



ON TRACK

24 MARCH 2018 – STATE CHAMPIONSHIPS

THIS WEEK

**No more meets for 2017-18
State Championships for
Qualifying Athletes**

SOPAC 23-25 Apr

**HAVE YOU NOMINATED
FOR 2017-18 PERPETUAL
AWARDS YET?**

Check the Newsletter, your email,
and www.ndlac.org.au for details!

DUTY ROSTER

Enjoy your sleep in!!

2018-19

**Duty Roster to be shared
before season start**

SPONSORS



**PLEASE SUPPORT OUR VALUED
SPONSORS!**

Mt Kuring-gai Village Butchery

**The Coffee Squad (50c from
each coffee donated to NDLAC)**

**Dynamic Motion
Physiotherapy, Asquith**

Rebel Sports

Ashburn Tax Accountants

PRESIDENT'S MESSAGE – STUART GUTHRIE

Our final meet at Foxglove for this season is now complete. I would like to congratulate all **our U17 athletes** that have now finished their time at NDLAC. I wish all of them the best of luck in their future endeavours and thank them for all their time and efforts at Foxglove.

Well done to all the Parents that competed on the weekend. I hope you all warmed up before your races and have fully recovered after showing your children how to run!

I would also like to wish our **20 State representatives all the best of luck** this weekend at the LANSW State Championships at Homebush.

Congratulations to a number of NDLAC athletes who were competing at the **Australian Junior Athletics Championships last weekend** at Homebush. There were several fantastic results – **Annabelle Rodgers** competed in the U16 years combined Para events and won Gold in the Shot Put, Silver in the Long Jump & Silver in the Discus. Annabelle also set an Australian record in the Discus for the U16 & U18 F20 event!! **Jasmin Guthrie** won Silver in the U16 400m & **Isabella Guthrie** won Silver in the U17 400m Hurdles, both setting new Sydney Pacific athletics Club records. Congratulations girls on your amazing results.

Our **PRESENTATION NIGHT** is booked in for Saturday May 5. We have several special awards to consider. If you know of anyone that is deserving of these awards, then please nominate them. **Please see the end of the Newsletter for Nomination forms & email us.**

I would also like to ask any parents that are interested in Little Athletics to consider being a part of the **NDLAC Committee next season**. We have several positions that will be available, and we would love to have you on board. If you are interested, please express your interest with any of our committee members.

Finally, I would like to ask everyone to **fill out a brief survey** about NDLAC, to try and help us continue to improve our services. Please click on the following link -

<https://goo.gl/forms/ZVw3cpxyBKuyxyQb2>

I hope you've all had a great season and thank you for all your time and effort in helping NDLAC continue to be a wonderful club!



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UPCOMING DATES – NOTE THE IMPORTANT NEW DATES ADDED!!

- 24 Mar **State Championships** – SOPAC, Homebush. No meet at Foxglove
- 5 May **Presentation Day & AGM** – 430pm @ Asquith Girls High School, Stokes Ave. Asquith
(Sat) Come along to collect end of season awards, and congratulate our athletes.
- 6 May **NDLAC Cross Country season start** – 330pm for a 4pm start @ Foxglove Oval.
(Sun) **Free for all registered athletes!** Weekly each Sunday for 8 weeks until 24 June.

A CALL OUT FOR NEW COMMITTEE MEMBERS & ASSISTANTS!!

Our Centre would not be able to put the wonderful week-to-week program and associated events together during the season without the wonderful work of our **Committee team**. Comprised from mostly parents / guardians and former parents of the Centre, the Committee has a range of roles which support the running of NDLAC, in an enjoyable environment.

Each year we put the call out for **new and returning Committee Members** to ensure we can continue the successful operation of the Centre. We are seeking interest from anyone who can help for the 2018-19 season in almost any capacity – **the more support the better!** Please speak to any of our Committee team this Saturday to discuss how you can help!



RECORDS UPDATE 17 MARCH 2018. 3 NEW MILESTONES SET!!

Ethan Oliver broke the **U13B Triple Jump** record that was set in **November 2000** by A. Samakeh. Ethan jumped an amazing 11.10m breaking the old record by 21cm. Ethan also broke the **80m Hurdles** record by 0.1s which he set earlier in the season. The record now stands at 13.50s.

Marco De Paulis broke the **U14B 800m** record which he set earlier in the season. Marco ran a speedy 2m 18.4s. Fantastic efforts Ethan and Marco!!





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GOOD LUCK TO OUR STATE TEAM THIS WEEKEND!!

