

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



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



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Get our new Team App!



MACDONALD'S AWARDS

For Great Sportsmanship

Boys

Under 7	Harlei Kricack
Under 8	Tyler Moy
Under 9	Brodie Tallent
Under 10	Garath Van Der Hoven
Under 11	Ryan Catherall
Under 12	Liam Riggs-Szewczuk
Under 13	Jaylan White
Under 14	Patrick Martin

Girls

Under 7	Nicole Eagles
Under 8	Lucy Fraser
Under 9	Isabella Rossato
Under 10	Darshan Quick
Under 11	Kayla Bridges
Under 12	Taleisha Wise
Under 13	Alanna Peart
Under 14	Paris Murrell

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.

