



# Ballarat Little Athletics Club

MARCH 14

## 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.....

### It's a BIG world out there!

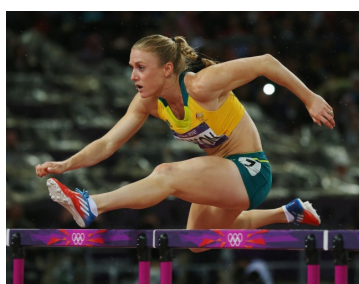
As we focus on the next few weeks in the lead up to the grand finale of our season, it is inspiring to remember that out in the big wide world there are so many other Athletics events happening. This weekend while we are at Llanberris there will be athletes from all over Australia competing at the Australia Junior Athletics and Para athletics Championship at Sydney Olympic Park. The best juniors in Australia will be vying for a position to represent Australia at the World Youth Championships in Columbia and/or the Commonwealth Youth Games in Apia Samoa. For many of us it is hard to imagine competing at such a high level, but I suspect there are a few of our own athletes who are setting big goals for themselves—and see a real opportunity to compete at a national or international level. We are very fortunate to be able to get such a great grounding in our sport through Ballarat Little Athletics. It can lead us to wherever we want to go—around Lake Wendouree or to International Competition—you just need goals, persistence, and a mentor to guide you and support you on your journey. This applies equally if you simply want to learn to run because you enjoy running; or if you see yourself

as an Olympic Athlete. Being a member of Ballarat Little Athletics, means you are part of a bigger structure of the Victorian Little Athletics and then Little Athletics Australia. All of these structures enable you to be able to compete at local, state and national events in line with your qualifying results. If your goal is to continue your athletic career as you get older, then you have similar opportunities through the Athletics Australia structures. But there are plenty of other paths to enjoying athletics! Look at a past Club Captain Liam Procaccino who, on Sunday, won the Bendigo Black Opal 400m race! There are running clubs to join in the off season to keep you in training, your coaches are there to guide you after the season ends. If you have your eye on the BIG world of Athletics—make sure before our season ends that you have asked someone to help guide your training, that you have a goal set for yourself including a realistic and achievable work program to go with the goal, and that you set your mind to persist through sore muscles, cold weather, and the lure of other activities. If your goal is simply to enjoy athletics then make sure you do that too!

In the meantime cheer on Sally Pearson (hurdles), Dani Samuels (discus), Alana Boyd (pole vault), Julian Wruck (discus) and the rest of our amazing Australian Athletes as they compete to progress to the IAAF World Championships in Beijing in August 2015

Follow their progress at  
[www.athletics.com.au](http://www.athletics.com.au)

[www.iaafbeijing2015.com](http://www.iaafbeijing2015.com)



## 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 .  
(kempj94@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!

(For more details

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 winners are

**Riley Sheedy**  
**William Pendred**



These athletes are our three  
**Personal Best**  
**Gold Medallists!**  
What an achievement!





# Fun Photos (Thanks to Michael Jones)

Don't forget to order some of Michael Jones' fabulous photos! What a great way to remember your year at Ballarat Little Ath's and support our very dedicated photographer too! [michaeljonesphotos@bigpond.com](mailto:michaeljonesphotos@bigpond.com)

**Our Values**  
**Personal-Development**  
**Participation**  
**Equality**  
**Enjoyment**  
**Building Friendships**



# YOUR PERSONAL BEST

Ballarat Little Athletics encourages athletes to always do their best, and be proud when they achieve a personal best. This is a list of those who have made a great effort so far this year.



## Gold Certificates

		Age	gender	Pbs
Riley	Sheedy	11	M	43
Kayla	Bridges	10	F	40
William	Pendred	12	M	40

## Silver Certificates

Layne	McKechnie	7	F	32
Lillyana	Ryan-Brown	15	F	32
James	Skelton	10	M	31
Chevy	Smart	10	M	31
Charli	Jones	11	F	31
Isaac	Rossato	11	M	31
Patricia	Harris	10	F	30
Nicolas	Procaccino	10	M	30
Jackson	Moy	10	M	30
Patrick	Weston	11	M	30
Phoenix	Quick	12	F	30
Jaylan	White	12	M	30
Olivia	Davis	13	F	30



## Bronze Certificates

Lachlann	Marinus	8	M	21
Akasha	Wilson	10	F	20
Sophie	Stephenson	12	F	20
Ally	Trigg	13	F	20
Jordan	Barry	14	F	20





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:

### **Kayla Bridges**

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.

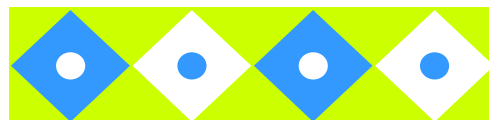


Want to help out with coaching?

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](http://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](mailto:michaeljonesphotos@bigpond.com)

*Get our new Team App!*



# MACDONALD'S AWARDS

**For Great Sportsmanship**

## Boys

Under 7	Shakahn Wilson
Under 8	Zachary Procaccino
Under 9	Seth Mann
Under 10	Xavier Lennecke
Under 11	Jackson Moy
Under 12	Jesse Cairns
Under 13	Jaylan White
Under 14	Finlay Loft

## Girls

Under 7	Harlei Kricak
Under 8	Megan Ham
Under 9	Eleanor Williams
Under 10	Macayle Jones
Under 11	Julia Seddon
Under 12	Alexandra Ferry
Under 13	Tia Skelton
Under 14	Stephanie Ferry

## 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.

