
**RYDE ATHLETICS
CENTRE INCORPORATED**



**INFORMATION BOOK
JUNIORS' DIVISION
2011-12 SEASON**

www.ryde-athletics.org.au

CONTENTS

FOREWORD	2
JUNIORS' COMMITTEE 2011-12 SEASON	3
LIFE MEMBERS, PATRON, PUBLIC OFFICER	4
2011-12 SEASON CALENDAR OF EVENTS	5
JUNIORS' INFORMATION	
Assistance from Parents	6
Registration	6
Dual Registration with Seniors	6
Wet Weather	6
Newsletter	6
Notice Boards and Website Updates	6
First Aid	7
Lost Property	7
Track & Field Area	7
Codes of Behaviour	7
Competition Rules	7
Canteen & BBQ	7
Qualified Coaches & Officials	7
SENIORS' INFORMATION	
Introduction	8
Training	8
Competition	8
Uniform	8
Registration	8
Social Activities	8
Contact	8
CENTRE UNIFORM	9
THE ACHIEVEMENT BOOK	
Using the Achievement Book	10
Achievement Patches	10
Merit Awards	10
SATURDAY PROGRAMS	11 - 13
CHAMPIONSHIPS AND SPECIAL EVENTS	14, 15
ZONE CARNIVAL	
Frequently Asked Questions & Answers	16
JUNIORS' ANNUAL AWARDS	
Trophies & Points Calculation	17 - 19
2010-11 JUNIORS' ANNUAL AWARDS WINNERS	20, 21
JUNIORS' RECORDS	22 - 25
JUNIORS' MID-WEEK COACHING INFORMATION	26
GROUND LAYOUT	Back Cover

FOREWORD

Welcome back to those returning to the Centre, and welcome to those about to experience their first season of athletics.

This season is the 39th year of Little Athletics for Ryde!
It is also the 12th anniversary of the amalgamation of the Junior and Senior divisions of our Centre. As a club which offers continuity from the Junior to the Senior ranks of athletics, we look forward to a long association with all of our athletes and their families.

Whilst some Seniors' information is included in this book, it is designed primarily to assist the Junior athletes – hopefully it will answer any questions you have about the way the Centre operates, but please ask any Committee member for help or information if required.

Parents/guardians should be aware that registering their children as Little Athletes gives membership of the Junior division of the Centre to both the children and the parents/guardians, however, it is only the parents/guardians (maximum 2) who have voting rights. **It is essential that the names of up to 2 parents/guardians are advised to us upon registration so that we may contact you to exercise your voting rights.**

The Juniors' season commences on the first Saturday in September each year and concludes with the NSW Little Athletics Association's State Track and Field Championships held in March. It is a busy seven months of athletics in which time we encourage team spirit at Ryde. To achieve this, all athletes, parents, guardians, relatives, and friends need to have a helpful and co-operative manner, a genuine interest in the activities of the club and the ability to deal fairly with others.


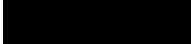
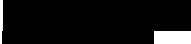
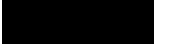
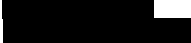
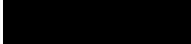
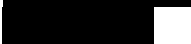
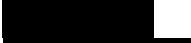
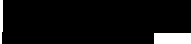


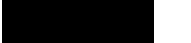
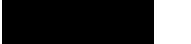


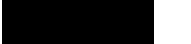


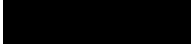
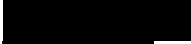



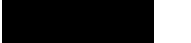
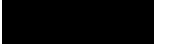





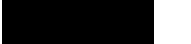
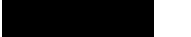



The success of Little Athletics is heavily dependent on its members. Parents, guardians, relatives and friends are required to administer, assist, officiate and coach the athletes at the Centre. Your active involvement is necessary for the benefit and development of all the children involved in athletics each week. More importantly, this involvement will add to the enjoyment of the sport for you and your children. We encourage all parents to get involved in coaching and official courses which the Association conducts - please ask any Committee member if you would like to know more.

With your encouragement and support the Ryde Athletics Centre and all of its members can be assured of an enjoyable and rewarding season of athletics.

Postal Address:	PO Box 3658 Marsfield NSW 2122
Email:	contact@ryde-athletics.org.au
Web Address:	www.ryde-athletics.org.au
ABN:	99 850 553 401
Incorporation Number:	INC9874328

JUNIORS' COMMITTEE 2011-12

COMMITTEE MEMBERS - JUNIORS

PRESIDENT	Ron Daniel	
VICE PRESIDENT	Craig Black	
SECRETARY	Stephen Latham	
TREASURER	Ely Osada	
ASSISTANT TREASURER	Fiona Court	
REGISTRAR	Kate Kelland	
AGE MANAGERS	Keith Grimes	
BBQ	Jo & Harry Houssenloge	
CANTEEN	Linda Hanlon	
CHAMPIONSHIPS	Kristina Nogajski	
COACHING	Craig Matheson	
ASSISTANT COACHING	Vacant	
EQUIPMENT	Simon Bergfield	
ASSISTANT EQUIPMENT	Tristan Tall	
FIRST AID	Girvan Malcolm	
OFFICIALS	Thomas Jubb	
ASSISTANT OFFICIALS	Peter Davis	
PUBLICITY	Louise Bergfield	
RESULTS	Linda Talty	
SOCIAL ACTIVITIES	Vacant	
TRACK & FIELD OFFICER	Craig Black	
ASSISTANT T & F OFFICER	Peter Peters	
Chief - Track	Jim Tzakos	
Chief - Throws	Simon Bergfield	
Chief - High Jump	Julie-ann Thompson	
Chief - Long Jump	Vacant	
UNIFORMS	Louise Badaoui	
ASSISTANT UNIFORMS	Annette Hughes	
WEB SITE	Simon Bergfield	
DELEGATES	Ron Daniel	
DIRECTORS	Ross Forster	
	Ann Arnott	
	Keith Johnson	
	Ian Trimble	
	David Lewis	

***All members of the Ryde Athletics Centre Committees are volunteers.
Most have, or have had, children competing at the Centre.***

If you:

- would like to fill a Committee position;***
- have suggestions for the Centre;***
- have a service or skill that can help our sport and our athletes;***
- would like to sponsor our Centre...***

...then we would be very keen to talk to you!

Please contact any of the current Committee members if you can help.

LIFE MEMBERS

Sharon Aldridge	Margaret Atkinson	Andrew Atkinson-Howatt
Nancy Atterton	Bruce Brown	Graeme Cameron
Carl Casacang	Margaret Chappell	Alain Corne
Diane Corne	Phil Cossell	Lynette Cox (née – Hill)
Bob Crawford	Lorraine Crews (née – Morgan)	Dorothy Cubban
Ron Daniel	Margaret Davies	Merv Davies
Sharon Dewar (née – Read)	Roma Devjak	Vic Devjak
Will Devjak	Tony Fernandes	Miriam Fogliani (née – Spitteler)
Ross Forster	Peter Graham	Warren Gray
Kurt Hansen	Andrew Jackson	Rachael Jackson (née – Massey)
Keith Johnson	Adrienne Kinna (née – Bouffler)	David Lewis
Anne Masing	Glen McCarthy	Suzette McFarlane (née – Sames)
Yvonne Melene (née - Godfrey)	John Mills	Roslyn Mitchell (née – Cramp)
Betty Moore	Coral Read (née – Hellyer)	Julie Reynolds
Judy Scott (née – Murray)	Rita Shield	Gaye Shuttler (née – Woolley)
Desleigh Spitteler	Reg Tarte	Mary Thomas
Ian Trimble	Ruth Trimble	Glyn Whalan
Kay Williams	Colleen Wilson (née – Hill)	

PATRON

Betty Moore

PUBLIC OFFICER

David Lewis

2011-12 SEASON CALENDAR OF EVENTS

Code	LAANSW	Little Athletics Association of NSW Inc.
	ANSW	Athletics NSW
	SOPAC	Sydney Olympic Park Athletic Centre (Homebush)

NB. Except for our scheduled Christmas break, we compete throughout the season during school holidays and public holiday weekends. All dates and information are correct at the time of printing.

2011

SEPTEMBER	3	JUNIORS' Season Commences.
OCTOBER	1	JUNIORS' Committee Meeting after Saturday competition.
	13-16	NSW All Schools (High Schools) – SOPAC.
	19	Nominations close for LAANSW Trans Tasman Trials (U11 & U12 athletes).
	22	Ryde Games including the 60m Dash– Dunbar Park (replaces our normal competition).
	26-27	NSWPSSA (Primary Schools) – SOPAC.
	30	Ryde Seniors' Club Championships – Dunbar Park (TBC).
NOVEMBER	5	JUNIORS' Committee Meeting after Saturday competition.
	6	LAANSW Trans Tasman Trials – Myimbarr Community Park, Flinders.
	19-20	ANSW (Seniors) State Relays – SOPAC.
	26	LAANSW State Relays – SOPAC – Selected U8 to U11 athletes. No points competition will be held at Dunbar.
	27	LAANSW State Relays – SOPAC – Selected U12 to U17 athletes.
DECEMBER	3	JUNIORS' Committee Meeting after Saturday competition.
	10-11	LAANSW North Met. Zone Carnival – Barton Park, Parramatta. (Selected athletes U7 to U17 – no competition at Dunbar on this weekend).
	17	JUNIORS' last week before Christmas break (with a special visitor!).

2012

JANUARY	5-17	Trans Tasman Meets - Auckland (selected U11 & U12 athletes).
	7	JUNIORS' Season recommences after Christmas break.
	28-29	LAANSW Zone Carnival wet weather backup – Barton Park.
FEBRUARY	4	JUNIORS' Committee Meeting after Saturday competition.
	8	Entries close for LAANSW State Multi Event.
	18-19	LAANSW Region 1 Championships – Narrabeen (U8 to U17 athletes who qualify from Zone). No points competition will be held at Dunbar.
MARCH	3	JUNIORS' Committee Meeting after Saturday competition.
	3	Trivia Night – Denistone East Public School (TBC).
	3-4	LAANSW State Multi Event – Cessnock.
	17	JUNIORS' Last day of Competition Points.
	23-25	LAANSW State Championships – SOPAC NB starts Fri. night (U9 to U17 athletes who qualify from Regions). No points competition will be held at Dunbar.
	31	JUNIORS' Fun Day and Age Group Trophies – Dunbar Park.
APRIL	4	JUNIORS' Committee Meeting.
	21	Australian Little Athletics Championships – Tasmania (selected U13 & U15 athletes).
MAY	2	JUNIORS' Committee Meeting.
	20	AGM and Major Awards Presentation Day – Ryde Eastwood Leagues Club.
JUNE	6	JUNIORS' Committee Meeting.
JULY	1	LAANSW State Cross Country/Road Walks – West Dapto.
	4	JUNIORS' Committee Meeting.
	14-15	LAANSW AGM and Annual Conference – Ulladulla.
AUGUST	1	JUNIORS' Committee Meeting.
	19	2012-13 Registration Day – 10am to 2pm at Dunbar Park. In the event of wet weather, venue will be moved. Please check our website on the morning for any updates.
	29	JUNIORS' Committee Meeting (for September).

JUNIORS' INFORMATION

ASSISTANCE FROM PARENTS

It is important that the Juniors' program at Ryde Athletics Centre is as enjoyable and as well run as possible for our children. Each week, more than 120 events are conducted and over 2000 individual results are entered into the Centre's computer.

For this to happen we need everyone's help. The Centre is not a child minding centre, **does not take any responsibility for looking after children** and insists that a parent/guardian must be present at Dunbar Park at all times during events and training sessions. Parents/guardians are required to do everything in the club and all committee members, age managers and coaches are parents, relatives or friends that have, or have had, children at the centre. There are no paid employees. If you have not already volunteered for a specific position in the club (Committee, Age Manager, Coach, etc) please report to the Officer for Officials when you arrive, to offer assistance during the morning's program.

To ensure that you are insured whilst on the ground during competition, **it is essential that all volunteers sign on at the Volunteers' Sign-On Table**. The sign-on table can be found at the entrance to the track & field area at the northern end of the ground. If you are new to athletics, let the Officer for Officials know this and you will be allocated an easy task (like raking the sand pit, putting the high jump bar back up or something similar). People who volunteer to work in the canteen or BBQ must sign the book in the canteen. Age Managers must sign-on with the Officer for Age Managers at the table at the front of the concrete slab. Sign-on is on a first come first served basis. If there is a particular job that you enjoy doing, make sure you get it by signing on first!

As the equipment must be moved onto, and removed from, the field each week, extra assistance from everyone will help to ensure that events start and finish on time.

Remember, there are dozens of jobs available for parents – indoors, outdoors, data entry, canteen and BBQ, recording, judging, timing, helping to organise the children for their events. You will not be working alone and you will have plenty of helpers and support if everybody makes their contribution!

In the interests of safety, please note that children are not to act as officials unless absolutely necessary and then only at the discretion of the Track and/or Field Officials.

All our Junior club events are held at Dunbar Park, Sobraon Road, Marsfield on Saturday mornings from 8 a.m. When the events finish depends entirely on the level of participation by athletes and the help provided by parents each week.

Other events available for Junior athletes (Zone, Region, State, other Centres' carnivals etc) may be held at other grounds and may commence at different times. These will be advertised on the club notice board when appropriate. Parent help is also required at these carnivals.

REGISTRATION

Fees are charged at the commencement of each season and **are not refundable**. A portion of the fees is sent to the Little Athletics Association of NSW (LAANSW) to cover the Centre membership fee and to provide everyone with insurance. The balance is a Centre fee for ground hire, maintenance of equipment, etc.

No athlete is permitted to compete at the Centre unless they are a full member of the Centre, a visitor from another centre or a registered trialist.

DUAL REGISTRATION WITH SENIORS

Little Athletes registered in the u12 to u17 age groups can also represent our Seniors' Division. Similarly, athletes who join our Senior Division who are 16 or younger as at the 30th September can also represent our Juniors' Division.

There is no additional cost for dual registration between the 2 divisions of Ryde but an additional registration form must be completed.

WET WEATHER

Ryde Council Wet Weather Line: 9952-8244

In the event of the cancellation of a meeting, we will **update our website by 8am** on the morning of the cancellation. If the Council closes the grounds, competition is cancelled. However, due to the low impact nature of athletics and the excellent drainage system at the track, Council usually gives us permission to make the decision about conducting events at Dunbar Park. We will only cancel competition if the track is deemed unsafe to conduct any events. We may use the wet weather program if necessary. If you are unsure about morning competition, it is worthwhile making the trip to the ground as it is likely to be usable.

NEWSLETTER

The Centre's newsletter "Footprint" will be emailed to each family and is also posted on our website.

NOTICE BOARDS & WEBSITE UPDATES

Information is displayed on the notice boards each Saturday Morning. Please check these each week so that you are up to date with Centre information. Late notices are also placed on our website.

JUNIORS' INFORMATION

FIRST AID

All accidents/injuries **must** be reported to the Centre's First Aid Officer, generally located on the field, their location identifiable by a flag. **Please take the First Aid Officer to the injured person. DO NOT MOVE THE INJURED PERSON FROM THE ACCIDENT SITE.** A first aid room is available for treatment and recovery if needed. An entry must be made in the accidents and injuries register by the First Aid Officer for each occurrence

Asthma sufferers should use, if required, inhalers prior to an event. Inhalers may be carried on the person but must not be held in the hand during an event.

LOST PROPERTY

Any property that is found on the ground should be given to a committee member. If there is a name on the article, the committee member will attempt to return it to its owner; otherwise it will be placed in the lost property bin. Any valuable lost property is to be retained by a committee member and reported immediately to the President. Valuable lost property is not to be placed in the lost property bin. Any unclaimed items in the lost property bin at the end of the season will be donated to charity.

TRACK & FIELD AREA

No person is allowed on the track and field area unless they are an athlete, an officer of the club or an official that has signed-on with the Officer for Officials. **In particular, extreme care must be exercised by everyone when passing near the throwing areas for the shot put, discus and javelin.** See the back page of this booklet to understand where these throwing areas are situated. Discus events are held in the discus cages (1 and 6), shot put is held from the concrete shot put circles (2, 3, 4 and 5) and the javelin is held at the end of the morning in the centre of the field.

When moving around the field, care must be taken not to interfere with any event that is taking place. Look along the track when crossing and do not cross the path of long, triple or high jump run-ups. Do not obstruct the view between the timekeepers and race starters.

CODES OF BEHAVIOUR

The Codes of Behaviour for Parents, Coaches and Athletes as published by The Little Athletics Association of NSW apply at Dunbar Park and all other Little Athletics events. Please read them in the LAANSW Handbook, issued at time of registration. Failing to abide by those codes may result in disciplinary action being taken.

COMPETITION RULES

Some of the rules of competition are listed below.

A full set of competition and event specific rules is available from the LAANSW website.

1. Shoes must be worn to compete in all events. Athletes in the Under 6, Under 7 and Under 8 age groups must never wear spikes.
2. If spikes are used, they must be carried by hand to the marshalling area for that event and removed immediately after the event is finished and carried by hand from the track. If this is not adhered to, then athletes risk their spikes being confiscated for the remainder of the day's competition.
3. Field areas are dangerous so athletes must not touch equipment unless they are instructed to do so. Athletes and officials must be aware of the throwing sectors and take caution if moving near throwing events.
4. All events will be conducted under the rules of the International Amateur Athletic Federation or as amended by the Little Athletics Association of NSW.
5. Only officials and athletes may enter the track or field area. Anyone wishing to act as an official must sign on at the officials' table.
6. Any athlete or volunteer misbehaving or conducting himself or herself in any way prejudicial to the performance of others may be suspended from competition by a member of the Executive Committee or the Track & Field Officer, Throws Officer, Track Officer, Jumps Officer or High Jump Officer.
7. Athletes are not to climb onto the throwing cage or high jump mats. The swings and other nearby playground equipment are out of bounds to all athletes.

CANTEEN & BBQ

The canteen and BBQ are both very dangerous areas. The canteen has sharp knives and boiling water for making tea and coffee and the BBQ has a hot plate. Children under 14 years of age must not be in the canteen or helping on the BBQ near the hot plate.

QUALIFIED COACHES & OFFICIALS

All coaches and qualified officials are volunteers who have made the effort to study a recognised coaches' or officials' course. The club continually needs volunteers to become accredited and we will pay for course attendance for those coaches who commit to 2 seasons of coaching at our Centre. Please see the President for further details about this incentive. Coaches are required on Monday and/or Wednesday after school as well as the Saturday competition. Officials are required for Saturday competition and other LAANSW carnivals. Anyone interested in learning to be an accredited coach or official should talk to the President or the Officer for Officials.

SENIORS' INFORMATION

INTRODUCTION

The Seniors' Division of Ryde Athletics Centre is affiliated with Athletics NSW (ANSW) and offers competition for all levels of athletes from 11 years to Veterans. The Centre is based at Dunbar Park, Sobraon Road, Marsfield.

TRAINING

Training is offered by fully qualified coaches in Track and Field. You do not need to be experienced to train, you just need an interest in keeping fit, or enjoying the social activities.

Training is held on Monday, Tuesday and Thursday afternoons after school and continues until about 6.30pm to 7pm or later depending on daylight saving. In addition Sunday morning training is available from 10am.

COMPETITION

For older athletes, an athletics program is offered on Saturday morning at Dunbar Park alongside the Junior competition, run to Juniors' specifications.

Summer competition is also available from September to March at Rotary Athletic Field on the corner of Mowbray Road and the Epping Road from 12.30pm Saturday. A full program of events is held for all ages over a two-week period. Athletes can enter as many events as they like or they can choose to specialise.

A higher level of competition is conducted at the Sydney Athletic Centre at Homebush and other venues, also on Saturday afternoons from 12 noon. Full details of ANSW competitions can be found on their website.

UNIFORM

The same uniform is used for Juniors and Seniors.

Women: Centre Crop Top or Singlet
(Red, White & Blue)
Black Shorts or Bike Shorts

Men: Centre Singlet (Red, White & Blue)
Black Shorts or Bike Shorts.

When competing as a Ryde Senior, your ANSW registration numbers must be attached to the front and back of the competition singlet or top.

REGISTRATION

To compete with Seniors, you will need to register with the Senior Division of Ryde Athletics Centre. For the latest fee structure please contact one of our Registrars.

Ryde athletes who join our Senior Division who are 16 or younger as at the 30th September can also represent our Juniors' Division.

Junior registered athletes, aged 11 years and over at 30th September, can also represent our Seniors' Division. This is an excellent way for our older juniors to gain more athletics experience and we encourage interested athletes to consider dual registration with Ryde Seniors.

There is no additional cost for dual registration between the 2 divisions of Ryde but an additional registration form must be completed.

For further information contact **Ross Forster, on 9801 4407.**

SOCIAL ACTIVITIES

The Senior Division organises various fund raising activities, which include:

CITY TO SURF – Volunteer helpers.
SYDNEY MARATHON – Volunteer helpers.
TRIVIA NIGHT - This is our main social function, open to all members, family and friends.

These fund raising activities are held to keep the Senior Division viable. We use the funds raised to purchase equipment and assist athletes in their travel costs to National Championships.

The success of the Senior Division is due to a small number of volunteers. We would welcome the participation of any athletes and families in assisting us to achieve the above.

CONTACT

For all information relating to the Seniors' Division, please contact Ross Forster on 9801 4407.

CENTRE UNIFORM

UNIFORM REQUIREMENTS FOR JUNIORS

Athletes (with the exception of Tots) must compete in the Ryde Centre uniform each Saturday at Dunbar Park Marsfield, at Little Athletics Association (LAANSW) competition events, and if dual registered, at Athletics NSW events.

All uniform items can be purchased on Registration Day or during Saturday morning competition at the Dunbar Park club house.

Girls: Unisex Centre T-shirt or Crop Top.
Black shorts or bike shorts.

Boys: Unisex Centre T-shirt or Singlet. Black running shorts with no visible logos.

The Registration Number:

The athlete's individual registration number, issued at registration, is to be sewn onto the **front** of the Centre T-shirt, singlet, or crop top with sponsor's logo and red border fully visible.

The IGA Badge:

The IGA badge must be sewn onto the **front right** hand side of the Centre T-shirt, singlet, or crop top above the registration number.

The Age Group Number:

This is sewn on the **front left** hand side of the Centre T-shirt, singlet, or crop top above the registration number.

The Centre Number (38):

The Centre Number (if/ when issued) is to be sewn on to the **back** of the Centre T-shirt, singlet, or crop top.

Please note that it is essential that each age and number patch be sewn on as one piece and all LAANSW sponsorship logos remain visible (including red border). Failure to do so may result in disqualification at LAANSW events and could also jeopardise sponsorship (an important factor in keeping membership costs to a minimum).

Foot Wear:

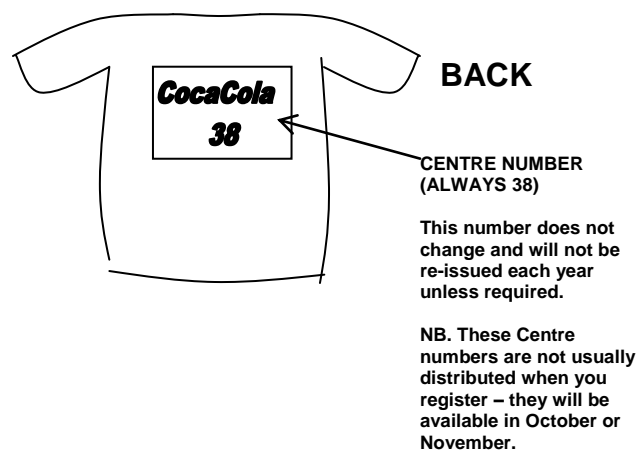
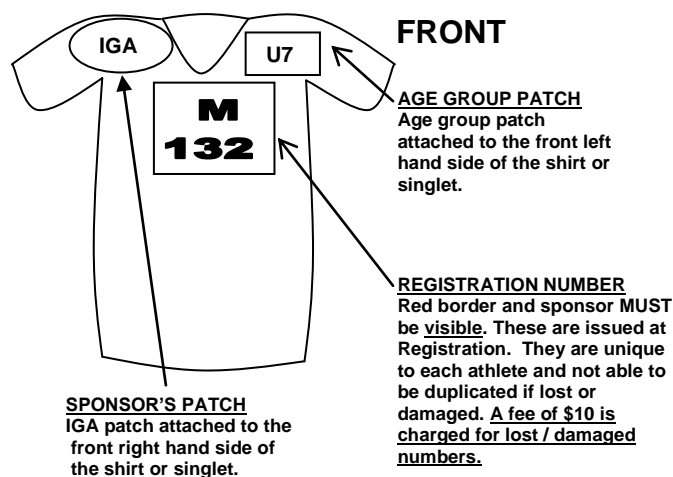
It is compulsory that all athletes wear some form of footwear.

Running Spikes:

Running shoes with spikes can only be worn by athletes u9 and older in track events run entirely in lanes, Long, High & Triple Jump and Javelin. Athletes u13 and older may also wear shoes with spikes in all other track events except walks. They are only to be worn while actually competing in an event and they **must be removed and carried by hand between events**, otherwise they may be confiscated for the remainder of the day. Spiked shoes must be removed before leaving the track and must never be worn on the spectator side of the fence. Running shoes with the spikes removed are not permitted at any time.

The maximum length spike permitted at Dunbar Park for Ryde Athletics Centre events is 9mm. **Grass spikes are not permitted on the tartan long jump run ups.** Athletes not wishing to change spike types between events should use tartan spikes. Sports stores can advise on appropriate spike lengths.

It is also recommended that hats be worn, sunscreen applied at regular intervals and a water bottle or spray be carried during competition.



THE ACHIEVEMENT BOOK

USING THE ACHIEVEMENT BOOK

All athletes registered with LAANSW receive their own Achievement Book.

Tots

The Achievement Book is used as a sticker book for the Tots. The book should be brought each week that the Tot attends athletics. It should be placed in the Tots' Box, located where the Tots meet for their activities at the start of the morning. During the morning, a parent of the Tots places a sticker into the book of each Tot. The books are returned to the Tots at the completion of their activities each week.

Each Saturday morning, parents should **also record their child's attendance** on the register that is kept in the Tots' Box.

U6 – U17 Athletes

Unlike the Tots, it is not necessary for u6 – u17 athletes to bring the book each week.

The Achievement Book is used to keep the result tickets of the athlete. By the third week of Saturday competition, a results sheet for the prior Saturday's events will be given by the age manager to each athlete, u6 and older. This shows the times and distances achieved in the events completed the week before.

The tickets on these result sheets should be cut into individual events tickets and glued into the Achievement Book. All events should be allocated **their own double page** ie. do not combine events - each double page should carry the results for 1 event only, glued into the book in chronological order. Commence with the shortest track event completed for the athlete, eg. U6 would allocate the first double page for their 50m event, the next double page for their 70m event, etc. Field events have their own pages in the second half of the book.

When the tickets have been glued into the Achievement Book, use the table of Achievement Levels on the inside back cover of the book to compare the athlete's performance with the colour achievement levels for the athlete's age group. To make this easy, highlight the column pertaining to the athlete. An athlete who has equalled, or performed better than, a colour level has attained that colour in that event. Attaining a higher colour level in an event means that any lower levels have also been achieved in that event, i.e. if an athlete has achieved the Red level by their personal best, then they have automatically achieved the Green and Yellow levels in that event.

The number of levels required in a colour to achieve that colour patch is listed on the Achievement Level sheet at the back of the book. The area, under the appropriate colour column, should be coloured to indicate that the level has been achieved. It is also useful to record the date in the circle. In this way, the athlete can see the improvement in their performances as the season progresses.

ACHIEVEMENT PATCHES

When an athlete has attained sufficient colour levels for an achievement patch, bring their book to the track and put it in the Achievement Book Box as soon as the athlete arrives at the track. During the morning, it will be checked and the appropriate Green, Yellow and/or Red Achievement Patches will be placed in an envelope in the front of the book. Blue Achievement Patches are presented to the athlete during the morning's events.

The patches are iron-on and can be placed on hats, towels, t-shirts etc, but **achievement patches cannot be placed on the uniform.**

MONTHLY MERIT AWARDS

Just as the Achievement Book is designed to keep track of the athlete's improvement across the season, the monthly merit awards are designed to reward regular attendance and encourage improvement at every level. Merit awards are given out after every four weeks of competition. There are three types given; **track**, **field** and an **encouragement award** per age group. The method of selecting recipients is determined by a manual points system, calculated by the age managers, where athletes receive one point for each event they have entered and completed, or attempted to complete, and an additional two points for improving their time or distance. These awards are presented before or during competition on the appropriate Saturday morning. As there are 20 age groups being presented, we ask that everyone arrives on time on Merit Award mornings which helps to ensure that all the children are ready to congratulate their fellow athletes or to collect any award they receive.

OTHER

We also like to acknowledge the other athletics achievements of our Ryde athletes so as all members of our Centre can applaud the athletes' efforts. We ask that you let our Committee know of any schools or seniors results at State or National level so as we can announce these performances to our members on Saturday mornings.

DUNBAR PARK PROGRAM WEEK ONE

NB 8:15am - u10 to Seniors 1500m. All other athletes commence warm up in the outside lanes or the centre of the field.

8:30am - First event for u6 – u9 athletes.

U6 BOYS	LJ	70m	200m	SP	50m	100m	
U6 GIRLS	SP	70m	LJ	200m	50m	100m	
U7 BOYS	50m	Discus	LJ	70m	200m	SP	
U7 GIRLS	LJ	50m	70m	Discus	200m	SP	
U8 BOYS	700m *	200m	70m	SP	100m	LJ	
U8 GIRLS	700m	SP	100m	200m	LJ	70m	
U9 BOYS	70m *	100m	SP	400m	Discus	800m	
U9 GIRLS	70m	100m	Discus	200m	LJ	800m	
U10 BOYS	#	70m	200m	SP	400m	HJ	Turbo!
U10 GIRLS	#	200m *	Discus	70m	400m	LJ	Turbo!
U11 BOYS	#	SP	200m	Discus	100m	HJ	Turbo!
U11 GIRLS	#	HJ	200m	TJ	400m	SP	Turbo!
U12 BOYS	#	HJ	200m	TJ	400m	SP	Javelin
U12 GIRLS	#	LJ	TJ	200m	400m	Discus	Javelin
U13 BOYS	#	SP	200m	Discus	100m	400m	TJ Javelin
U13 GIRLS	#	LJ	200m	100m	Discus	400m	TJ Javelin
U14/15 BOYS±	#	Discus ±	200m	TJ	100m	400m	HJ Javelin
U14/15 GIRLS	#	200m	100m	HJ	TJ	400m	SP Javelin
U17 Little As & U18 Seniors	#	TJ	SP	100m	400m	HJ	Discus Javelin

CODE: LJ = Long Jump
HJ = High Jump
TJ = Triple Jump

H = Hurdles
m = Metres
SP = Shot Put

As numbers in an age group are unknown at the commencement of the season, this program is subject to changes. Current as at 3/9/11.

* = First event in the area.

! = As a training activity only, (**no points**), we will trial turbo javelin for u10 & 11 athletes **if time permits**.

= 1500m commences at 8.15am. One race for u10 to seniors, girls and boys combined.

± = U14/15 Boys Discus also commences at 8.15am. Athletes wishing to compete in the Discus and the 1500m should register at the Discus before commencing 1500m and should return to the Discus when their 1500m is completed.

NOTE: Javelin available for athletes U12 and older, commencing when access to the centre of the field is available and safe.

DUNBAR PARK PROGRAM WEEK TWO

NB 8:00am - u13 to Seniors 3000m. All other athletes commence warm up in the outside lanes or the centre of the field.

8:30am - First event for u6 – u12 athletes

U6 BOYS	Discus	300m	70m	LJ	50m	100m
U6 GIRLS	LJ	300m	50m	70m	Discus	100m
U7 BOYS	500m *	LJ	70m	SP	100m	50m
U7 GIRLS	500m	SP	50m	100m	LJ	70m
U8 BOYS	60H	70m	Discus	100m	400m	SP
U8 GIRLS	60H *	70m	SP	100m	400m	Discus
U9 BOYS	LJ	60H	HJ	200m	100m	700mW
U9 GIRLS	SP	60H	100m	400m	HJ	700mW
U10 BOYS	Discus	60H	LJ	100m	800m	1100mW
U10 GIRLS	100m *	SP	60H	HJ	800m	1100mW
U11 BOYS	TJ	LJ	800m	60H	400m	1100mW
U11 GIRLS	LJ	100m	60H	800m	Discus	1100mW
U12 BOYS	100m	800m	Discus	60H	LJ	1500mW
U12 GIRLS	HJ	100m	60H	800m	SP	1500mW
U13 BOYS	# 200H *	HJ	800m	80H	LJ	1500mW
U13 GIRLS	# 200H	SP	800m	80H	HJ	1500mW
U14/15 BOYS	# 200H	SP	800m	LJ	90/100H	1500mW
U14/15 GIRLS	# Discus ±	200H	800m	LJ	80/90H	1500mW
U17 Little As & U18 Seniors	# 200H	800m	200m	LJ	100H/ 110H	1500mW

CODE: LJ = Long Jump
HJ = High Jump
TJ = Triple Jump
SP = Shot Put

H = Hurdles
m = Metres
W = Walk

As numbers in an age group are unknown at the commencement of the season, this program is subject to changes. Current as at 3/9/11.

* = First event in the area.

= 3000m available at 8.00am. One race for u13 to seniors, girls and boys combined.

± = U14/15 Girls Discus commences 8.15am. Athletes wishing to compete in the Discus and the 3000m should go to the large discus cage straight after they have completed their 3000m.

DUNBAR PARK PROGRAM “WET WEATHER” OPTION

For Points, Attendance & Merit Morning Calculations

Note that only 5 events have been listed. Spare time categories exist for additional events if weather and time allow. Age Managers should make requests for additional event(s) to the Officer for Track and Field and have these approved before commencing the event. Depending upon attendance, the grouping of some of these ages may be altered. Records achieved in events where ages and/or genders are combined will only be awarded if the event is normally contested in combined genders and/or ages. Separate races should be conducted if there is a likelihood of a record being broken. This program may be altered by the Committee to accommodate circumstances of the season, eg. If the wet weather program was required for 2 or more consecutive weeks, different events may be offered to provide variety for the athletes.

U6 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U7 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U8 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U9 BOYS and GIRLS	70m	200m	SP	100m	LJ	X Only 6 events allowed	X Only 6 events allowed
U10 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
U11 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
U12 BOYS and GIRLS	1500m #	LJ	400m	SP	100m	X Only 6 events allowed	X Only 6 events allowed
U13 BOYS and GIRLS	1500m #	SP	100m	LJ	400m		
U14/15 BOYS and GIRLS	1500m #	SP	100m	LJ	400m		
U17 Little As & U18 Seniors	1500m #	SP	100m	LJ	400m		

= 1500m commences when the decision has been made to run the wet weather program. One race for u10 to seniors, girls and boys combined.

Although it is unlikely that hurdles, TJ, Discus, Javelin, Walks or HJ would be offered on these days, some of these could be programmed for later in the day should the weather become fine, the athletes be keen to contest the event (particularly if they have these events coming up at Region/State) and the parents be willing to set up and pack away the extra equipment.

No events will be added unless the Committee deems that they can be conducted safely.

CHAMPIONSHIPS AND SPECIAL EVENTS

Event	Tot	U6	U7	U8	U9	U10	U11	U12
Saturday mornings at Dunbar Park	X	X	X	X	X	X	X	X
LAANSW Zone			X	X	X	X	X	X
LAANSW Region (must qualify)				X	X	X	X	X
LAANSW State Championships (must qualify)					X	X	X	X
LAANSW State Relays				X	X	X	X	X
LAANSW State Multi & Cross Country (from u7) & Road Walks (from u9)			X	X	X	X	X	X
Ryde Games and 60m Dash		X	X	X	X	X	X	X
Trans Tasman							X	X
Other athletic club carnivals (as advertised on the club notice board and LAA website)		X	X	X	X	X	X	X

Event	U 13	U 14	U 15	U 16	U 17	U 18	Open	VET
Saturday mornings at Dunbar Park	X	X	X	#	X	X		
LAANSW Zone	X	X	X	#	X			
LAANSW Region (must qualify)	X	X	X	#	X			
LAANSW State Championships (must qualify)	X	X	X	#	X			
LAANSW State Relays	X	X	X	#	X			
LAANSW State Multi, Cross Country & Road Walks	X	X	X	#	X			
Ryde Games and 60m Dash	X	X	X	X	X	X	X	X
Ryde Club Championship	X	X	X	X	X	X	X	X
Nthn. Zone Interclub Sat p.m. at Rotary (must register with Seniors)	X	X	X	X	X	X	X	X
ACT Championships (Canberra weekend)	X	X	X	X	X	X	X	X
Other athletic club carnivals (as advertised on the club notice board)	X	X	X	X	X	X	X	X
ANSW Interclub Homebush (must register with Seniors)	X	X	X	X	X	X	X	X
NSW All Schools (High School only)	X	X	X	X	X	X		
Australian All Schools (must qualify)	X	X	X	X	X	X		
ANSW State Relays	X	X	X	X	X	X	X	X
Australian Open & Age Championships	X	X	X	X	X	X	X	X

Key: LAANSW Little Athletics Association of NSW (Juniors)
 ANSW Athletics NSW (Seniors)
 Age Groups: LAANSW Age on 30th September
 ANSW Age on 1st January
 # As part of the combined Little Athletics U17 age group

A brief overview of some of these events follows. FAQ of the Zone Championships has also been included, as this competition will involve the greatest number of athletes.

Further information on all of these carnivals will be provided as they approach and more information can be obtained from the LAANSW Website, LAANSW Handbook (distributed at Registration), Ryde website, Seniors' Committee Members, "Footprint" Newsletters and Notices placed on our Noticeboards.

When some LAANSW events are being held, Saturday morning athletics at Dunbar Park is usually conducted but Centre championship points will not be awarded as many of our athletes will be away competing. The program on these days could be modified, depending on the number of experienced helpers available on the day. Records can only be awarded on these days if record procedures have been properly observed. Performances achieved on these days can only be used towards achievement patches if they have been properly recorded and can be verified.

If in doubt, please ask for more information and listen to announcements on Saturday mornings during competition.

CHAMPIONSHIPS AND SPECIAL EVENTS

RYDE GAMES & 60m DASH

These are hosted by the Ryde Centre at Dunbar Park each year in conjunction with the Ryde Sports Foundation and Ryde Seniors' Division. The Games are a 5 event contest and athletes must compete in all 5 events to have their points counted and to be eligible for a medal.

Medals are awarded to the first three place getters in each age group. Certificates are issued to all competitors.

Medals are also awarded to the placegetters in the 60m Dash.

LAANSW STATE RELAYS

The State relays are contested annually in November. They are held over 2 days and include mixed relays and field event relays, where points are awarded according to each athlete's achievement and a combined position is used to determine the final placings.

If chosen, please remember you are committing to a team. If you are unsure of your commitment, please declare yourself unavailable for selection.

Athletes u11 and younger who compete in the track relays are ineligible to compete in field relays. Representatives are selected for the relays based on their availability, interest in competing and their Centre performances. Usually a squad is selected four weeks prior to the relays. Baton changing practice is **compulsory** for all athletes selected for the track relays and sessions are held on Saturday mornings prior to normal Saturday competition.

Medals are presented to the first three finalist place getters and all competitors receive an event patch.

LAANSW ZONE CHAMPIONSHIPS

See the next page. Due to the large number of athletes involved in the Zone Competition, Saturday competition at Dunbar is **not held** on the weekend of the Zone Championships.

LAANSW REGION CHAMPIONSHIPS

The first four place getters in the finals at the Zone Championships in the u8-u17 age groups proceed to a second elimination series known as the Region Championships.

The first three place getters** in the finals at Regions receive medals, and these athletes in the u9-u17 age groups proceed to the State Championships.

All finalists receive certificates and each competitor receives an event patch.

LAANSW STATE TRACK & FIELD CHAMPIONSHIPS

The first three place getters** at the Region Championships in the u9-u17 age groups progress to the State Championships.

Medals are awarded to the first three place getters and certificates are awarded to all finalists.

AUSTRALIAN TEAMS CHAMPIONSHIP

At the end of the State Track and Field Championships, a team is selected to compete in the Australian Teams Championships. Teams from each State and the Northern Territory are selected with a maximum of 22 Under 13 girls and boys and 4 under 15 girls and boys who contest a multi-event. All events are contested with a maximum of two from each State in each event. The Championships are held in a different States each year.

LAANSW STATE MULTI-EVENT

Open to all Centres within the State, age groups U7-U17. This event is held in March each year. There is no qualifying standard. Medals are awarded to the first three place getters in each age group. This event is used to select the U15 athletes who will compete at the Australian Teams Championship.

LAANSW STATE CROSS COUNTRY & ROAD WALKS

Open to all Centres within the State, age groups U7-U17 for the cross country and U9-U17 for the walks. There is no qualifying standard. Medals are awarded to the first three place getters and certificates are awarded to first 8 competitors and a patch to all competitors. This event is held in July each year.

TRANS TASMAN CHALLENGE

The Trans Tasman Challenge originated in 1977, with a visit from 108 athletes from Auckland, New Zealand. Athletes from NSW returned the visit the following year. The hosting of the Challenge is shared by NSW and Auckland and is open to u11 & u12 athletes. Entries close in October, the trials take place in November and the Challenge is held in January.

**In 2011-12, some additional competitors will be taken to the State Championships, based on their performances at the Regions.

ZONE CARNIVAL

These FAQs are provided by the Zone Committee to provide preliminary information. At the time of printing this yearbook, the timetable had not been finalised.

When we receive the timetable we will place it on the Noticeboard at the track and post it on our website.

You should only refer to the Northern Metropolitan Zone timetable when planning your events as it could be a different timetable from the general LAA Zone timetable.

What is the Zone Carnival?

- This carnival is the major event of the season for the Northern Metropolitan Zone where all 6 Centres are involved. Centres in our Zone are Ryde, Norths, Hornsby, North Rocks-Carlingford, Parramatta and Cherrybrook.
- This carnival is the gateway to Region, State and National Carnivals. Progression from one carnival to the next is determined solely by performance at these carnivals. Please note that LAANSW will not consider outside performances, illness, special circumstances, misadventure or any other reason to progress an athlete outside of the carnival pathway.
- All Little athletes in the under 7 to under 17 age groups are encouraged to participate. It is a great opportunity for them to represent their Centre.
- All athletes under 7 to under 12 inclusive, can enter into a maximum of 4 events (excluding the relay). Under 13 to under 17 athletes can enter into a maximum of 6 events (excluding the relay).
- Entry is further restricted in the younger age groups as only 4 athletes per Centre can enter an event in the under 7 to under 12 age groups. There is no limit to the number of entrants from a Centre in the Under 13s and older age groups.
- This means that athletes in age groups with large registration numbers may not gain entry to 4 events and/or may not gain entry to their first choice of events.
- The first 4 finalists from Under 8s and older will qualify for the Region Carnival held in February. The first 3 finalists in the Under 7s receive a medal. Top 8 in all finals receive a Certificate.
- No late entries or substitutions are permitted on the day. Entries close around a month prior.

How does the Track and Field program work?

- A list of events is published prior to the carnival. It is not necessarily the order of events, but a list to identify the events. Please note that Zone programs can differ from the Region and State programs. This should be considered when deciding on your choice of events.
- Some events on the program have a time next to them. **They are referred to as NTSB or “Not to Start Before” times. This is to indicate that the event will not take place prior to this time - it is not the starting time.**
- Two tracks (circular and straight) are run at the same time. This makes the track program run very quickly. At times it may appear nothing is being done to conduct track events but this is not the case. It is to allow Field events a chance to catch up and also provide some recovery time for the athletes before further track events are called.
- If 2 events for the same age group are called at the same time, DON'T PANIC. There is a Clash Manager who ensures any athletes entered in the 2 events will have the opportunity to compete in both.
- All events are announced twice over the PA system prior to being conducted.

Is there anything else about the Carnival we should know?

- There will be waiting time between events so please be patient. There are around 1200 athletes competing in 300 track and field events.
- Cameras and mobile telephones are not permitted to be used inside the competition area. If there is an official photographer at the Carnival, they will be clearly identifiable.
- If you are assisting inside the competition area, you are not allowed to call out to the athletes.
- All the Officials are parents volunteering their time to help run the Carnival. If you feel that something is not right about the way competition has been conducted, please address these concerns to your Team Manager **only**, who will make enquiries on your behalf. Do not approach Officials directly as this can distract them from their duties.
- The Carnival usually commences at 8:30am on both days. Athletes marshal from 8.15am. The carnival is being conducted over 2 days and the track has lights which can be used if required.
- **Your help will be required. Please don't leave the job to someone else. There will be a job roster established in the weeks leading up to the carnival.**

JUNIORS' ANNUAL AWARDS

TROPHIES AND AWARDS

To encourage attendance, improvement and effort, the Centre awards Monthly Merit Award Ribbons and Achievement Patches throughout the season – these are covered earlier in this book.

The Centre also awards trophies at the end of the season. There are Age Group Trophies (which are presented on Fun Day), Most Improved Trophies, Age Champion Medals and Ribbons, Perpetual Trophies and Other Awards.

To be eligible for an **Age Group Trophy**, athletes must meet eligibility criteria. In summary, the trophies available for each age group are as follows. Each trophy is subject to the criteria (stc) listed below the table:

	Participation Trophy	Zone Trophy	Region Trophy	State Trophy
Tots	Eligible stc	NA	NA	NA
U6	Eligible stc	NA	NA	NA
U7	Eligible stc	Eligible stc	NA	NA
U8	Eligible stc	Eligible stc	Eligible stc	NA
U9- U17	Eligible stc	Eligible stc	Eligible stc	Eligible stc

The **Participation and Zone Trophies** are subject to attendance criteria. To receive one of these trophies, the athlete must have attended three-quarters of the total weeks of the season where competition points have been recorded, **and** they must also have attended at least 2 of the weeks remaining after the Christmas/New Year break. Attendance is not recorded on “no points” weeks and rained out weeks are eliminated from the total weeks counted for competition.

The **Region and State Trophies** are subject to age and qualification criteria. To receive a Region trophy, the athlete must qualify through to the Region Championships, ie. be u8 or older and attain 4th place or better in a final at the Zone Carnival. To receive a State trophy, the athlete must qualify through to the State Championships, ie. be u9 or older and attain 3rd place or better in a final at the Region Carnival. In 2011-12, there will be some additional qualifiers taken to the State Championships, based on performances at Regions. Athletes who qualify in this way will be eligible for a State Trophy.

If an athlete does not satisfy one of these trophy criteria, they will be awarded an unnamed **Participation Medallion**.

Note that only the highest level trophy achieved by the athlete will be awarded. For example, an u9 athlete who attends all Saturday competitions, competes at Zone, qualifies to Region and then to State would receive a State trophy only.

A **Most Improved Trophy** is awarded for a boy and girl in the u6-u17 age groups, based upon improvement points as determined by the results system. Improvement points refer to how an athlete is performing compared to their own progress.

On one of the first weeks of the season, every athlete's Personal Best (PB) is recorded in the computer records for each event. In each subsequent week to the base week, where points are awarded, the athlete's results are compared to their PB for each event. If a PB is equalled, then one improvement point is awarded. If a PB is beaten (to become the new PB), three improvement points are awarded. The Most Improved trophy is awarded to the athlete who has accumulated the most improvement points throughout the season but who is not one of the age champion medal winners.

The Centre also presents several **Other Awards** on Presentation Day. The first of these, the “**Trent Whalan True Blue Medal**” is awarded to any under 13,14,15 or 17 athlete who attains blue levels in at least 14 of their 15 events. All events must be attempted.

The “**Steve Refenes Medal**” is awarded to any Ryde Little Athlete who sets a LAANSW State Record or Australian Best Performance (ABP), either as an individual or as a member of team.

Any under 15 or under 17 athletes who have been with the Centre for a period of 5 consecutive years are awarded a “**Ryde Plaque**” by the Centre.

Any athletes who achieve 10 years continuous registration in Little Athletics NSW receive an “**Athlete Service Award**” certificate from the Little Athletics Association of NSW. These certificates can be obtained as soon as the athlete is eligible – eg. An u13 will eligible if registered continuously with 2 years of Tots. The 10 years can be accumulated with centres other than Ryde. **Please see the Registrar during the season** if you are entitled to one of these awards from LAANSW.

JUNIORS' ANNUAL AWARDS

The **Age Champions** are decided in the u6 to u17 age groups for boys and girls. **Medals** are awarded for the first three placegetters. **Ribbons** are awarded for 4th, 5th and 6th place. Each competitor accrues points for the events in which they compete. All athletes can compete in up to 6 events per week, however Under 13 to Under 17 age groups can compete in 7 or 8 events each week. From the 2010-11 season, the javelin has also been added as a LAANSW approved event for u12 athletes.

There are two points systems used in calculating these age group placings at the end of the season. These are the "Best in Age Points" and "Multipoints". The Centre runs the LAANSW computer system which calculates these points as results are entered.

Best in Age Points

In each event, first place receives 10 points, second place 9 points, third place 8 points, and so on down to 2 points for ninth place. Tenth place and all other places thereafter receive one point, so everyone at least gets one point if they compete. Please note that if only two athletes go in an event then first place gets 10 points and second gets 9 points. It doesn't matter how good you are, if you compete you get points. This points system does not differentiate by how much one athlete performs relative to another.

Multipoints

In the multipoint system, each event for each age group has a table of results (times or distances depending on the event type) and the number of points earned for that result. For example, the table for U/11 boys' long jump will have an entry for all the distances that are possible for the age group, and each distance will have a number of points allocated to it. The longer the jump, the more points earned. There is a table for each age group/event combination. This points system does differentiate by how much one athlete performs relative to another.

Determining the Age Champions

The placings for each age group are calculated by averaging out both the Best in Age Points and the Multipoints. In our demonstration age group we have 6 athletes who have earned the following points:

Athlete Number	Best in Age Points	Multi-points
1	1364	3654
2	1277	3702
3	1439	4007
4	1043	2765
5	1597	4035
6	1165	2483

These points are then converted into "Best in Age" percentages and "Multipoint" percentages. This is achieved for each points system by dividing the number of points for each athlete by the total points for that points system. For example, the sum of the best in age points for the six athletes is 7885. The best in age percentage for athlete 1 is therefore $1364/7885 \times 100 = 17.30\%$. This is done for each athlete for both points systems to give the following:

Ath. No	Best in Age Points	Multi-points	Best in Age %	Multi-points %
1	1364	3654	17.30	17.70
2	1277	3702	16.20	17.93
3	1439	4007	18.25	19.41
4	1043	2765	13.23	13.39
5	1597	4035	20.25	19.54
6	1165	2483	14.77	12.03
Total	7885	20646		

Finally, the two percentages are averaged out by adding them together and dividing by two. This gives the following result and final positions:

Ath. no	Best in Age %	Multi-points %	Avg	Pos
1	17.30	17.70	17.50	3 rd
2	16.20	17.93	17.07	4 th
3	18.25	19.41	18.83	2 nd
4	13.23	13.39	13.31	6 th
5	20.25	19.54	19.90	1 st
6	14.77	12.03	13.40	5 th
Total	100	100	100	

JUNIORS' ANNUAL AWARDS

The following **Perpetual Trophies** might also be presented if the criteria have been met, subject to a very high standard of performance being achieved.

SCULLION TROPHY

Awarded to the U6 girl and the U6 boy with the most Improvement Points.

LOUISE TRIMBLE JUMPS TROPHY

Awarded for the best jumps performance in the following order of merit:

1. Most records at Ryde
2. Count back over disciplines if equal

BOB CRAWFORD THROWS TROPHY

Awarded for the best throws performance in the following order of merit:

1. Most records at Ryde
2. Count back over disciplines if equal

MERRYN ALDRIDGE SPRINTS TROPHY

Awarded for the best sprint performance in the following order of merit:

1. State performance
2. Regional performance
3. Records at club level
4. Near Records

BETTY MOORE HURDLES TROPHY

Awarded for the best hurdles performance in the following order of merit:

1. State performance
2. Regional performance
3. Records
4. Near records

DAVID LEWIS MIDDLE DISTANCE TROPHY

Awarded for the best middle distance performance in the following order of merit:

1. State performance
2. Regional performance
3. Records
4. Near records

THE LUKE ADAMS TROPHY

OUTSTANDING PERFORMANCE IN RACE WALKING

Awarded for the best race walking performance in the following order of merit:

1. National and State performances
2. Regional performance
3. Records
4. Near records

SHANNON ARNOTT SINGLE MOST OUTSTANDING PERFORMANCE

Awarded to the best Single Performance in the following order of merit:

1. National - gold, silver, bronze, finalist, competitor
2. State – gold, silver, bronze, finalist, competitor

LYN CRAWFORD ALL ROUND TROPHY & RYDE SPORTS FOUNDATION ALL ROUND TROPHY

These 2 trophies have the same criteria. The Lyn Crawford Trophy is awarded to an athlete from the u7-u11 age groups; the Ryde Sports Foundation Trophy is awarded to an athlete from the u12-u17 age groups.

Both trophies use the following criteria:

1. Attendance
2. Entering all events
3. Blue patch
4. Total points score
5. Average point score
6. Results in age (1st & 2nd)
7. Attendance at carnivals
8. Demonstrated sportsmanship and enthusiasm

EXCEPTIONAL EFFORT TROPHY

Donated by the Lowe Family in 2009

Awarded to an athlete with a disability in the following order of merit:

1. Displaying enthusiasm and effort in the spirit of Little Athletics
2. Number of weeks attended
3. Number of events attempted (with due consideration given to the number of events available to the age group and the ability of the athlete to compete in all events)

JULIE REYNOLDS

SPIRIT OF RYDE ATHLETICS TROPHY

Awarded to an athlete, parent or family within the club who has consistently demonstrated all of the following attributes:

1. Total commitment to participation
2. Unwavering fairness and sportsmanship
3. Volunteer services
4. A sense of fun

This award is decided based on nominations made to either Committee by any member of the Centre. If nominations are received from both divisions, then the executive committees of both will meet and decide the recipient.

Name/s of your nominee/s, with the reason for your nomination, should be given to any Committee member before the end of March.

2010-11 JUNIORS' ANNUAL AWARDS WINNERS

As mentioned above, the age champion is determined by using an average from two points system for each event. Although athletes do not have to compete in all events, the more events they enter, the more points they accumulate.

	<u>CHAMPION</u>	<u>RUNNER-UP</u>	<u>THIRD PLACE</u>	<u>MOST IMPROVED</u>
6 Boys	Luke Jubb	Jeremy Plummer	Benjamin Harris	See Scullion Award
7 Boys	Liam O'Donovan	Mitchell Rushworth	Adam Bruntsch	Adam Shaheen
8 Boys	Jett Tall	Joshua Arcus	Samuel Taber	Liam Fanto
9 Boys	Christian Cirino	Harry Stevenson	James Bragg	Noah Hain
10 Boys	Benjamin Nogajski	Daniel Bowtell	Chris Maguire	Samuel Plummer
11 Boys	Thomas Rice	Justin Sunderland	Joey Lo Surdo	Alexander Galati
12 Boys	Jack Armson	Sam Hain	Raymond Ahsan	Dylan Rodgers
13 Boys	Haydn Houssenloge	James Hanlon	Alex Black	Cameron Tonge
14 Boys	Jack Rodgers	Antonio Galati	Geoffrey Carman	Patrick Harrison
15 Boys	Joseph Morris	Matthew Laz	Xavier Calder	Cameron Pappas
17 Boys	James Bergfield	Joshua Speed	Patrick Kelland	Jesse Rosenberg
	<u>CHAMPION</u>	<u>RUNNER-UP</u>	<u>THIRD PLACE</u>	<u>MOST IMPROVED</u>
6 Girls	Madison Conyers	Alexis Aldous	Emma Lamers	See Scullion Award
7 Girls	Chiara Lillis	Georgia Arcus	Sophie Lamers	Abby Gibson
8 Girls	Portia Amy-Wilson	Emma Brown	Jade Mewburn	Amy Leotta
9 Girls	Stephanie Volos	Eleanor Plummer	Lauren Hilder	Jasmine Inkster
10 Girls	Hannah Tall	Julia Kelland	Sophie Collyer	Katrina Lyon
11 Girls	Amy Court	Zoe Latham	Chloe Davis	Lucy Stevenson
12 Girls	Katherine Du	Jadine Zajic	Nicola Bowtell	Claire Higginson
13 Girls	Sarah Kelland	Veronika Jukic	Tyan Whitford	Takara Hudson
14 Girls	Kara Talty	Kate Roser	Jessica Du	Niamh Simula
15 Girls	Paulina Peters	Maddy Bergfield	Sachi Kayama	Kirsten Parker
17 Girls	Hayley Daniel	Brianna Dagwell	Teresa Galati	Brittany Talty

The Trent Whalan True Blue Medal

Patrick Kelland

The Steve Refenes Medal

Ben Cox, Kate Spencer

RACI Plaque for Under 15 or Under 17 athletes who have attained 5 or more consecutive years of registration with the Club

Maddy Bergfield , Ben Cox, Anthony Elgood, Sachi Kayama, Nicholas Kelland, Joseph Morris, Cameron Pappas, Kirsten Parker, Paulina Peters, Jesse Rosenberg, Brittany Talty

LAANSW Athlete Service Award for 10 years continuous registration in Little Athletics

Brianna Dagwell, Hayley Daniel, Veronika Jukic, Caleb Purcell, Ellen Thompson

Club Captains for the 2010-11 season were Maddy Bergfield and Nicholas Kelland.

2010-11 JUNIORS' ANNUAL AWARDS WINNERS

PERPETUAL AWARDS:

The Ryde Sports Foundation 1992 Bi-Centenary Trophy "Outstanding All Round Performance in U12 - 17 Age Groups"	James Bergfield & Jack Rodgers
The Crawford Trophy "Outstanding All Round Performance in U7 - 11 Age Groups"	Zoe Latham
The Scullion Awards "Most Improved in U6 Age Group"	Boys: William Petchell Girls: Chiara Taber
Louise Trimble Jumps Trophy	Sachi Kayama
Bob Crawford Throws Trophy	Maddy Bergfield
Merryn Aldridge Sprint Trophy	Ben Nogajski
Betty Moore Hurdles Trophy	Stephanie Volos
David Lewis Middle Distance Trophy	Kate Spencer
Luke Adams Race Walking Trophy	Sarah Kelland
Shannon Arnott Single Most Outstanding Performance Trophy	Kate Spencer
Exceptional Effort Trophy	Shannon Burrows
Julie Reynolds Spirit of Ryde Athletics Trophy	The Hanlon & Houssenloge Families

JUNIORS' RECORDS

For a record to be officially recognised there are criteria that must be met in regards to the number of stopwatches (for track events) and judges/officials. Should you feel that you may break a record it is strongly suggested that you let your Age Manager know prior to the event so that they can ensure that the required criteria are met. Records can only be broken at Dunbar Park during normal Saturday morning Centre competition.

Age	Event Name	<u>Boys</u>			<u>Girls</u>		
		Record	Holder	Date	Record	Holder	Date
U/6	50 Metre Run	8.7	S Ryan	9/02/85	9.4	M Corne	29/11/86
	70 Metre Run	12.0	D Smith	25/01/92	13.0	F Mulrooney	6/03/82
	100 Metre Run	17.4	S Ryan	23/02/85	18.5	V Doherty	20/02/82
	200 Metre Run	38.4	R Boyd	4/12/82	40.6	M Mestousis	18/02/06
	400 Metre Run#	1-27.7	T Richardson	10/03/84			
	Pack Start *#	1-08.2	G Lewis	7/02/98	1-09.5	G Burnett	28/02/98
	Pack Start **	58.7	J Sunderland	25/02/06	59.8	M Mestousis	11/03/06
	Long Jump	3.15	D Brophy	20/09/80	2.87	J Hannington	12/03/83
	Shot Put	6.55	J Ramm	14/02/04	4.60	T Dwan	25/02/06
	Tennis Ball#	6.48	J Hyland	30/11/96	4.44	B Cook	30/11/96
	Rocket#	14.64	L Parker	28/02/98	7.33	F Hausia	6/10/02
	Discus	11.65	T Russell	1/03/03	10.05	T Dwan	14/01/06
	U/7	50 Metre Run	8.3	S Ryan	22/02/86	8.5	J Boland
70 Metre Run		11.2	P Howard	21/10/79	11.8	J Boland	3/11/79
100 Metre Run		15.4	D Ryan	14/03/81	16.9	L Nicoli	11/02/78
200 Metre Run		33.7	D Ryan	13/03/81	36.4	F Mulrooney	12/02/83
Pack Start		1-45.8	J Tall	13/3/10	1-52.4	M Mestousis	17/02/07
Long Jump		3.67	P Howard	24/02/79	3.31	V Doherty	15/01/83
Shot Put		9.39	A Menin	7/03/81	5.80	F Hausia	18/01/03
Discus		17.93	A Menin	28/01/81	18.33	U Ranjitkumar	1/12/01
U/8	70 Metre Run	10.8	N Medcalfe	7/03/81	10.7	R Fernandes	23/02/85
	100 Metre Run	14.9	S Ryan	24/01/87	15.2	R Fernandes	9/02/85
	200 Metre Run	30.8	D Ryan	27/02/82	33.4	E Cotton	10/03/84
	400 Metre Run	1-11.9	D Ryan	6/03/82	1-17.3	F Mulrooney	3/03/84
	Pack Start *#	2-32.1	J Aldridge	18/03/00	2-42.6	E Burnell-Jones	12/02/00
	Pack Start **	2-19.9	H Stevenson	20/3/10	2-24.7	M Mestousis	12/01/08
	60 Metre Hurdles	11.5	J Aldridge	5/02/00	11.7	E Burnell-Jones	5/02/00
	Long Jump	3.89	D Ryan	6/02/82	3.65	K Nettle	17/12/83
	Shot Put	8.15	J Tall	12/03/11	6.68	F Hausia	17/01/04
	Discus	21.26	J Tall	12/02/11	19.40	U Ranjitkumar	18/01/03
U/9	70 Metre Run	10.6	B Nogajski	20/3/10	10.9	M Mestousis	7/03/09
	100 Metre Run	14.3	G Duddle	1/03/80	14.9	R Massey	15/12/84
	200 Metre Run	30.0	G Duddle	1/03/80	31.1	R Massey	2/03/85
	400 Metre Run	1-08.0	G Duddle	23/02/80	1-14.3	F Mulrooney	26/01/85
	800 Metre Run	2-33.1	G Duddle	9/02/80	2-45.6	M Cotton	9/02/85
	700m Walk	4-12.9	M Thomas	6/03/99	4-25.4	S Kelland	10/03/07
	800 Metre Walk#	5-10.2	M Lower	11/02/95	4-41.7	M Cotton	23/02/85
	60 Metre Hurdles	10.2	J Pearce	4/03/00	10.6	E Burnell-Jones	24/02/01
	Long Jump	4.30	K Radcliffe	5/12/81	4.29	L Lawson	19/11/83
	High Jump	1.22	G Duddle	26/01/80	1.22	L Sheridan	26/01/80
	Shot Put	10.05	A Menin	12/02/83	8.12	S Solomona	14/03/98
	Discus	28.88	A Menin	6/11/82	24.39	U Ranjitkumar	14/02/04

* Pre 2001/02 season ** Post 2001/02 season (due to change of event specification) #Event no longer contested.

JUNIORS' RECORDS

Age	Event Name	<u>Boys</u>			<u>Girls</u>		
		Record	Holder	Date	Record	Holder	Date
U/10	70 Metre Run	10.2	J Pearce	30/09/00	10.2	B Jenkins	7/03/09
		=	J Aldridge	10/11/01			
		=	B Nogajski	12/03/11			
	100 Metre Run	13.7	C Birdsall	10/10/92	14.0	R Fernandes	29/11/86
	200 Metre Run	28.7	D Ryan	10/03/84	29.9	R Massey	23/11/85
	400 Metre Run	1-06.6	M Todd	23/02/02	1-09.6	F Mulrooney	1/03/86
	800 Metre Run	2-32.9	S Refenes	5/10/79	2-42.7	F Mulrooney	1/03/86
	1500 Metre Run	5-02.0	S Refenes	9/02/80	5-31.4	F Mulrooney	22/02/86
	800 Metre Walk#	4-10.2	D Schofield	27/02/88	4-15.8	B Wheatley	27/02/88
	1100 Metre Walk	6-22.7	T Metherell	16/03/02	6-50.1	S Kelland	23/02/08
	60 Metre Hurdles	10.5	J Pearce	28/10/00	11.1	N Osada-Phornsiri	23/02/08
	Long Jump	4.84	T Hulme	25/10/80	4.46	J Boland	5/03/83
	High Jump	1.34	B Nogajski	12/03/11	1.30	Z Latham	9/01/10
	Shot Put	12.07	A Menin	28/01/84	8.21	T Hausia	24/01/04
Discus	34.76	A Menin	21/01/84	25.08	U Ranjithkumar	11/12/04	
U/11	100 Metre Run	13.7	A Fitzgerald	25/10/97	13.9	R Massey	11/10/86
		=	S Refenes	27/02/81			
	200 Metre Run	26.4	K Radcliffe	21/11/83	29.3	L Farmer	28/11/92
	400 Metre Run	1-04.0	S Refenes	27/02/81	1-08.1	Z Latham	12/03/11
	800 Metre Run	2-26.8	D Forster	6/03/82	2-36.8	J Pride	23/03/85
	1500 Metre Run	4-53.4	S Refenes	27/02/81	5-22.3	K Millar	3/03/84
	1100 Metre Walk	6-47.4	S Pecar	4/03/00	6-37.4	S Kelland	28/02/09
	1500 Metre Walk#	8-28.3	S Stanley	8/11/80	9-51.6	A Webster	12/11/94
	60 Metre Hurdles	9.7	J Pearce	2/03/02	10.3	L Allen	2/03/96
	Long Jump	4.85	K Milner	13/12/86	4.56	J Boland	17/12/83
	High Jump	1.48	A Fitzgerald	22/11/97	1.37	N Osada-Phornsiri	6/12/08
	Triple Jump	10.05	M Williams	25/11/89	9.31	L Trimble	29/02/92
	Shot Put	10.57	F Kmet	25/11/95	10.91	T Hardy	20/02/10
	Discus	32.60	D Pitchfork	6/02/82	24.32	K Ranjithkumar	01/02/03
U/12	100 Metre Run	13.1	T Milner	9/11/85	13.5	J Casaclang	24/02/01
	200 Metre Run	27.4	Z Kukucka	27/02/88	28.2	J Casaclang	03/03/01
		=	T Milner	27/02/86			
	400 Metre Run	1-03.2	D Forster	12/03/83	1-06.1	J Casaclang	03/03/01
	800 Metre Run	2-19.4	S Refenes	13/03/82	2-31.4	J Pride	7/12/85
	1500 Metre Run	4-47.8	M Todd	14/02/04	5-16.5	K Millar	8/12/84
	1500 Metre Walk	8-10.0	J Graham	1/10/90	8-21.5	Y Hearne	8/11/80
	60 Metre Hurdles	9.7	B Jovanovich	4/03/00	10.4	N Burgess	24/10/98
		=	J Pearce	16/11/02			
	Long Jump	5.08	D Forster	12/03/83	4.71	M Gault	9/11/91
	High Jump	1.52	A Fitzgerald	6/02/99	1.47	N Osada-Phornsiri	13/02/10
		=	S Williams	18/10/08			
	Triple Jump	10.78	J Pearce	9/11/02	10.10	K Lawson	8/11/86
	Shot Put	11.52	A Menin	30/11/85	10.46	N Corne	8/02/86
	Discus	40.70	D Pitchfork	21/01/84	29.76	A Sironen	1/12/79
	Javelin	18.67	J Armson	12/03/11	16.69	K Du	12/03/11

Javelin was added to the u12 program in 2010-11 season.
Event no longer contested.

JUNIORS' RECORDS

Age	Event Name	<u>Boys</u>			<u>Girls</u>		
		Record	Holder	Date	Record	Holder	Date
U/13	100 Metre Run	12.7	M Crooks	25/10/97	12.9	R Fernandes	23/09/89
	200 Metre Run	26.1	M Crooks	27/09/97	27.1	J Casaclang	1/12/01
	400 Metre Run	1-01.8	M Johnson	16/03/96	1-02.6	J Casaclang	23/02/02
	800 Metre Run	2-20.0	M Todd	22/01/05	2-29.7	T Vance	18/11/06
	1500 Metre Run	4-38.7	M Todd	06/11/04	5-28.6	P Peters	27/09/08
	3000 Metre Run	10-12.9	M Todd	13/11/04	12-15.1	S Jones	23/02/08
	1500 Metre Walk	7-55.9	B Farley	14/03/87	8-42.7	S Kelland	5/03/11
	80 Metre Hurdles	12.6	J Pearce	15/11/03	14.1	N Burgess	11/12/99
	90 Metre Hurdles	15.0	B Chappell	27/02/93	15.8	K Hannington	28/02/87
		=	B Campbell	31/08/03			
	200 Metre Hurdles	28.2	T Spencer	12/12/98	31.4	S Arnott	5/02/00
	Long Jump	5.56	T Milner	13/12/86	4.90	L Barry	10/12/83
	High Jump	1.57	B Edwards	09/12/00	1.50	N Osada-Phornsiri	29/01/11
	Triple Jump	11.28	S Rowe	29/10/83	10.28	L Trimble	26/02/94
	Shot Put	14.52	F Kmet	31/01/98	9.62	M Bergfield	29/11/08
	Discus	41.48	F Kmet	24/01/98	31.72	K Ranjitkumar	15/01/05
	Javelin	33.52	F Kmet	10/01/97	24.09	M Bergfield	14/02/09
	U/14	100 Metre Run	12.1	N Marokakis	7/12/02	12.9	J Casaclang
200 Metre Run		24.9	M Crooks	17/10/98	26.9	J Casaclang	23/11/02
400 Metre Run		59.3	T Spencer	18/09/99	1-02.1	T Vance	1/03/08
800 Metre Run		2-23.2	P Kelland	20/12/08	2-33.0	T Vance	22/09/07
1500 Metre Run		4-51.4	P Kelland	10/01/09	5-35.2	R Neylan	25/11/95
3000 Metre Run		10-40.2	J Bergfield	23/02/08	11-56.2	Z Nicholas	13/03/10
1500 Metre Walk		8-52.4	M Reynolds	7/09/91	8-33.2	E Burnell-Jones	11/03/06
80 Metre Hurdles					13.6	R Neylan	18/11/95
90 Metre Hurdles		13.1	J Pearce	27/11/04	15.2	C Anguita	29/11/86
200 Metre Hurdles		27.8	C Birdsall	25/01/97	30.9	N Sing	4/11/95
Long Jump		5.73	B Cooper	9/12/06	5.07	L Trimble	12/11/94
High Jump		1.72	C Pappas	20/02/10	1.55	S Kayama	19/09/09
Triple Jump		12.48	C Pappas	19/12/09	10.55	S Kayama	20/02/10
Shot Put		14.74	F Kmet	7/11/98	11.48	M Bergfield	6/02/10
Discus		44.68	F Kmet	14/11/98	32.04	M Bergfield	31/10/09
Javelin		41.98	F Kmet	7/11/98	27.00	M Bergfield	19/12/09

JUNIORS' RECORDS

Age	Event Name	<u>Boys</u>			<u>Girls</u>		
		Record	Holder	Date	Record	Holder	Date
U/15	100 Metre Run	11.6	L Pearce	4/03/06	12.7	M Aldridge	9/11/96
	200 Metre Run	23.8	C Birdsall	8/11/97	26.2	M Aldridge	26/10/96
	400 Metre Run	53.3	M Crooks	12/02/00	1-00.9	T Vance	7/03/09
	800 Metre Run	2-14.2	C Borwick	10/03/07	2-25.9	J Casaclang	07/02/04
	1500 Metre Run	4-38.1	J Bergfield	7/03/09	5-05.7	K Spencer	21/11/09
	3000 Metre Run	10-26.2	J Bergfield	11/10/08	10-49.2	K Spencer	31/10/09
	1500 Metre Walk	8-33.1	B Allsopp	13/03/04	8-43.5	E Burnell-Jones	07/10/06
	90 Metre Hurdles				13.9	R Neylan	16/11/96
	100 Metre Hurdles	13.5	C Birdsall	14/03/98			
	200 Metre Hurdles	25.4	J Pearce	11/03/06	29.5	S Arnott	26/01/02
	Long Jump	6.16	L Pearce	11/03/06	5.11	S Kayama	16/10/10
	High Jump	1.80	J Sheehan	12/02/00	1.56	S Kayama	22/01/11
	Triple Jump	13.53	L Pearce	4/03/06	10.67	H Walters	18/03/00
	Shot Put	14.90	F Kmet	20/11/99	12.08	M Bergfield	9/10/10
	Discus	47.83	F Kmet	27/11/99	34.59	M Bergfield	18/09/10
	Javelin	48.38	L Parker	03/02/07	31.08	M Bergfield	5/02/11
U/17	100 Metre Run	11.9	P Kong	17/10/09	13.2	T Vance	17/10/09
	200 Metre Run	24.5	P Kong	14/11/09	27.3	T Vance	14/11/09
	400 Metre Run	54.3	J Bergfield	22/01/11	1-02.5	T Vance	21/11/09
	800 Metre Run	2-06.3	J Bergfield	29/01/11	2-29.6	K Spencer	13/11/10
	1500 Metre Run	4-28.2	J Bergfield	5/02/11	5-01.4	K Spencer	26/02/10
	3000 Metre Run	9-59.5	J Bergfield	2/10/10	10-31.7	K Spencer	5/03/11
	1500 Metre Walk	9-28.9	J Bergfield	2/10/10	11-21.1	T McLachlan	5/03/11
	100 Metre Hurdles				18.8	T Galati	29/01/11
	110 Metre Hurdles	17.5	J Rosenberg	29/01/11			
	200 Metre Hurdles	26.8	J Speed	18/09/10	32.7	T Galati	13/11/10
	Long Jump	6.70	B Cox	29/01/11	4.82	T Vance	10/10/09
	High Jump	1.70	J Rosenberg	30/10/10	1.45	I Hemming	30/01/10
	Triple Jump	14.23	B Cox	22/01/11	=	E Thompson	12/03/11
	Shot Put	12.08	J Bergfield	26/02/11	10.70	K Tay	6/12/08
	Discus	36.82	J Bergfield	12/03/11	7.59	S Rodgers	2/10/10
	Javelin	51.49	L Parker	28/02/09	25.33	K Lowe	9/10/10
				27.79	H Daniel	5/02/11	

Records were established for the under 17 age group in the 2010-11 season, based on all performances recorded since the inclusion of this age group in 2008-09. The under 17 age group is a 2 year age group and combines u16 and u17 athletes.

RYDE ATHLETICS CENTRE INC.

MID-WEEK COACHING PROGRAM

Mid-week coaching is available to registered Ryde athletes, **under 7s and older**. It is here that athletes can learn the skills and techniques of track and field events from our qualified coaches, as well as participate in a general fitness program. These sessions are not compulsory and athletes may come as often as they wish.

Training is held at Dunbar Park and commences in the middle of September, when training is held on Wednesdays from 4.30pm to 5.30pm.

Once daylight savings starts, training time will be from 5.30pm to 6.30pm.

When the season commences, please listen for announcements on Saturday mornings, and refer to our website, notice board and "Footprint" (our periodic newsletter) for more details.

Please note that our coaches are very happy to help the athletes improve but a **parent or guardian must attend training to supervise their children and assist with the training activities**. Any assistance parents may wish to offer at training sessions to assist the coaches would be greatly appreciated.

We are also very keen to hear from any parents who have an interest in becoming a coach or would like to help with co-ordinating training activities. Please speak to the Centre Officer for Coaching, Craig Matheson, or any of the Committee members if you can assist with, or have an interest in, coaching our Ryde athletes.

DUNBAR PARK - GROUND LAYOUT

