



Ballarat Little Athletics Newsletter

Week 5 / 6 2014 - 15

November 1st 2014

Club Notes

Urgent!!

Wouldn't you like to be using the most fantastic timing gates ever!??

Come and help raise money by volunteering to help at the Ballarat Iron Man event on Nov 16th

Contact Glenn

0417589432

Friendly Reminder!

Registration Fees are Due!

Your results will be recorded only once you have paid your registration!

Online: credit card

Competition Days: cash/cheque

From the Presidents Desk.....

Our Coaches—The Beginning

When you come to train at Llanberris reserve on a Saturday morning, you are following a tradition that started almost exactly fifty Years ago!!

The very first children's athletics training day was held on the first Saturday of October 1964 in Geelong. The man who started it was Trevor Billingham. He was a well known and respected middle distance and distance runner, and also devoted to encouraging and coaching other athletes. When he realised that there were a lot of young primary students who wanted to compete, but couldn't because they were too young, he took it upon himself to

start a junior competition. Within three years the interest in junior athletics had sky rocketed and in 1967 the official "Victorian Little Ath-



letics Association" was formed. Within ten years Little Athletics clubs were located all over Australia! The Coaches that help each of you with your training are there because, like Trevor

Billingham, they believe that athletics is a great sport to be enjoyed by people of all ages. They encourage, support and train you to become the best athlete you can be! Without our coaches there

would be no Little Aths so it is important to listen, try hard to do what they ask, be respectful, and thank them at the end of each session. This is an important aspect of being a good athlete, and vital to upholding the values of sportsmanship.

So, whenever you are proud of yourself for achieving a PB or a ribbon, remember the coaches who helped along the way! Our coaches are wonderful!



Would you like to read more?

<http://littleathletics.com.au/About-Us/History>

<http://www.geelongathletics.org/trevorbillinghamobit.html>

The Start Line

For our younger athletes



We are grateful to our sponsor NAB... supporting our children through Little Athletics!



Have you ever wondered why runners don't all start at the same part of the track? It's because the lanes in the outer part of the track are



longer than the lanes on the inside. So each lane has its own special starting position so that everyone has to run the same distance. This is called a "Staggered Start". You need to use special math to

work out where to put the starts. One run around the track should measure 400m. If you like math how about working out how many times you need to go around the track for a 1600m race!?

Over the next few weeks we will learn more about the athletics track

Down the Straight

For our more experienced athletes

The Ballarat Ironman is this weekend! Hopefully you are going to help and support our club in the process! The Ironman is a special type of triathlon—an activity that combines swimming, cycling and

running in one event. There are many variations—individual or team, different distances, and different levels. However, all are age grouped. The Ironman is a long distance triathlon consisting of a 3.86km swim,

a 180.25km bike ride and a 42.2km run raced in that order without a break! The Ballarat Ironman is a half marathon, but is still an epic challenge and it will be amazing to see these athletes here in Ballarat!

Our Values

Personal-Development

Participation

Equality

Enjoyment

Building Friendships

I ☐ Ballarat Little Athletics charity wrist bands on sale this Saturday! \$2 each, all proceeds going to support the Royal Children's Hospital. Limited numbers, so get in quick!



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

With Ray Weinberg



Those of you at hurdles training last Wednesday were fortunate enough to be helped out by one of Australia's best hurdlers, Ray Weinberg. He may be 88 years young now, but in his day he was one of the

world's fastest hurdlers over 110 and 220 yards, and in 1952 went to the Helsinki Olympics competing in 110m Hurdles, 4x100m relay, 4x400m relay and was chosen to compete in the decathlon as well—but thought that was too big a program for him! In preparation for these Olympics Ray designed the first Australian Olympic Lapel pin! Ray married Shirley Ogle, an amazing athlete in her own right. She supported him through his Olympic endeavors. .

After he retired from his active athletics career, he chose to coach young athletes. He was appointed coach of the Australian Athletics

Team for the 1968 Summer Olympics in Mexico city. He also took on the role of Team Manager. His career continued through the 1970's, and for the 1980 Olympics in Moscow he became a commentator. In 2005 he was honored by the Queen, and made a Member of the Order of Australia for "services to athletics through administrative roles and as a competitor". We are very fortunate to have such a dedicated world class athlete right here with us in Ballarat! Thank you for helping us Ray!

Ideas for Good Sportsmanship

Have a go!!

Imagine running the Ironman in a couple of weeks! Can you imagine running more than 42km!?? Wow....how do you think you would start? Well, it starts with saying—"I will give it a go!" It would mean asking for help from your parents and coaches; it would mean being determined and sticking to a training plan. It would mean

being strong enough to overcome the pain, the disappointments and other setbacks that inevitably happen when you set yourself a big goal. Being a good sport means you accept your failures and turn them into opportunities for improvement. It means accepting that these things happen, and they are not anybody else's fault, and there is no one to blame. Pick yourself up, brush yourself off,

review your training program and get stuck back into it! If you are struggling—ask for help. Soon enough all your hard work will pay off in a PB or a placing and possibly even a win! So whatever your dream—give it a go! Give it everything it needs for success, overcome the bad stuff and celebrate the achievement!

Have

Results are posted on our web page each week!

www.ballaratlittleathletics.com.au

The Athletes Foot Award

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

Isiah Cross

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.



This weeks MacDonald's Award
goes to.....



Boys		Girls	
U7	Darcy Mackay	U7	Carly McCausland
U8	William Marshall	U8	Armani Anderson
U9	Kobe Hughes	U9	Olivai Waterhouse
U10	Riley Mackay	U10	Taryn Bigham
U11	Patrick Weston	U11	Jorja Bourke
U12	Benjamin Stevens	U12	Shayla Oosterhuis
U13	Ryan Lazzo	U13	Abbey Bourke
U14	William Sawtell	U14	Chloe Porter

Want to do more Athletics???

Check out
Little Athletics
Victoria Website
Calendar
HERE

Want to help out with
coaching?

Join in an LA Coach-
ing Clinic! **HERE**



If you need more information
just ask one of our committee
members and they will be able to
help!

Contact Information:

Ballarat Little Athletics Centre 122
Box 120

Ballarat 3353

www.ballaratlittleathletics.com.au

President: Shane Bicknell

Secretary: Stuart Skelton

ABN 32113662144

Incorporated Club No: A0054601A

Our wonderful Photographs by:

Michael and Debbie Jones

michaeljonesphotos@bigpond.com

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

Get our new Team App!

<https://ballaratlittleathletics.teamapp.com/>

