



Kiama Little Athletics Centre

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Season 2015-2016

Newsletter

3rd November 2015

Welcome!

Welcome to the 2015-2016 season. Little Athletics is a family sport - everyone should be involved. We encourage and need your help. Age Managers are required for every age group. Don't be concerned if you feel that you do not know enough to assist. There will always be someone who can show you. Just ask! It should be fun and athletes love to see you assisting in the events. You do not need to have knowledge of track and field events, just an eagerness to lend a hand. Even to organise athletes for events, measure or record. Remember that all our helpers have children involved with the Centre and would also like to see their kid's events. Sharing the roles makes it easier for all of us. Give it a go.

Reminder

Athletes cannot be "dropped off" on Friday nights. A parent or designated caregiver must be present at all times in case of injury or other circumstances that may arise. If there is no designated caregiver an athlete can be excluded from competing.

Wearing Of Spikes

A reminder that athletes up to and including the Under 10 age group are not be permitted to wear spike shoes in any event.

Mid South Coast Zone Championships

Our Centre is part of the Mid South Coast Zone. The "Zone" comprises of six (6) Centres - Albion Park, Kiama, Lake Illawarra, Milton Ulladulla, Shoalhaven and St Georges Basin. Each season the Zone Championships are held at a different Centre in the Zone. This season the Milton Ulladulla Centre is hosting "Zone" at the Frogs Holla Sports Complex on the 12th and 13th December 2015. Only athletes from U/7 and up are eligible to compete at the Zone Championships. Athletes are encouraged to attend and compete in this event. [Entry is free](#)

and it's a great experience, not only for the athletes, but the parents as well. Athletes of all abilities can enter. This is a terrific chance to put the skills learnt at Centre on Friday nights into practice. Entry forms are available from the Canteen or the Centre's [website](http://www.lakiama.com). Please speak to a Committee member for more information. Entries close 27th November 2015. We would like to see lots of our new athletes attend. Athletes from U/7 to U/12 can enter in a maximum of four (4) events. Athletes from U/13 to U/17 can enter in a maximum of six (6) events over the weekend. Athletes who are placed 1st, 2nd or 3rd in any event will progress to the Regional Championships at Lake Illawarra on the weekend of the 13th and 14th February 2016. Please note that U/7 athletes do not progress to the Regional Championships.

The Grand Prix Series

Each season the Albion Park, St Georges Basin, Lake Illawarra and Shoalhaven Centres run a Carnival. These Carnivals are a wonderful opportunity to meet and compete against athletes from other Centres. Athletes can participate in any or all of these Carnivals. Certain events at each of these Carnivals are nominated as "Grand Prix Events" for each Age Group. Athletes are awarded points, based upon place, for competing in a Grand Prix Event. After the conclusion of the last Carnival (Lake Illawarra) trophies are awarded to the top three (3) places in each age group. The champion Centre is also announced. Historically the Grand Prix has proven to be very popular particularly with the younger athletes. Last season several Kiama athletes were awarded trophies for their efforts.

Upcoming carnivals are:

St Georges Basin Dragon Derby

Sanctuary Point Oval
Sunday 8th November

Shoalhaven Gala Day

Shoalhaven High School

Sunday 29th November

Lake Illawarra Summer Carnival

Myimbarr Community Park

Sunday 17th January

Please support the other Centres in our Zone by attending these Carnivals.

Registrations

We currently have two hundred and eighty two (282) athletes registered with us this season.

Children must be registered prior to competing in any event. Children registered with other Little Athletics NSW Centres can compete at Kiama and athletes registered with Kiama can compete at other Centres if they so desire. Children must be registered before they take part for insurance purposes. It can also potentially impact on the point score results of athletes and create unwanted problems for our volunteer recorders.

Coaching

We have been fortunate to secure the services of Level 1 accredited coach, Mr Don Hodgekiss and High Jump coach, Mr Glenn Jones this season. Training is on Mondays and Wednesdays commencing at 4:00pm. Please note that High Jump coaching will only be conducted on Wednesdays commencing at 4:30pm. Athletes from U/8's up are welcome and will be coached regardless of ability.

Facilities And Equipment

We are always trying to improve the facilities and equipment at the Centre for our athletes. It is important that athletes look after the equipment they use each week.

Website

Our website (lakiamo.com) has proven to be very popular over the years. The response to the website, both internal and external to the Centre, has been remarkable. Each week results, stories and images relevant to the Centre are published on the site. Please take the time to visit our web site. You will be pleasantly surprised.

Facebook

Kiama Little Athletics recently created a Facebook page. The page will be used to publicise up to the minute information relating to the Centre.

Read The Centre Handbook

The Centre Handbook contains the answers to many of the questions that parents regularly ask. If you have a question or need some information check the Centre Handbook first. Should you need a copy the Handbook it can be [downloaded](#) from the Centre's website under "Information".

Age Managers & Parent Helpers

Our Age Managers and parent helpers are doing a tremendous job this season. If people didn't volunteer to fill these positions we would not be able to run our Club days. Thanks go to each and every one of you. Judging by the smiles on your faces, you are having as much fun as the Little Athletes are! Keep up the good work.

Sally Fitzgibbons – LAA Roll Of Excellence Inductee

Congratulations to ex Kiama Little Athlete Sally Fitzgibbons who was recently inducted into the Little Athletics Australia Roll Of Excellence.

This year's Roll of Excellence was held on 24th October 2015 in Sydney at the Establishment Ballroom. It was a great night recognising the amazing achievements of various Little Athletics individuals in four categories-: Track and Field, Sportsmen, Achievers and Volunteers.

Sally's induction was made in the Sportsmen category in recognition of her stellar performances in her chosen sport of surfing.

Data Entry

The Centre would like to take this opportunity to thank the wonderful people who recently volunteered to help us with data entry. Your assistance is greatly appreciated.