

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 volunteer to help at the State Championships at Albert Park!

From the Presidents Desk.....

The Lucky Club!

It is said that the harder someone works, the luckier they are! I guess that is why we seem to be such a lucky club at the moment... the committee, the volunteers and our athletes have all been working incredibly hard over the past few months..... Organising our long awaited and very slick timing gates, our extremely successful Western Region Championships, preparing our well run weekly meets, and is now preparing for the end of year. We look forward to being approached by people who would like to help out on next years committee!

The Western Region Championships brought competitors from 17 other clubs to Llanberris. The buzz in the atmosphere, despite the heat, was fantastic, and it was great to see our members chatting away with other club members and making them feel welcome. As I looked around it was pleasing to see that our members had the correct uniform and were being sun smart. Who liked the misting

fan!!!!?? It was a steep learning curve for the volunteers as Ballarat had not hosted this event before, but everything was worked out and we have some good ideas for our next big event. Thank you to everyone who helped out either as planned or stepped up when needed. It was a lot of work, but gave our members a great opportunity to compete at high level on home ground. It was exciting to see so many members achieve PB's and even records! Well done to all the athletes who competed!

The Timing Gates have been purchased with the help of The Telstra community Fund, The NAB and McDonald's. In a media release it was noted: "The Little Athletics committee, welcomes the new equipment to the venue. "The old gates took almost 1/2 hour to set up each week and the system to transfer the results to our computers was less than ideal. The new gates mean more volunteer time can be given to the participants and we have very accurate times to work with." It is great that in reality they are so much simpler to set up and they look pretty cool too!

So lets keep up the hard work so we can continue to be lucky!



State Championships

It is a testament to our coaches and volunteers that so many of our athletes have progressed through from Regional to State level competition. The hard work, and many hours of training put in by the athlete with the guidance and encouragement from the coaches, and the opportunity to practice that is made possible by our volunteers setting up on Wednesday evenings and Saturdays—all mesh together seamlessly and enable the athletes to compete with confidence on the blue track at Albert Park. For those who have never been, let me tell you it is a great experience! Once you have found a parking spot (be careful and read all the signs!), and you walk in through the gates you feel the excitement! People are really friendly and helpful, the kids are full of anticipation and butterflies, and the facilities are awesome. It should really be emphasized that if your child

has been selected for State Championships it is quite an honour. The opportunity to challenge against the best of the other clubs around the whole state can be daunting, but is a real achievement. Everyone who goes to Albert Park comes home knowing new things about the world of Athletics Competition. We will need some parent volunteers to help down there too (each club has to nominate helpers) so if you would like to learn even more—please volunteer—there will be a roster put up in the next week or so— you will be looked after if you have never done it before!

Also if a bit of extra coaching would be useful then please make contact with Kate Jones

who can advise you on the best way forward .
(kemj94@gmail.com).

This is the first year the Under 9's have been able to compete—so it is going to be a great opportunity for them!

If you have any questions about how things work then please feel free to ask any of the Committee. If you need help with transport also just ask.

If you need directions and in particular, parking hints—then ask a family that has been there before—we are lucky at Ballarat—we have lots of families who can mentor the newer families—you just need to ask!

Don't forget to register!

(Click on the picture below!)



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 right hand side.

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

Charlotte Cross(U6)



Charlotte jumped 2.62 meters in the long jump ! That is a fantastic effort and a record for our Centre! Well Done Charlotte!



Collis Birmingham

Ballarat Sportsperson of the Year

Our Values

Personal-Development

Participation

Equality

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The long-distance track star was crowned the 2014 Ballarat Sportsmen's Club Sportsperson of the Year on Wednesday night, breaking Jared Tallent's four-year stranglehold on the title.

Collis Birmingham after being named Ballarat Sportsperson of the Year at the Ballarat Golf Club on Wednesday night. PICTURE: JEREMY BANNISTER

It is the first time Birmingham has won the award, following a stunning first half of the year on the track that was crucial in him becoming Australia's elite long-distance runner.

However, injury plagued the tail end of his season, meaning Birmingham thought he had little chance of winning the award.

"I felt like I had a terrible finish to the year, I was disappointed to be injured and not perform all that well at the Commonwealth Games," he said.

"But often you forget about how well you've done previously, it wasn't really at the forefront of my mind.

"There are still some really good results in there, the world indoors (where he finished 10th) seems so long ago now."

He won the 5000m Australian title for the second time in April and also finished as the top ranked Australian in the 3000m, 5000m and 10,000m disciplines.

Birmingham also earned a Commonwealth Games spot and finished 12th in the 5000m.

At the IAAF World Indoor Championships in Sopot he finished 10th – the third-best performance by an Australian athlete in the history of the championships and arguably his best result of the year.

Having recovered from a hamstring injury and stress fracture, Birmingham returned to training on Wednesday for the first time.

It only involved four one-kilometre runs around Lake Wendouree but for the 30-year-old, it was great to just be back out on the track.

"It's just about being a bit more cautious this time. I

rushed back into it, obviously, after my hamstring injury," he said.

"It's nothing compared to what I normally do but I tell you what, it felt great to be back out there."

Birmingham will now set his sights on the World Athletics Championships in China in August.

Jared Tallent had claimed the crown in 2008, 2010, 2011, 2012 and 2013 and still remains one title behind marathon legend Steve Moneghetti and trap shooting Olympic gold medalist Russell Mark.

Birmingham was one of nine finalists for the award presented at Ballarat Golf Club on Wednesday night, alongside Tallent (athletics), Kathryn Mitchell (javelin), Kolbe Pool (eight-ball), Darren Weir (horse racing), Matt Short (cricket), Shannyn Johnstone-Ward (karate), Tim Slater (lawn bowls) and Duer Yoa (athletics).

Story courtesy of Fairfax Media
Patrick Nolan



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:

Georgina Nash (U7)

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 demonstrating the core values of Little Athletics.

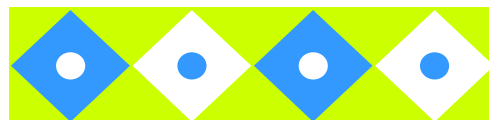


Want to help out with coaching?

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

Under 8

Under 9

Under 10

Under 11

Under 12

Under 13

Under 14

Girls

Under 7

Under 8

Under 9

Under 10

Under 11

Under 12

Under 13

Under 14

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.

