



Ballarat Little Athletics Club

MARCH 21 2015

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..... Until Next Year.....

So here we are at the last official meet of the year! This has certainly been one of the biggest and best years we have ever had—and the most fun! We have memories of things like our Come and Try days, Run Ballarat, Western Region Country Training day at Stawell, NAB coming on board as another great supporter, Regional Relays, The BLAC Gift, Our Multi Days, Ray Wienberg coming to coach, State Relays, Our new gates, Our visit from Jared and Claire Tallent to encourage our racewalking aspirations, and who could forget hosting the Western Region Track and Field! Of course there has been our regular midweek training sessions and we only missed a few Saturdays due to inclement weather. So, if you are feeling that you have had a big season—you have!!

Each of our athletes has worked hard to make the most of the season, but we all know that none of this would be possible without the unending enthusiasm, support, hard work, and commitment of our Committee members and other volunteers. So this week, as you go to your different events, please remember to thank those that are helping to set up and take down

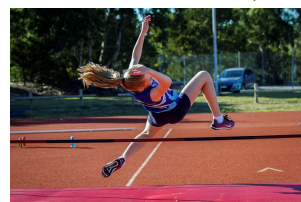
equipment, your coaches, team leaders, and of course your parents for helping you get to Little Aths in the first place!

Please also thank our Team Captains for their commitment this year—Tiana Shillito and Bradley Castleman. They have been excellent role models for our younger athletes, and I am grateful for their leadership.

On a personal note, Julie, Abby and I would like to thank you all for the well wishes, kindness, bad jokes and ongoing support throughout Julies recovery from her broken hip.

Don't forget to keep your training going throughout the off season—either by continuing with your coach, participating in another sport, or joining one of the senior athletics teams around Ballarat. Please feel free to ask if you would like more information about what is available.

I would like to thank each of you—athletes and volunteers for making this year the success it has been, and look forward to doing it all again next year!



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

Thank you to our Sponsors

Our Values
Personal-
Development
Participation
Equality
Enjoyment
Building Friendships

more give, less take

Banking Adviser Profile Lisa Lory



It's the great Australian dream – to own your own home. Whether you're a first home buyer starting out or an avid property investor building your portfolio, I can help you achieve your goals of home ownership. As your trusted banker, my role is to guide you effortlessly to your goals.

My 10 years experience in financial services across a range of industries means I can share my knowledge and expertise to provide you with banking solutions to suit your needs. I always strive to deliver

exceptional service to all my clients ensuring a smooth and seamless transition through to your new home purchase.

More Give Less Take

Everyone wants more of the good stuff and less of the bad. But somewhere along the line, some banks became pretty good at giving customers less, and not so great at giving more.

In 2009 at NAB, we decided to take a stand. We started a movement to make banking fairer for all Australians.

In that time, we've been behind some major changes in banking – changes that ensure our customers get more of the good, and less of the bad. Giving our customers more, rather than less.

As a result, our customers have saved hundreds of millions of dollars on mortgage repayments and in fees and charges. Everyone at NAB is proud that we took a stand. We're more transparent, more open and we're fairer. We've challenged the way all banks behave.

We're committed to taking banking on a journey to a better place. And we know we're right, because more and more customers like you are coming over to NAB.

Contact Information

NAB Ballarat
 1001 Sturt Street
 Ballarat VIC 3350

Telephone (03) 5330 5386
 Email lisa.lory@nab.com.au

Client Testimonials

"Hi Lisa just a quick message to say thanks. We will most certainly be telling all of our friends for the awesome service from NAB and in particular from yourself. Have a great day."

Owen

"we have been so happy with all of your help through this process, we will be more than happy to recommend you to family and friends."

Brad

"Thanks for the kind help and assistance that you provided me related to the land-loan application process, to the stage of getting confirmation of 'unconditional approval' "

Wilson

"we can't thank you enough. We thank you from the bottom of our hearts for your professionalism and support"

Benoy

WE LOVE ATHLETICS!



This weeks NAB award winner is

Alice Lepair



Alice is another
Personal Best
Gold Medallist!
What an achievement!

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
Jessica	Bridges	13	F	42
Alice	Lepair	9	F	41

Silver Certificates

Macayle	Jones	9	F	33
Kasey	Bishop	12	F	33
Macey	Ludeman	13	F	33
Makala	Kricak	8	F	32
Zoe	Ferry	9	F	32
Holly	Nichols	13	F	32
Elijah	Cross	13	M	32
Isabella	Rossato	8	F	31
Abbey	Bourke	13	F	31
Hannah	Simpson	14	F	31
Lucy	Fraser	7	F	30
Leroy	Appleby	12	M	30
Zak	Leith	12	M	30
Rodney	Davis	15	M	30

Bronze Certificates

Masyn	Erdody	7	M	23
Georgina	Nash	7	F	21
Taleisha	Wise	11	F	21
Tyler	Moy	11	F	20
Darcy	Mackay	7	M	20
Madidison	Harper	8	F	20
Jarvis	Cartledge	8	F	20
Felix	Klix	8	M	20
Lily	Richmond	11	F	20
Benjamin	White	11	M	20
Cooper	Harwood	13	M	20
Andrew	Marriott	16	M	20



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**Come in and visit us
for footwear with a fabulous fit!**



<http://www.theathletesfoot.com.au/>

Come to Midweek Training
Last night this Wednesday
4:40-5:30 Its Free!!

The Athletes Foot Award



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

Jessica 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 demonstrat-
ing the core values of Little Athletics.

Presentation Night

Friday 17th April

At Ballarat Grammar
School

From 5.30 Free BBQ

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!



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!

(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

MACDONALD'S AWARDS

For Great Sportsmanship

Boys

Under 7	Logan Crawley
Under 8	Masyn Erdody
Under 9	Felix Klix
Under 10	Thomas Ham
Under 11	Ryan Catherall
Under 12	Liam Riggs-Szewczuk
Under 13	Jaylan White
Under 14	Cooper Harwood

Girls

Under 7	Nicole Eagles
Under 8	Tess Filmer
Under 9	Cobi Wilbert
Under 10	Inala Wise
Under 11	Narissa Bunworth
Under 12	Sophie Wheatland
Under 13	Mia Lepair
Under 14	Macy Ludeman

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.