Good luck to our athletes selected for **State Championships to be held 24-25 March at Sydney Olympic Park Athletics Centre!!**

- | | | | |
|---------------------|-------------------------|------------------------|-----------------------|
| 1. Daniel Bovis | 2. Isabelle Cruickshank | 3. Marco de Paulis | 4. Oskar Enasio |
| 5. Summer Enasio | 6. Ella Gibbons | 7. Shayla Gleeson | 8. Isabella Guthrie |
| 9. Jasmin Guthrie | 10. Kalan Harding | 11. Elise Oliver | 12. Ethan Oliver |
| 13. Liam Oliver | 14. Mikaela Quinlan | 15. Matthew Roberts | 16. Annabelle Rodgers |
| 17. Lana Waddingham | 18. Lauren West | 19. Mackenzie Williams | 20. Zane Newton |

For details on the final team and events please search for your surname within the following link.

<http://www.lansw.com.au/Portals/44/Competition/State%20qualifiers%202018%20-%20centre%20order.pdf>

Best wishes also to Zane Newtown & Annabelle Rodgers for their selection to represent Northern Districts at the **State Championships Multi Class Events**, Zane in 100m and Annabelle in 100m, 800m, LJ, Discus, (as well as the SP that she qualified for in the above-mentioned team)!!

Congrats And Good Luck!

CROSS-COUNTRY SEASON - NO CHARGE FOR CURRENT ATHLETES!

Looking for ways to keep up your fitness over the Winter period? Or to support your efforts at upcoming school cross-country events? Our Cross Country season offers a **FREE** (for current LANSW athletes), fun way to do this in a supportive group environment.

Starting on **Sunday May 6**, the season will run for 8 weeks until June 24th. We have 500m (U6 and younger), 800m (U7-8s), 1500m (U9-10s), 2000m (U11-12s) & 3000m (U13+ & open).

Likely Timetable: 4pm 2000m & 3000m; 4.25pm 500m; 4.35pm 800m & 1500m. The program has been devised so that athletes can run more than once, so come along!!

More details can be found on our website link by clicking here [NDLAC Cross Country Season Info](#)



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AGE MANAGER REPORTS FROM 17 MAR 2018

UNDER 7G	<p>What a finish to the season, with the girls sporting all sorts of green and putting in 100% in every event. The heat didn't deter the girls with lots of smiles throughout the day. Their efforts showed again this week with PB's or nearly PB's for all the girls. Over 300 PB's for the U7G's for the season!!!! Some really lovely friendships formed this season with all the girls genuinely happy for each other each week. The only sad faces were realising that next year not all the girls will be in the same age group. Thanks girls and parents for your support this year. Mel and Kylie</p>
UNDER 8G	<p>Well - that's a wrap U8 girls!!! We have been so proud this year watching you grow and develop your skills. Some have gone for records, some have absolutely smashed their PBs, and others have improved little by little over the season, BUT all the U8 girls have given it 110% and everyone has improved out of sight! What's been most enjoyable has been watching the amazing displays of sportsmanship and teamwork shown by each and every one of these girls. They have been a truly beautiful group to look after each week!</p> <p>Have a great break U8 girls and we'll see you all back again next year! Michelle and Mark.</p>
UNDER 11B	<p>It's been a great year managing the U11 boys. I take this opportunity to thank all the boys, as well as the parents for their help. I would especially like to thank Robin (Geoffrey's dad) for all his help. The final days competing was still filled with great effort from the boys trying to get those last PB's. Blake had a great weekend with a PB in the Shot Put of 4.90mts & did an amazing effort in the long jump with a new PB of 3.29mts which was 27cms above his previous best. Geoffrey continued his great form in the Shot Put with a PB of 2.97mts. William who has improved in his distance running significantly throughout the year ran a PB in both the 1500mts & 400mts. Again I thank all the boys (Kalan, Josh, Blake, Toby, Harry, Conor, Liam, Ethan, Will, Finn, Bradley & Geoffrey) & hope to see them all back next year.</p>
UNDER 11G	<p>We had a fantastic end to the season with a few girls achieving PB's. My little group of 10 had a great morning, there were lots of laughs, jumping, some skipping and a few cartwheels. With the changes to happen next season and some going up some staying the girls decided to spend the morning as a team and finish some of the races united. I would like to thank the girls for being so happy and eager every week and it is so lovely to see the beautiful friendships formed. It has been a privilege to spend my Saturday's with them.</p> <p>I hope to see you all back next season, although Bridgette will be in the higher age group I'm sure the chit chat will continue across the field. Enjoy your Winter sports everyone.</p>
UNDER 12G	<p>Only a small group of 6 girls for the seasons end meet on Saturday but again saw some great results including Shayla with a PB in the 800m, Natasha with a PB in the Discus and Ella with a PB in the High Jump. On behalf of Amanda and myself it has been a privilege to watch the girls grow and achieve some great results throughout the season and to share the role of age managers. I encourage all the girls & parents to attend the awards night in order to recognise their outstanding results achieved throughout the year.</p>



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AGE MANAGER REPORTS FROM 17 MAR 2018 (CONT'D.)

