



Ballarat Little Athletics Newsletter

Week 7 2014-15 Season

November 15th 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

This Sunday!!

Nov 16th

Contact Glenn

0417589432

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.....

Our Parents—The Backbone of the Club

Our young athletes are the focus of our Club—they are our reason for being, and are at the heart of every decision we make. They, however, do not come to the club alone— usually they bring with them family or other supporting adults. It is these people

who actually form the backbone of our club because it is these people who are there to support the physical needs of the athlete, and also the emotional

needs—the ability to understand the child's need for encouragement, for a hug, for a gentle push, or just simply to be there . They are also vital to the smooth running of the club as helpers

and coaches. However, they are also very important in a less obvious way. Whether the kids are practicing or competing, the adults they see around them have a big impact on their understanding of "how things work"



in the world. When parents are helping in the office, setting up the hurdles, taking down the timing gates, raking the sand, setting up marqueises etc.—they come to understand that people

have to work to make things happen. Conversely when they see parents stressed , angry or criticizing other children or coaches—they learn that this type of behavior exists—and sometimes go on to do the same themselves. Parents and supporting adults are highly valued in this club and we are so

lucky to have them provide such a welcoming and positive environment for our young athletes. We have kids developing into lovely young people, learning about themselves, and the world around them—all through their own involvement, and

you, the adults who support them, at Little Athletics. Thank you!



The Start Line

For our younger athletes



You might have seen some of the more advanced runners standing in "Starters Blocks" at the beginning of some of their races. These are used to help give the runner a very strong start in the race. This is because the foot wont slip backwards

because it is "blocked". The starting blocks have three parts—the front block, the back block and the spine. The spine is placed one foot length from the start line and in the middle of the lane. There are spikes under the spine to help it stay in place. The runner is taught the proper position in the blocks, and then the prop-

er technique for starting with the starters gun. It takes lots and lots of practice to learn how to do it properly and get a really fast start. Starting blocks are used in races up to 400m and hurdles. There are different types of blocks, and the modern ones have lots of technology in them for timing the athlete, and some have speakers in them so the athletes all hear the gun at the same time. However the first starting blocks were made by an Australian named Charlie Booth and his Dad in 1929. If you want to learn more go to <http://>

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

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!



Down the Straight

For our more experienced athletes

As you are all aware this weekend is the Ballarat Ironman competition—a triathlon consisting of a run, swim and cycle. At Little Aths, however we like to do things even better—and so this week we will be having Multi's - this is an opportunity to compete in five different disciplines—100m, hurdles, 800m, Long Jump

and discus. If you are Under 9 or older you can use this week as the start to your Multi Event focus, as there will be a State Championship in Sydney in March 2015. Sometimes Multi's have seven events, and this is because they are based on an event called a Heptathlon (from a Greek word Hepta meaning

seven). The women's and men's events are slightly different, and the women's is held outdoors, while the men's is held indoors. Some famous Australian heptathletes are Jane Fleming, Glynnis Nunn and Jane Jamieson—but boys—here is a challenge—there don't seem to be any famous male Australian Heptathletes—maybe it will be you!



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 Shirley Strickland



This week the remarkable Shirley Strickland de la Hunty will be inducted into the International Association of Athletics Federations (IAAF). She was born in WA and did not wear shoes until age 12! She was famous as a sprinter and a hurdler, and amidst disputes, is considered to have won as many or

more Olympic medals than any other woman.

She was a very determined woman and often had to face battles to get what she believed in. She became a nuclear physicist because the engineering faculty wouldn't accept her because they had no women's toilets! She was told to retire at 23, but went on to win Commonwealth and Olympic Gold, and then at 31 with a three year old son, won gold at Melbourne Olympics. She is still the only woman to have won successive Olympic Hurdles at any of the three distances 80,100 and 400 meters over which they have been held. She exhibited a very strong sense of sportsmanship and fair play. This was seen when, in 1975, a photo showed absolutely that she

had come third in a 200m race in 1948, where she had been judged 4th; she did not want to upset the third place getter and so did not pursue the matter, even though it would have put her in the world record books. She is quoted as saying "All those years later you could not go to someone who might not have won any other medal --- when I had seven --- and ask them to give it back,". Shirley continued her athletics career as a coach and competitor (even competing in the relay team she coached!). She was also a well known conservationist and mother of four children. Although she died in 2004, her family will be very proud that Shirley finally got the recognition she deserved as a phenomenal athlete.

Ideas for Good Sportsmanship

Have a try at Everything!

If you had your eyes open a few weeks ago you might have seen Kathryn Mitchell training at our grounds! She is a javelin thrower and has been all over the world training and competing for Australia. Her PB is 64.34 meters! However, what you may have noticed about Kathryn is that, although she is a javelin thrower, she also runs around the track and

does sprint training. Athletes who choose the sport of Athletics may well specialize in one or two events, but they practice and train their bodies by also being involved in elements of the other athletic disciplines. So high jumpers practice long jump and discus throwers may use some of the strength training in shot put, and everyone runs—because running is the basis to good training and fit-

ness.

It is also important during your early years to have a try at everything because you may surprise yourself and really enjoy something you thought would be boring— like walks! Now all Ballarat Little Aths kids know that Walks is really good fun!! So be a good sport, and a good athlete and make sure you have a go at everything on offer at Little Aths!



Last Week's AF Winner
Isiah Cross

The Athletes Foot Award

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

Alice Lepair and William Pendred

For receiving the first bronze PB certificates of the season.

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

U7	Shamiso Mlupi
U8	Felix Klix
U9	William Card
U10	Matthew O'Brien
U11	Xavier Cross
U12	Leroy Appleby
U13	Sam Dutli
U14	Patrick Stephanson

Girls

U7	Layne McKechnie
U8	Cobi Wilbert
U9	Molly Fraser
U10	Akasha Wilson
U11	Charli Jones
U12	Jaymie McDonald
U13	Eden Squire
U14	Amelia Cross

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/>

