



Ballarat Little Athletics Newsletter

Week 4 2014-15 Season

October 24 2014

Club Notes

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

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!

From the Presidents Desk.....

What makes a "Good Sport"?

One of the greatest races I've ever seen was not at the Olympic Games, but at the 1956 Australian National Championships. At that time, John Landy was a champion mile runner and thousands of people had come to the championships to watch him win. In their hearts, they also held the hope that he'd set a new world record. Landy's race started well and by the third lap, the young Ron Clarke and he were in the lead. Then an event occurred that I can't think of without my eyes filling with tears. Clarke was running just in front of Landy, when another runner tried to squeeze between them. Clarke tripped and fell, so all the runners had to jump over

him.

When Landy jumped, he accidentally cut Clarke's shoulder with his spikes.

At that moment, Landy did



the

most beautiful and foolish thing. He stopped, ran back to Clarke and helped him to his feet. He brushed the cinders from Clarke's

knees, checked his bleeding shoulder and apologised.

Clarke wasn't badly hurt and urged Landy to keep going. Straightaway, they both took off, but they were now at least 50 metres behind the rest of the field.

In that last half mile, Landy sprinted. The crowd was on its feet and cheering when he finally caught up to the front two runners, stormed past them and won the race.

As Landy did a victory lap, the applause didn't die down.

Nobody cared that he hadn't broken the world record.

They'd witnessed the greatest mile race in history.

Landy went on to set new world records and become a hero at the 1956 Olympics. But nothing ever compared to that summer night in Melbourne, when he forgot himself and stopped to help young Ron Clarke. This was the act of a fine sportsman and gentleman*.

What would you have done?

*Taken from a text written by Dr Gordon Moyes 2000
<http://www.tcal.org.au/12conf/presentations/A4-Handout-2-John-Landy-and-Good-Sportsmanship.pdf>



Meet our new Team Captains!



Bradley Castleman joined Ballarat Little Aths in 2010 as an under 11 athlete and that year won the boys overall aggregate club award . He

enjoyed all the events with a particular interest in the jumps, especially high jump. Brad has represented Ballarat Little Aths at Region and State level on a number of occasions in relay, multi and track and field competition winning silver at state level for high jump.

He has competed at state and national

level in high jump, representing Victoria at Primary school level in Adelaide, All Schools at Townsville in 2013 and National Junior track and field in Sydney 2014.

Brad is also a student at St Pats College and plays football for Lakers Junior Football Club where he has twice represented Ballarat at Inter league level.

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

Our Values

Personal
Development
Participation
Equality
Enjoyment
Building Friendships



Tiana Shillito

has a strong passion for running which has developed through Ballarat Little Athletics, to the

point which she now trains or competes four times per week with the POD Squad.

Ballarat Little Athletics is a wonderful place to make friends, develop confidence, all whilst learning and improving athletic and social skills.

Tiana is proud to be selected as Captain for Season 2014-15."

We welcome Tiana and Bradley and hope you will give them all your support and encouragement for the coming season



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

On Your Mark!



Anaya Guiding Mutai to the finish line

In December 2012, Spanish Cross Country runner named Ivan Fernandez Anaya was trying to close the gap between himself and the leader, a Kenyan athlete named Abel Mutai. Suddenly, ten meters out

from the finish line Mutai stopped running, thinking he had crossed the finish line, and Anaya quickly caught up. The opportunity to win was in his hands. However, realizing that Mutai thought he had crossed the finish line, Anaya guided the Kenyan athlete to the finish line and allowed him to win the race.

The Spanish racer said : "I didn't deserve to win it,". "I did what I had to do. He was the rightful winner. He created a gap that I couldn't have closed if he hadn't made a mistake."

The Spanish racers coach, Martin Fiz said "The gesture has made him a better person, but not a better athlete,". "He has wasted an occasion. Winning always makes you more of an

Who do you think was right?

Ideas for Good Sportsmanship

Being part of Ballarat Little Athletics is more than coming on Saturday morning, doing your sessions and going home. You are now an important part of a Club and that means you and your family have an obligation to make it the best place it can be. Part of that obligation is being a good sport! As an athlete that means looking after yourself—being proud of your achievements, learning

from your mistakes, and always working to do the best you can do. Sometimes this means you need help and encouragement from your fellow athletes—doesn't it feel good when they cheer you along the track, or help you up after you trip over the hurdle, or crack a friendly joke when your javelin only goes 30 cm? So, it really helps when you do the same thing for them! If you are shy, just give

them a smile or a little clap, and you will soon find that supporting others is fun and makes the day so much better! There are lots of people who have spent many hours organizing the day for you, and it is important to help them, and thank them—they are other kids parents who volunteer their time and expertise! When everyone pitches in

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:

FRASER SAUNDER

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 winning and/or records, it can also be about demonstrating the core values of Little Athletics.



This weeks MacDonald's Award

goes to.....



Boys

U7	Tyson Bunworth
U8	Tristan Leyshan
U9	Riley White
U10	Angus Tregonning
U11	Ben White
U12	Benjamin Stevens
U13	Kyle Truscott
U14	Harrison Keeble

Girls

U7	Samantha Pretty
U8	Mikala Kricak
U9	Zoe Ferry
U10	Emily Thomas
U11	Ruby Smart
U12	Kahlua Smart
U13	Isabella Robson
U14	Amber Dennis

Want to do more Athletics???

Check out

Little Athletics Victoria Website Calendar

HERE

or

Sign up for

Regional Relays

To be held in Stawell

Nov 23rd 2014

Contact:

- Dan Martin
- Leo Simpson

Want to help out with coaching?

Join in an LA Coaching Clinic! **HERE**



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

Contact Information:

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Secretary: Stuart Skelton

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Our wonderful Photographs by:

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

*Follow us on
Facebook!*