U14-17B	It's been a very good season for this group of great mixed-age kids. They came full of positive energy on Saturday to really push themselves to their best. The whole bunch participated in every event which very unusual ;-). There were plenty of new PBs and we even had Marco (U14) breaking the 800 m record for the second time this year. We will miss the U17 boys who won't be here next season but hopefully they'll keep on training to achieve amazing things in their future.
U14-17G	The girls have had a fantastic year, finishing up with good numbers maintained and great friendships developed. We saw a wide spectrum of results over the course of the season but the one constant was the wonderful spirit and behaviour that the girls applied each week – setting a fine example to the younger athletes. Congratulations to our “graduating” U17 athletes, we hope you look back fondly on your days @ Foxy. To everyone else, enjoy the off-season and we look forward to seeing you back for more PBs and later this year!

PLEASE UPDATE YOUR EMAIL ADDRESS!!

As we near the end of the season, there is a constitutional requirement to issue a range of notices concerning arrangements for our annual general meeting and presentation night. To minimise costs and save time we would prefer to communicate most of this information by **email**. If your preferred email address has changed since you registered your athletes at the start of the season, please advise your new email address to registrar@ndlac.org.au

If you keep your email address current with us, you can also ensure that you will receive timely information about the registration process for the 2018-19 season.



Kevin Hirst Age Manager of the Year Award

Background

This award is made in memory of a parent who passed away after succumbing to a medical condition in December 2010. Kevin held many roles during his time at NDLAC, but most notably he will be remembered as an age manager of his youngest daughter's age group for some 10 years. This award is made to an age manager who displays a number of characteristics which portray the ideals and spirit of athletics.

Criteria

- Acts as an excellent role model, leader, teacher, parent and friend towards his/her age group
- Is well respected and liked by fellow age managers, key official and his/her age group
- Demonstrates respect for the rules and officials of Little Athletics
- Maintains a gracious and friendly attitude towards others
- Maintains a high standard of behavior, treating all charges under his/her care equally
- Contributes with enthusiasm, eagerness and enjoyment over a number of years
- Is a willing helper without necessarily being asked
- Commits themselves to the spirit of Little Athletics

Nominations – please email to: secretary@ndlac.org.au

Name of Person Making the Nomination _____

Person I wish to nominate for the Kevin Hurst award is _____

The reason I wish to nominate this person is:



Julie Halsey - Outstanding Service Award

Background

This award recognizes an individual (non-athlete) who has contributed to the Centre through efforts in support roles. This may be seen in areas such setting up equipment, behind the scenes, coaching and so on.

Criteria

- places concern for others above themselves
- demonstrates respect for the rules and officials of Little Athletics
- maintains a gracious and friendly attitude towards others
- maintains a high standard of behavior
- contributes with enthusiasm, eagerness and enjoyment
- is a willing helper without necessarily being asked
- commits themselves to the spirit of Little Athletics

Nominations – please email to: secretary@ndlac.org.au

Name of Person Making the Nomination _____

Person I wish to nominate for the Julie Halsey award is _____

The reason I wish to nominate this person is:



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Megan Jones Athlete Award

Background

This award is made in memory of one of our athletes who unexpectedly passed away succumbing to a medical condition in October 1999 whilst a member of the U15 Girls.

Megan loved to compete, not for the win, but for the enjoyment of athletics.

The award is made to an athlete who displays a number of characteristics which portray the ideals and spirit of athletics.

Criteria

- places concern for others above themselves
- demonstrates respect for the rules and officials of Little Athletics
- maintains a gracious and friendly attitude towards other competitors
- maintains a high standard of behaviour
- demonstrates a constant desire to improve and achieve personal goals
- participates with enthusiasm, eagerness and enjoyment
- is a willing helper without necessarily being asked
- commits themselves to the spirit of Little Athletics

Nominations – please email to: secretary@ndlac.org.au

Name of Person Making the Nomination _____

Person I wish to nominate for the Megan Jones award is _____

The reason I wish to nominate this person is:
