



Ballarat Little Athletics Newsletter

Week 8 2014-15 Season

November 22nd 2014

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!

Thank you to our helpers!!

From the Presidents Desk.....

Why are you here??

Little Athletics What is it and why do you do it?? Why do you get up early every Saturday morning (when your friends might be having a sleep in!). It is too hot or too cold, there are some activities that are not your favourite, sometimes you have

to wait a while for your turn...but here you are...in your blue singlet, running shoes on, water bottle in hand...back on the track for warm up!

What is YOUR answer? Maybe it is because your best friend comes to train, and it is fun to train with them. Maybe you like the fact that you

get strong and fit and feel good after training. Maybe you have a goal to achieve a PB in a particular event. Maybe you are really good at athletics and want to excel in the sport. A club is made up of all types of people—

believe in ourselves, respect each other, and understand that each person has a different set of goals. Your family is there to support you in your goals—whatever they are. Each athlete is at a different stage of their physical and mental development, and it is important that these differences are accepted.

So never compare yourself to the person standing next to you—instead, look inside and make sure you are happy with what you are achieving, and how you are progressing in your own goals. If you would like help—ask your coach—

those that just want to do their sport, those that value the friendships they make, those who like to help manage or set up. Most people are a bit of a mixture of all of these things—and that is why we have such a fantastic club where we

es—they are there for you! So, you know, it doesn't matter why you are here—so long as you put 100% effort in to being as good as you can be, have fun, develop really good sportsmanship skills, and be a valuable club member. Little Athletics—you are here to be the best person you can be!!



The Start Line

For our younger athletes



Little Legend

Award

This weeks award proudly

sponsored by
NAB

goes to

Patrick Weston

U 11's

Well Done Paddy!



This week you will be doing Shot Put as part of the carnival—here are some interesting facts about Shot Put!!

Elbow up, thumb down, palm out' is how you put.

Shot put is an athletic event when you 'put' or 'throw' a heavy, spherical metal ball.

Shot put appeared in the Olympic Games for men in 1896, and for women in 1948.

The first recorded competitions of shot put were in the 1800's, in Scotland.

Modern shot probably came about from the competitions that soldiers had in the Middle Ages, involving the throwing of cannon balls.

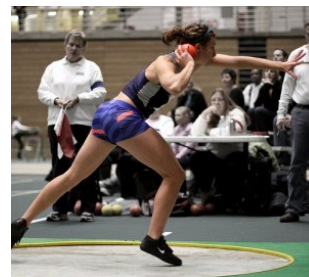
The shot (ball) can be made from many materials including iron, cast iron, solid or stainless steel or brass.

The shot is thrown with a pushing action, with one hand.

A shot put athlete stands in a typical 2.1 meter (7 ft.) diameter circle and throws the shot as far as they can within the throwing area or sector.

A shot can range from 1 to 7 kg (2.2 lbs to 16lbs) in weight.

Shot put records have been set by Randy Barnes, 23.12 meters (75.85 ft.), for men and Aratya Lisovshaya, 22.63 meters (74.25 ft.).



In shot put, any shot that lands outside a sector, the throwing area, equals a foul.

From: <http://tenrandomfacts.com/shot-put/>

Bibliography: Shot Put 22 January 2013, Wikipedia, <<http://en.wikipedia.org/wiki/Shot-put>>

Down the Straight

For our more experienced athletes

The shot put has been an Olympic event since the first modern Olympics in 1896 in Rome. It's a sport that requires technique as well as strength, and changes in throwing style have since led to significant gains in the power of the thrower and the distances achieved.

Origins:

Scottish Highland Games historians believe the shot put originated from the ancient Celtic tradition of "putting the stone" which, according to Scottish folklore, was used by Clan chieftains to help them identify their strongest men for battle purposes. The earliest

documented evidence of the tradition can be found in an Irish book titled the "Book of Leinster," which was written in the 12th century and describes the events of the Tailteann Games held in County Meath. One of the events included is stone throwing, but how much further back in history the tradition stretches remains unproven.

Rules

Early shot put events were judged on the distance the stone, or shot, could be thrown from behind a raised wooden board following a short run-up of no more than seven feet. By the early 1890s, the run-up had been replaced by a seven-

foot-diameter circle marked on the ground with the raised board, now shaped to follow the front edge of the circle. In both cases, stepping over the board meant the throw would be disallowed. An article published in 1892 in the American magazine "Outing" describes the events of the Caledonian Games and discusses the then "prevailing" rule of a "standing" throw from within a circle. The main reason for the change from the run-up to the circle was to increase the accuracy of measurements by being able to measure the exact distance from where the shot landed straight back to the closest point on the edge of the circle.

Our Values

Personal-Development

Participation

Equality

Enjoyment

Building Friendships



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 Valerie Adams (Vili)



Valerie Kasanita Adams (formerly known as **Valerie Vili**), (born 6 October 1984) is a [shot putter](#) from New Zealand. She is a four-time World champion, three time World Indoor champion and two-time Olympic and three-time Commonwealth champion. She currently holds the [New Zealand, Oceanian, Commonwealth](#) and equal [World Championship records](#) with a personal best throw of 21.24 metres.

Adams is one of only nine athletes (along with [Usain Bolt](#), [Veronica Campbell-Brown](#), [Jacques Freitag](#), [Yelena Isinbayeva](#), [Kirani James](#), [Jana Pittman](#), [Dani Samuels](#), and [David Storl](#)) to win world championships at the [youth](#), [junior](#), and senior level of an athletic event. She is the first woman to win four consecutive individual titles at the world track and field championships.^[2] She also won gold at the Commonwealth Games in Melbourne in 2006 after finishing second four years earlier in Manchester and defended the title in 2010. By the end of 2013 he had completed a six year unbeaten streak in World and Olympic competition winning 4 World Championship and 2 Olympic titles. Valerie Adams has no idea how long her stunning winning sequence will last, but she's not about to let it slip.

Her straightforward win in the Commonwealth Games shot put at Hampden Park yesterday was her 54th in a run that started in August

2010 in Slovakia. Along the way Olympic, world and Commonwealth titles have come Adams' way.

Her grip on the discipline remains as firm as ever. While she does not know when it will end, she's enjoying the run.

"Once I got to 50 (at the New York Diamond League meet on June 15), that was a massive goal and achievement. The goal now is enjoying every competition," Adams said in the tunnel after her victory, the 600th New Zealand Commonwealth Games medal.

"I know I am the hunted, but it is what it is, I love what I do. I have an amazing coach [Jean Pierre Egger] and we shall continue."

How far can you Put??
Valerie Adams can Put 20.70 meters!!!! Wow!!

Ideas for Good Sportsmanship

Be the Athlete you want to be!

Sometimes young people take part in Little Athletics simply because they enjoy the exercise, the friends, or the challenge of achieving a PB. But sometimes our young athletes have a goal that they want to achieve in athletics.

If you want to be a good athlete, it is important you develop some of the habits of a good athlete. Do you have someone you admire? Why don't you learn a bit about them? See

what they did to achieve their success. Are there things you can learn? How did they train? What did they read? Did their coach give them some useful tips that you can apply to your training? What food did they eat? What time did they get up each morning to train? What other exercises did they use to strengthen their bodies?. If you want to be a good athlete you need to talk to the coaches at Little Athletics and ask them to help you achieve your goal. They might be able to help you

themselves, or offer some advice as to who might be a good person to talk with. If you are finding something difficult—ask for help—all good athletes do! Remember being a good athlete means being a healthy person! Eat well, sleep well and make sure you train properly for your age.

Your family is your best support—but it is up to you to become the athlete you want to be!

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:

To be announced

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.

Last Week's
AF Winner
Alice Lepair
And William
Pendred



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



Boys

U7	Riley D-W
U8	Lachlann Marinus
U9	Jordan Rienets
U10	Angus Tregonning
U11	Ben White
U12	Joshua Ballinger
U13	Jack Martin
U14	Campbell Drummond

Girls

U7	Layne McKechnie
U8	Eleanor Williams
U9	Alice Lepair
U10	Sophie Dutli
U11	Mia Johnson
U12	Penny Burness
U13	Jessica Bridges
U14	Ella Squire

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!

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Our wonderful Photographs by:

Michael and Debbie Jones

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

Get our new Team App!

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

