

***Hornsby District
Little Athletics Centre
Inc. (Established in 1969)***

***40th Annual Report
2009-2010***

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2009/2010 Presidents Report

It has been very rewarding and a great pleasure being HDLAC President again this season. I welcomed new committee members Damian Dorman as Equipment Officer, Kim Macri as Canteen Officer and Mal & Marnie Warland as Coaching Co-ordinators. We are all volunteers and much work is done 'behind the scenes' to continue and improve the running of our wonderful Centre. I wish to thank them and other committee members for their commitment and support throughout the season. I have needed extra assistance this season while enduring major home renovations. I have had no internet which created many problems communicating with everyone. My committee have been such a tremendous support and have made my job easier. I am very grateful, thank you.

Our committee welcomed new and returning athletes with their parents to our summer competition including U/4 Tiny Tots and U/17 athletes. These groups assimilated well again this season, with no disruption to event programming.

Special appreciation goes to all Key Officials, Age Managers, Age Table Managers, Recorders, Computer room/data entry personnel, BBQ attendants and parents. Your help and support reflected our Club spirit again this season.

Thank you to coaches who trained our athletes to improve their performances. Their tireless efforts have resulted in some great athletic performances this season.

It was pleasing to receive positive comments from athletes and parents to HDLAC committee, Age Managers and Key Officials of our Centres efficiency and how they enjoyed attending and competing each week.

All athletes performed well again at Centre level including our Septathlon, LAANSW State Relays, Trans Tasman Trials and Challenge, Zone, Regional, LAANSW State Multi Event Carnival and finally LAANSW State Championships. We are very proud of them and their achievements.

Once again our U/15's competed well with our U/17 registered athletes. This senior group had a very enjoyable season. I wish to thank them also for their assistance with the 'warm-up' each competition morning. A great team effort and was greatly appreciated.

I encourage our present U/15's to rejoin and compete next season to continue their friendships, have fun each week and achieve many athletic goals they may set for themselves. We have been proud of them and wish them well for the future.

Praise goes to our Centre Captains Bethany Crane and Declan O'Byrne, who set examples for fellow and younger athletes during the season.

I have been very appreciative of the great support from LAANSW, Northern Metropolitan Zone Committee and Centres. HDLAC has benefited from this association.

Our committee's desire to refurbish our Long/Triple Jump with 'tartan' run-ups and new Shot Put areas is still a high priority and ongoing. Money raised for this project is indicated in the Treasurer's Report. We are awaiting response from LAANSW with our request for a representative to do architect plans and name a reputable company to do the project. This information would then be submitted to Hornsby Shire Council for approval.

Our Centre was successful with a sporting grant offered by LAANSW during the off-season to obtain new high jump equipment this season. Thank you to Dee Slater for her great submission.

Thank you also to our sponsors 'The Athletes Foot' in Hornsby, 'Café on Wheels', 'Pennant Hills Hot Bread' and 'McDonalds Family Restaurant' at Waitara for their continued support and look forward to maintaining the relationship with them in the future.

Finally, I encourage all members to return next season to HDLAC to compete and enjoy athletics and wish the new incoming HDLAC committee well for the next season.

Marion Mitchell
President

2009/2010 Treasurers Report

Income and Expenditure for Hornsby District Little Athletics Centre

for the year ended 31st March 2010

	Current Year	Prior Year
Income		
Registration Fees	40217	37291
Canteen	12594	16597
Sponsorship	584	325
Uniform Sales	13194	9761
Other Income	2257	1843
	<u>68846</u>	<u>65817</u>
Expenditure		
Registration fees to LAANSW (COS 34.2% - COS 29.8%)	13774	11352
Uniforms Purchases (COS 120% - COS 91.9%)	15837	8975
Canteen Purchases (COS 54.6% - COS 50.8%)	6879	8443
Ground Hire fees	2004	1908
Trophies and Medals	5359	4228
Insurance	300	250
Competition Entry Fees	1120	1009
Uniform expense	666	742
Bank Fees	874	698
Printing and Stationery	286	1058
Travel & Entertainment	928	736
I.T. expense	543	518
Postage & Rental	14	403
Signage expense	40	286
Depreciation expense	5916	4046
Equipment under \$300	1161	2064
Repairs and Maintenance	70	491
Other	1777	1560
Total Expenditure	<u>57548</u>	<u>48767</u>
Surplus/Deficit for the Year	11298	17050
Previous Years Surplus Funds carried forward	90806	73756
Surplus Funds carried forward to next year	<u>102103</u>	<u>90806</u>

Statement of Accumulated Funds Hornsby District Little Athletics Centre

for the year ended 31st March 2010

	Current Year	Prior Year
Assets		
Cheque Account – St George	31497	31162
Term Deposit	45819	24333
Petty Cash	0	0
Trade Debtors	300	1262
Fixed Assets	60855	68516
Accumulated Depreciation	(50195)	(58066)
Uniform Stock	13827	25507
Total Assets	102103	92714
 Liabilities		
Other Current Liabilities	0	1908
Accumulated Funds	102103	90806

Treasurers Report for the Year Ended 31st March 2010

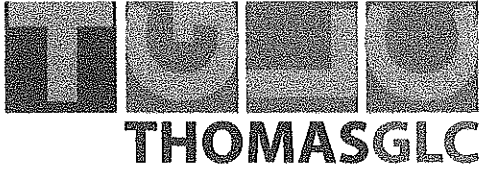
During the last 12 months the accumulated funds for the Centre increased by \$11,297. The highlights of the result for the year were –

- For the third year in a row the centre decided not to increase registration fees to its members and due to an increase in membership on the 2009 year this added an additional \$2,926 to the centre's revenues. An increase in levies imposed by LAA NSW has had a negative effect on margins.
- Canteen sales last year received significant assistance in Cadbury fundraising activities. This year without those activities revenues have returned to normal levels with the cost of sales and stock well controlled.
- The Centre generated positive cash of \$21,821 from a combination of net profit and liquidating uniform stock through reduced pricing. Uniforms are showing a loss this year but managed to reduce stock values by \$11,684 on last year.
- Depreciation costs are up this year as we write down newly acquired stock.
- Other expenses increased which included assistance for the Trans Tasman participants travelling to New Zealand for the event.

The experienced committee this year continued to focus on core activities. Canteen, Uniforms, Equipment and Records and Rankings all contributed to the \$21,821 positive cash result through either increased turnover or reductions in expenditure.

The Centre continues to move towards fully funding the Long Jump project which at \$90,000 represents a once in ten years' event.

Rod Barnard
Treasurer



PRINCIPALS ■ Christine Andrews CPA ■ Glenn McEwen CA
■ Gordon Ogborne CA ■ Lucas Quinlan CA

**THE MEMBERS OF THE
HORNSBY DISTRICT LITTLE ATHLETICS ASSOCIATION**

I have audited the books and other financial records of Hornsby District Little Athletics Association in respect of the year ended 31 March 2010 and report to members that in my opinion the attached Income and Expenditure Statement gives a true and fair view of the Association's surplus for the financial year ended 31 March 2010.

Dated this 30th day of April 2010


LUCAS QUINLAN
Chartered Accountant

2009/2010 Secretary's Report

One of my key responsibilities is to ensure that our committee hold meetings on a regular basis and to set an agenda for the meeting. I can confirm that a committee meeting was held every month during the season and occasionally an additional meeting was held when required. It was encouraging to see stronger interest in the running of the club through higher attendance at our meetings this year. Where the average attendance last season ran at about six, this year we saw an average of eight attendees at our monthly meetings. This means that when key decisions are to be made about matters that affect the club there can be healthy discussion among a broader range of committee members.

The year began as usual with minuting of the AGM and submissions to the Dept of Fair Trading and LAA NSW. The Secretary this year is again the Public Officer of the club and is responsible for all correspondence to the Office of Fair Trading.

As Secretary I worked very closely with the President and Committee and have enjoyed the position. Other work included taking minutes and distributing them to committee members, collection of mail and sending correspondence. It was great to see the LAANSW taking the step this season to send their monthly information pack via email. This has significantly cut down on paper usage and ensured that anything urgent can be addressed by the committee much sooner.

As Secretary, I am also responsible for organising the correspondence for our AGM and presentation day including invitations and collecting nominations. The compilation of the Annual Report that you are reading is also the responsibility of the Secretary.

As a member of the Executive, I gave input to centre decisions, dealing with complaints and problems and the many and varied issues that arise throughout the season.

I would like to thank the rest of the committee for helping to make the 2009/2010 season an enjoyable one for me as Secretary. We work well together and do our best for the club and its members.

Bruce Jones
Secretary

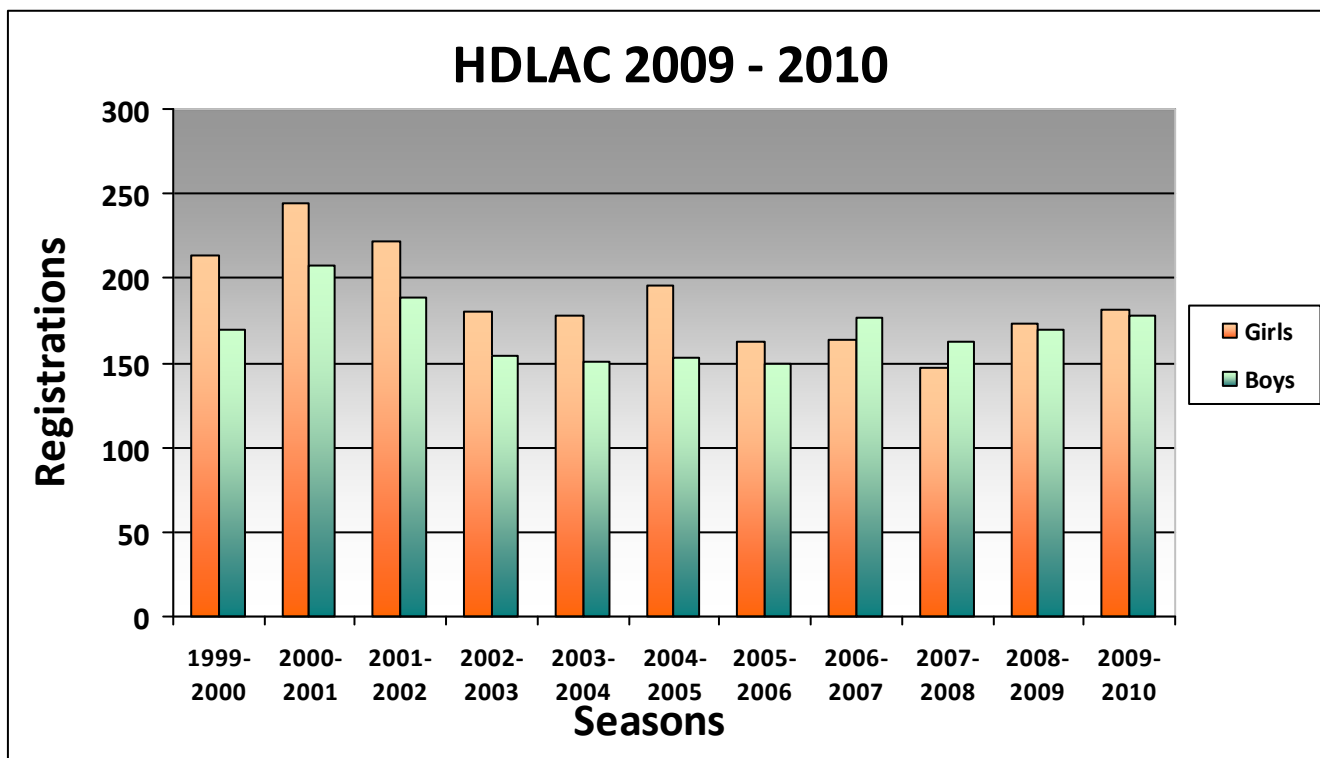
2009/2010 Registrar's Report

The HDLAC 2009/2010 season had a very successful start, with over 330 registrations received by the end of September alone. We had a slight increase overall from last season - a total of 363 athletes registering, compared to 343 last season.

Fig. 1 HDLAC Registrations received for the 2009/2010 Season.

2009-10	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL
Tots Girls	15	2	2	-	-	-	-	-	19
Tots Boys	25	5	1	-	-	1	-	-	32
U6 Girls	10	5	3	1					19
U6 Boys	21	5	-	-	-	-	-	-	26
U7 Girls	11	4	-	-	-	-	-	-	15
U7 Boys	17	6	-	-	-	-	-	-	23
U8 Girls	12	6	4	1	-	1	-	-	24
U8 Boys	14	7	1	1	-	1	-	-	24
U9 Girls	17	2	-	-	-	-	-	-	19
U9 Boys	11	5	1	-	-	-	-	-	17
U10 Girls	10	6	-	2	-	-	-	-	18
U10 Boys	4	2	-	-	-	-	-	-	6
U11 Girls	15	14	1	2	-	-	-	-	32
U11 Boys	6	3	1	1	1	-	-	-	12
U12 Girls	5	4	-	-	-	-	-	-	9
U12 Boys	5	4	-	-	-	-	-	-	9
U13 Girls	7	3	2	-	-	-	-	-	12
U13 Boys	9	6	1	-	-	-	-	-	16
U14 Girls	2	2	1	1	-	-	-	-	6
U14 Boys	1	3	1	-	-	-	-	-	5
U15 Girls	4	1	-	-	-	-	-	-	5
U15 Boys	2	2	-	-	-	-	-	-	4
U17 Girls	1	2	-	-	-	-	-	-	3
U17 Boys	3	4	-	1	-	-	-	-	8
Lost #'s	-	-	-	-	-	-	-	-	4
Transfers	-	-	-	-	-	-	-	-	-
TOTALS	227	103	19	10	1	3	0	0	363

Fig. 2 A Comparison of Yearly Registrations from 1999/2000 to present.



The Centre held only one Registration Day this season, again at the Pennant Hills Netball Complex. Many thanks to the Hills District Netball Association for the use of their excellent facilities. The majority of members still seem to prefer manually registering on our Registration Day, although there has been quite an increased use of the online registration system, available to all NSW Little Athletics Centres since 2006. We received 133 online registrations this season (103 paid online as well), up from 71 the previous season. This increase I think is in part due to the emailing campaign that LAANSW undertakes at the beginning of the season which makes it very easy for members to register.

All Registration Returns for the 2009/2010 season were completed on a monthly basis and forwarded to LAANSW Head Office by the due dates stipulated. The 2009/2010 Registration Reconciliation Form listing our Centre’s total registrations for the season was forwarded to Diane Levy at LAANSW Head Office prior to 31st March 2010. The Centre currently holds thirteen (13) unused registration number patches which were not returned with the Reconciliation Form as they will be required for our Winter Cross Country Competition, commencing 2nd May 2010. Any patches not used by the 30th June 2010 will be returned to Head Office along with the Cross Country Reconciliation Form for the 2010 season. There were no member transfers this season, and 4 lost registration number patches – although numbers 1 & 2 were reallocations to our club captains.

We saw a huge increase in Visitor/Trialist athletes attending our Centre during the 2009/2010 season, and the majority were keen to register, following one or two trial competition days.

This has been my first season as Registrar at the Centre and I wish to say a huge thank you to all Hornsby District Committee members, Age Managers, parents and athletes for all the support and assistance I have received, it was very much appreciated and has made my job so much easier. I have thoroughly enjoyed my time as Centre Registrar and would recommend parents getting involved in “committee life” – it is very rewarding!

Mel Jones
Registrar

2009/2010 Officer for Officials and Age Managers Report

It seems to be a product of growing older that the seasons seem to be getting shorter. It seems like only yesterday that we were canvassing for new Age Managers and Officials for Season 2009-2010 (as well as welcoming back Age Managers and Officials from 2008-2009) and now it is time to thank all those people for their contribution to another successful year.

So, thank you one and all. We hope you found the experience enjoyable and will be keen to return with your athletes in Season 2010-2010. And despite what anyone says, you all look good in fluoro!

Glenn Ford
Officer for Officials and Age Managers

2009/2010 Championships Report

Championship Events for the 2009 – 2010 Season:

- State Relays 28th November 2009
- Nth Met Zone Championships 12th – 13th December 2009
- Trans Tasman Challenge Auckland NZ 7th – 19th January 2010
- Region 1 Championships 27th – 28th February 2010
- State Multi Event 6th – 7th March 2010
- LAANSW State Track 7 Field Championships 19th – 21st March 2010
- Australian Little Athletics Championships 24th April 2010

State Relays:

The State Relays were held on Saturday 28th and Sunday 29th November 2009 at SOPAC, Homebush. Three teams over three age groups comprising four athletes competed in either a track or a field relay. As this is a team's event it is a great opportunity for athletes to experience a State level competition. Thank-you to the age managers and parents who attended and cheered the Hornsby athletes on.

Zone Championships

The Zone Carnival was held the 12th and 13th December 2009 at Barton Park, Parramatta. Hornsby fielded a team of 113 athletes. These athlete's achieved 215 top 8' finishes. In all 49 qualified for Regionals on the back of 23 firsts, 35 seconds, 15 thirds & 29 fourths. Our Under 7 athletes, who do not proceed beyond Zone, achieved 4 gold medals, 3 silver medals and 2 bronze medals. Well done! The future is bright! Special thanks to the parent helpers whose efforts facilitated the smooth running of these events.

Regional Championships

The Region Carnival was held on the 27th and 28th February 2010 at Sydney Academy of Sport Athletics Centre, Narrabeen. Thanks to all the HDLAC parents who assisted with the running of this event. Hornsby had 49 qualifiers competing at Region achieving 4 Gold, 5 Silver and 10 Bronze, with 10 Fourth places.

State Championships

HDLAC had 13 athletes qualify for the State Championships, held at SOPAC in March 2010. Congratulations to all who made it through to the State Championships. The list below shows all our Athletes and their results:

U9G	Discus	Eleanor Lidbetter	8
U9B	HJ	Tom Hawkins	4
U10G	Shot Put	Mallory Bassett	4
U10G	Discus	Mallory Bassett	2
U10G	60H	Shannyn Bissett	4
U12G	HJ	Madeleine Jones	4
U12G	TJ	Madeleine Jones	4
U12G	60H	Madeleine Jones	4
U12G	Shot Put	Lauren Bassett	6
U12G	800m	Brianna McKee	11
U13G	800m	Beth Croft	8
U14G	3000m	Olivia Dunn	9
U15G	90H	Elizabeth Clay	3
U15G	200H	Elizabeth Clay	4
U15G	LJ	Elizabeth Clay	7
U15G	Javelin	Sheridan Marks	4
U15B	400m	Ben Henry	7
U17B	400m	Declan O'Byrne	7

Trans Tasman Challenge

The Trans Tasman is for athletes selected from the U11 and U12 boys and girls age groups, from both NSW and Auckland. This year the athletes from Sydney travelled to Auckland, NZ.

Hornsby was represented in Auckland in January 2010 by Lauren Bassett, Madeleine Jones, Jas Lewis and Crystal Overton. Lauren placed 4th in the discus and 4th in the shot. Maddy won a silver medal in the high jump, a bronze in the long jump and finished 8th in shot put. Jas came 6th in the 400m, 11th in the long jump and 15th in the high jump. Crystal placed 5th in the shot put and 10th in the discus. Well done to all! Thanks to all who helped make this Trans Tasman very memorable.

State Multi-Event Championships

The following results were achieved by HDLAC athletes.

U7G	Lara Woollett	2 nd
U8B	Nick Colley	3 rd
U8G	Amie Bowrey	1 st
U8G	Brooke Niccol	19 th
U9G	Eleanor Lidbetter	7 th
U9G	Charlotte Banks	15 th
U10B	Charlie Dorman	11 th
U10G	Mallory Bassett	4 th
U10G	Eliza Woollett	16 th
U10G	Sara-Jane Arns	33 rd

U12G	Madeleine Jones	6 th
U12G	Lauren Bassett	13 th

These results demonstrate the quality and commitment of our top athletes. Well done to all!

I'd like to thank all the athletes, parents and the HDLAC Committee for all their help and support this year, especially at Region and State Championships as I was unable to attend either event this season due to other commitments. As a centre, we enjoyed a great deal of success this year at representative level, with some amazing talent coming up through the younger age groups. This is an encouraging sign for our Club, and I look forward to next season with anticipation. Good luck and good health to you all.

Dee Slater
Championships Officer

2009/2010 Records & Ranking/Website Report

One of the functions of the Records & Ranking portfolio is to record the performances achieved by athletes each week at Centre competition. Results are entered into the Centre's database at the oval during competition for subsequent reporting via the Centre's website. A printout of the results and an updated list of personal bests are provided to each age manager before the subsequent week's competition.

The database is used to record athlete registration information, weekly competition results, Centre records and Personal Bests. Membership records, mailing lists and attendance statistics are also produced from this application.

There is no system in place to validate data entered into the database other than an informal post-publication process involving the Age Managers. Results that are found to be erroneous are checked, re-entered and republished; personal Bests are also recalculated.

By the end of the season there were than 23,400 individual results recorded for 312 competing athletes. Of the 20 competition days programmed during the season, three were cancelled because of unsuitable weather. A 'wet weather' programme was run on one occasion.

A number of the registrations for the season were conducted on-line. While this has provided a convenient means of registration and payment, there was no procedure available to migrate the registration data and all registration details had to be re-entered manually into the Centre database. The Online system did not record parent details, or emergency contact information and this data was unavailable for a number of athletes this season.

An e-mail contact list was developed from information provided during the registration process and this allowed the Centre to communicate quickly with athletes and parents. This means of communication was generally successful, although a number of families either didn't provide an e-mail address or had provided an e-mail address that was invalid.

There were many records broken or set for the first time during the season, particularly in the older age groups. A difficulty faced each week was having enough key officials - starters, place judges and time keepers - to run the events, and athletes were disadvantaged when there were insufficient umpires, referees and adjudicators. It was unfortunate when records could not be recognised because the required validation and verification was not available.

The following table shows the Centre records achieved during the season.

Age	Event	Record	Holder	Date
U08G	700 metres	2-31.1 m-ss.s	Amie Bowrey	20-Feb-10
U10G	Discus (500 gram)	31.89 metres	Mallory Bassett	13-Mar-10
U12G	60m hurdles	10.1 seconds	Maddy Jones	20-Feb-10

U17G	200m hurdles	37.1 sec	Bethany Crane	24-Oct-09
U17G	1500m Walk	9-24.5 m-ss.s	Bethany Crane	05-Dec-09
U17B	100 metres	11.8 seconds	Daniel Townsend	12-Sep-09
U17B	200 metres	24.6 seconds	Declan O'Byrne	28-Nov-09
U17B	400 metres	55.4 seconds	Declan O'Byrne	05-Dec-09
U17B	800 metres	2-08.8 m-ss.s	Declan O'Byrne	20-Feb-10
U17B	110m hurdles	16.6 seconds	Daniel Townsend	20-Feb-10
U17B	Long Jump	5.72 metres	Daniel Townsend	26-Sep-09
U17B	Shot Put (5kg)	12.16 metres	Daniel Townsend	20-Feb-10
U17B	High Jump	1.75 metres	Daniel Townsend	17-Oct-09
U17B	1500m Walk	9-29.8 m-ss.s	Andrew Meikle	05-Dec-09
U17B	Javelin (700 gram)	31.15 metres	Daniel Townsend	20-Feb-10

One useful feature of the Centre database is the ability to extract registration statistics. As an example, the following table provides a breakdown of new athletes and athletes returning from the previous season.

Age	Previous group*	Not returned*	Returned	New	Total
TB	Indeterminate since Tots may return as Tots or U6		4	28	32
B06			9	17	26
B07	21	11	10	13	23
B08	19	10	9	15	24
B09	23	12	11	6	17
B10	19	16	3	3	6
B11	15	10	5	7	12
B12	7	2	5	4	9
B13	14	5	9	7	16
B14	9	4	5	0	5
B15	6	2	4	0	4
B17	9**	3**	6	2	8
TG	Indeterminate since Tots may return as Tots or U6		6	13	19
G06			9	10	19
G07	17	9	8	7	15
G08	17	6	11	13	24
G09	12	3	9	10	19
G10	16	7	9	9	18
G11	25	9	16	16	32
G12	16	11	5	4	9
G13	14	5	9	3	12
G14	11	9	2	4	6
G15	8	3	5	0	5
G17	14**	11**	3	0	3
Total			172	191	363

*from the previous age group last season. **includes previous season U15 and U17

The Centre used its website as the primary means of communicating with members. Competition results, personal bests, records set or broken, Stars awarded and a selection of photographs were published each week. The website also included details of coming events, a buy-swap-and-sell page, details of competition rules, and results of championship competitions such as Zone, Region and State.

The weekly programs of events was based on an established model which was fine-tuned each week on the basis of attendance and participation in each age group, and to accommodate particular requests. Each program included options for use in the event of wet weather; generally, hurdles events, high jump, triple jump and javelin aren't offered when the grass is wet.

In previous years, Star Awards were based on existing Centre records in accordance with a predetermined scale. There has been a perception, however, that the required performances were often difficult to achieve. Sprinters, in particular, found it difficult to achieve the required Blue Star performances in throwing events and Gold Stars, therefore, were out of reach.

The criteria for Star Awards this season took account of normalised data from each age group to make the Blue and Gold Star levels more achievable, and were based on the Personal Bests (PB) attained by every athlete over the past five seasons. An aggregate table of PBs for each age group in each event was used to establish the Star criteria for the 2009/2010 season.

There were 28 Gold Stars awarded during 2009/2010, most of which were to athletes in the younger age groups. This number is significantly more than in previous seasons and the incoming committee must determine whether the Star Award system is to continue as an encouragement award, or whether it should revert to the previous multi-event model that recognised athletic achievement across a range of track and field disciplines.

The Star criteria were also used to calculate the results for Septathlon and, in combination with Centre Records, for the Centre Best athletes in each age group.

Data entry each week is exceedingly labour intensive. Thanks to Sujatha Murali, Jenny Harvey, Collette Gooch and Danielle Vaughan who assisted with data entry this season. There is an ongoing need for additional suitably motivated people to provide data entry assistance for the coming season. These people would assist with the entry of weekly results at the oval each Saturday. No knowledge of database administration or athletics is required, although familiarity with the Windows operating environment would be desirable. At least two additional volunteers are needed for next season; more would allow the commitment to be shared from week to week.

The respite between seasons is short and we'll soon be turning our attention to our next summer season when there will be numerous personal goals to be achieved, recorded and reported.

Leonard Yates
Records & Ranking and Website Co-ordinator

2009/2010 Technical and Equipment Report

Most set-ups were well attended and the routine went smoothly. Thanks to Marion and Leonard for helping supervise.

The email/website notification and reminder of set-up duty is a positive thing which should continue.

Pack-up was efficient and enough help was always available.

Storage in back room was well organized with the layout plan a good addition.

Front room layout is a bit haphazard. A layout plan may help but with the range of equipment and personnel involved it may be difficult to improve. Something to consider for next year.

The quality of the new high jump equipment was disappointing with a broken bar (unsure how this happened) and several cases of faulty or poor fitting bar supports. The suppliers (Harts) did send some replacement supports but even some of those were unsatisfactory.

During the season, a question was raised over the length of the track. A measuring wheel was purchased and with that, and input from council the track lengths were verified. The positive is that the wheel is now available for cross-country measurements.

Equipment replacement/purchase for next season;

- Shot put trolley. We currently have 2 and 1 more would remove the need for carrying and storage in the wooden trays that are difficult to handle.
- Suggest a layout map be made to help with morning set-up.
- Suggest a layout plan for storage in front room.

Damian Dorman

Technical and Equipment Officer

2009/2010 Special Awards Report

In the Tiny Tots, each athlete received a certificate and medal for their efforts and we hope to see many of them go on to be wonderful athletes as they get older. In the U6-U17 age groups, a trophy was given to the Best Athlete, Most Improved Athlete and Age Managers award in each group. A trophy was also given to an athlete if they competed at the Zone, Regional or State carnivals. A participation medal was also awarded to those athletes who recorded a minimum of 60% attendance.

Star Awards

Thank you to Suzanne Leverton & Karen Niccol for their invaluable help on the tables this year awarding all the star awards for the season. The Star Awards criteria was revised this season, which resulted in more achievable targets for our athletes. As a result, 28 Gold Star awards were received which is an increase on the previous year and meant that approx 10% of regularly attending athletes were able to attain this award.

Age Group	Yellow	Green	Red	Blue	Gold
U6B	16	16	12	4	4
U6G	16	15	6	1	0
U7B	15	14	9	4	3
U7G	11	10	6	4	3
U8B	19	17	6	7	4
U8G	14	14	9	6	3
U9B	11	7	3	1	1
U9G	15	10	7	3	1
U10B	1	1	1	0	0
U10G	9	9	7	3	3
U11B	5	5	2	1	1
U11G	12	8	3	1	1
U12B	2	2	1	1	0
U12G	2	2	2	2	2
U13B	6	4	1	1	1
U13G	3	2	0	0	0
U14B	1	1	1	1	1
U14G	1	1	0	0	0
U15G	1	1	1	0	0
U17G	1	1	0	0	0
TOTAL	161	140	77	40	28

HDLAC Septathlon

This was held on March 13th 2010 and medals were presented to the first 3 placegetters in each age group from U6 to U15. The award for best overall point score was given to a girl and boy for each of the Junior (U7-U9), Intermediate (U10-U12) and Senior (U13-U15) trophies as follows:

Junior Septathlon

Nick Colley
Amie Bowrey

Intermediate Septathlon

Charlie Dorman
Mallory Bassett

Senior Septathlon

Anthony Overton
Elizabeth Clay

Best Athlete Winners

Congratulations to the following athletes:

Age	Boys	Girls
U6	Keegan Whall	Adele Williams
U7	Jonathan Friend	Lara Woollett
U8	Nick Colley	Amie Bowrey
U9	Tom Hawkins	Charlotte Banks
U10	Charlie Dorman	Mallory Bassett
U11	William Dunn	Jas Lewis
U12	Sam Coburn	Madeleine Jones
U13	Mitchell MacMahon	Bethany Croft
U14	Jack Angel	Jodie Ramodien
U15	Benjamin Henry	Elizabeth Clay
U17	Declan O'Byrne	Bethany Crane

Most Improved Athlete Winners

Congratulations to the following athletes:

Age	Boys	Girls
U6	Joshua Osborne	Lara Stevens
U7	Luc White	Jessica Forster
U8	Benjamin Graham	Amie Bowrey
U9	Tom Hawkins	Eleanor Lidbetter
U10	Lius Estaban	Rheanna Morrison
U11	Nicholas Thomson	Olivia Macri
U12	Sam Coburn	Lauren Bassett
U13	Joshua Cummins	Hannah Taylor
U14	Daniel Hurwood	Olivia Dunn
U15	Timothy Steel	Rebecca Martin
U17	Declan O'Byrne	Bethany Crane

Age Managers Award Winners

Congratulations to the following athletes:

Age	Boys	Girls
U6	Jimmy Yuan	Eva Frith
U7	Austin McCue	Imojen Daly
U8	Cian Joseph	Jasmine Williams
U9	Jake Dargan	Katherine Morris
U10	Paul Khamis	Taylor Jones
U11	Joshua Natoli	Matilda Holmes

U12	Nathan Brown	Rebecca Jacob
U13	Jacob Cummings	Olivia Jones
U14	Ben Webster	Taryn Allanson
U15	Jacob Kowalski	Amy Jones
U17	Lachlan Ford	Bethany Crane

Perpetual Trophies

Refer to the HDLAC Website for details of these awards. Congratulations to all the athletes awarded the following trophies for the 2009/2010 season:

Arnold Hunt Award Olivia Dunn	Binning Award Matthew Grattan Lauren Bassett	Brett Carkeet Memorial Not awarded this year
Clint Shaw Award Amie Bowrey	Genevieve Train Memorial Nick Colley	HDLAC Jumps Trophy Madeleine Jones
HDLAC Throws Trophy Mallory Bassett	HDLAC Hurdles Trophy Elizabeth Clay	Marion Mitchell Award Luc White
Walkley Encouragement Award Shannyn Bissett	Athlete's Foot Award – Most Improved Athlete for Septathlon Sophia Maltman Joshua Mbakwe	

Centre Captains

A trophy was given to our two U17 Centre Captains:

Bethany Crane
Declan O'Byrne

Service Awards

A number of awards were also given to the following parents for their years of service to HDLAC:

5 years service

Melissa Jones
Debra Barnard
Dee Slater
Alison Knox

10 Years service

Glenn Ford

Continuous Registration

Each year LAANSW and HDLAC award athletes who have had continuous registration for 9 or 10 years (these athletes are recorded in the Merit Award List, achieving 900 or 1000 points). LAANSW award a merit certificate, while HDLAC give a plaque to each athlete for their dedication to Little Athletics. These were awarded to the following athletes:

10 years continuous registration

Priya Pathirana

Jacob Kowalski

Melissa Jones

On behalf of Special Awards

2009/2010 Canteen Report

The Macri "Family" has really enjoyed running the canteen this season along with the bright and cheerful Bonnie. I would like to say a huge thankyou to the enthusiastic volunteers especially the ones that turned up every week and helped out either serving or getting the B.B.Q started (thanks Thomas) before our ever reliable B.B.Q helpers arrived and manned the very busy B.B.Q for all the hungry parents, helpers and athletes. Thank you to Adrian and his helpers. I would like to thank Bonnie who helped every week. The club would greatly benefit from having more enthusiastic parents who should volunteer their help rather than leave it up to the same parents EVERY week. The canteen is quite a big job but was made easy with the help of 3 lovely girls, my daughters Isabella, Olivia and Mikaela. They were there every week to help with the shopping, filling the fridges, packing lollies, cleaning and getting organised before and after each Saturday. The takings for this year were \$12,594.

I won't be running the canteen in 2011 as I'm not sure if my girls will be having a break from athletics for a while if they do decide to continue with little A's I will definitely put my hand up to help out somewhere else throughout the club. I would also like to suggest that some sort of fund raising should take place next year to raise some money for a new B.B.Q as I feel the old one has just about had it's day. In regards to the B.B.Q I feel that maybe more profits could be made by serving Sandwiches instead of rolls and also offering extras like cheese. Some other stock suggestions for the future would be homemade cakes/slices (which the lovely Bonnie so kindly baked a few times throughout the season and were very popular. I've had a very enjoyable season with lots of laughter whilst hard work every Saturday and hope that you've all enjoyed using the canteen throughout the year. I will MAYBE see you all again next season

Kimberli Macri

Canteen

2009/2010 Coaching Report

HDLAC continued to offer training sessions to all our registered athletes wishing to improve their skills every Tuesday and Thursday evenings throughout the season, with a break over the January school holidays. These sessions were well attended, particularly in the first half of the season with the lead up to major LAANSW competitions such as State Relays and Northern Metropolitan Zone Championship. We had about 10- 20 athletes and the Athletes enjoyed their training sessions each week.

HDLAC training is designed to provide athletes with basic skills across a range of disciplines. Every week athletes were offered training in long jump, discus, shot put, hurdles, sprints, middle distance.

A huge thank you to all our coaches, who are all volunteers and continue to upgrade their knowledge and skills in their own time: Ruth Dorman and Marion Mitchell.

I would also thank Ruth Dunn and Cath Latham for taking athletes for middle and long distance training.

Athletes attending our training sessions on a regular basis performed well at Centre, Northern Metropolitan Zone Championships and other LAANSW carnivals throughout the season. This is a credit to the coaches and the athlete's commitment.

Coaching courses are available throughout the year organised by LAANSW. We are always looking for interested parents to join our coaching team.

Mal Warland
Coaching Co-ordinator

2009/2010 First Aid Report

As First Aid Officer, I missed 2 competition days throughout the season as I had to attend compulsory LAANSW meetings in my roles of Northern Metropolitan Zone Co-ordinator and as a State Official. Qualified personnel were in attendance to give first aid if required.

Stock and Equipment: An adequate supply of stock was maintained and purchases were made as required. 1 of the 2 Centre first aid boxes has been stocked for use in our winter Cross Country season.

Incidents: There were 9 athletes treated during the season, 2 more than last year. Fortunately there were no serious injuries. The following is a brief summary:

- **Trauma:** There were 6 athletes treated which consisted of 2 falls from a recording table (unsupervised U/8G athletes), 2 spike injuries of U/9B & U/11B athletes competing in hurdles and 2 grazed elbow injuries of U/9G & U/13G athletes competing in high jump.
- **Strains and Muscular:** There were 3 athletes treated with ice packs and advised to rest their effected limb and not compete in any further events that morning. They were also advised to 'warm-up' adequately prior to competing and if symptoms continued to seek medical attention.
- **Respiratory:** No incidences occurred.
- **Old injuries not connected with competition:** No incidences occurred.

Marion Mitchell
First Aid Officer

2009/2010 Cross Country Report

The 2009 Cross Country season, held during the autumn and winter months was very successful. We welcomed athletes from other Northern Metropolitan Zone Centres to compete with Hornsby District athletes each Sunday morning.

Athletes from U/4-U/17 age groups were programmed runs of 200m-4000m each week and results of each week's competition were available on our website the next day.

We followed the sanctioned distances for each age group set down by LAANSW. Following registration the first week, a rotational roster was organized for each family to 'set-up' the venue over the season and I wish to thank them all for there contribution. This system worked well.

Thank you also to parents volunteering to time-keep and record results over the season for Leonard Yates our Website Co-ordinator/Records and Ranking Officer to calculate best performances in each of the age groups and display weekly results on our website. It was a great team effort.

LAANSW organise a State Cross Country and Road Walk Championships each year. This year the competition was held at Jamison Park in Penrith on Sunday, 5th July 2009. This season a new system was introduced where athletes could enter this competition 'on-line'. In marshalling, each competitor was given a number to attach to their uniform which had a 'tracking devise' in place to accurately time them in their event. A \$10.00 entry fee was also introduced for each competitor to cover this technology.

HDLAC had 20 athletes enter for various cross country runs and only 1 competitor for a road walk. All athletes performed very well, with individual athletes and teams achieving medals in cross Country with great results. We are very proud of them.

Results are as follows:

U/7 Girls - 800m run

8th Sian Crane

14th Jessica Lee

21st Brooke Niccol

Team - SILVER Medal

U/8 Girls - 800m run

23rd Jasmine McFadden

U/9 Girls - 1500m run

11th Emma Smith

42nd Shannyn Bissett

46th Kaitlyn Lee

Team - 6th

U/9 Boys – 1500m run

41st Patrick Coburn

47th Oliver Jacquot

53rd Charlie Dorman

Team – 7th

U/10 Girls - 1500m run

9th Shivana Mudahar

10th Emma Baptist

U/11 Boys – 2000m run

9th Sam Coburn

28th Matthew Gratten

30th Theo Webster

Team – 4th

U/12 Girls – 2000m run

2nd Beth Croft

23rd Rachel Lee

29th Zoe Baptis

Team – GOLD Medal

U/12 Boys – 2000m run

22nd Viraj Mudaliar

U/17 Girls – 4000m run

5th Bethany Crane

U/12 Girls Road Walk – 1500m

7th Kate Roser

The LAANSW 2010 Cross Country and Road Walk Championships is scheduled on Sunday, 4th July in Tuncurry and it would be great to have as many HDLAC athletes enter and compete.

Medals were presented to each of our athletes at the end of the season at a morning tea. Our Cross Country season would not have been such a success without all your support. As we experienced plenty of rain this season, the course had many puddles and was quite slippery, the committee are considering an alternative/safer course for next season in wet weather.

Marion Mitchell

Cross Country Co-ordinator

2009/2010 Tiny Tots Report

This year has been an exciting year for the Tiny Tots Program – new Coordinator, new age managers, new participants and a newly written program.

The year hit set off with a bang, interrupted by crazy wet weather, not to mention the red dust storms that played havoc to such young lungs, but the momentum got flowing, and soon enough our Tiny Tots were learning a whole new way to get active.

There was a lot of laughter, a few tears, but most of all there was a lot of puffing and cheering for some of the greatest up-and-coming athletes that the local community has ever seen.

We started with over 55 boys and girls in the Tiny Tots, and even though there were many changes for some of our families, with moving and overseas postings, there were many more trialists and new sign ups that kept the numbers high each week.

The new program could not have functioned without our wonderful volunteer age managers, parents of participants who made each week seem like a breeze. Huge thanks goes to Fiona Bassett, Donna Bissett, Daniel Gooch, Amy McKeown, Erica Sawtell, Christie and Mike Smith and Steve Witheford.

The new HDLAC Tiny Tots Program introduced them to the many aspects of Little Athletics in a weekly individualised format, alternating running, jumping, relays, throwing while teaching the importance of team work and individual performance.

Half way through the season we noticed a maturing in our Tiny Tots, as they were ready to step up to learn techniques and accurate handling. This was especially important for our Tiny Tots who will “graduate” up to the U6 Little Athletics program.

Our weekly trophy and certificate program worked well for our Tiny Tots program, and really pushed those who were trying hard to work harder, especially when they found out their picture went on the internet.

There was a lot of fun had, and I know for many of us, we are looking forward to the 2010-2011 season, especially with our 3 and 4 year olds, as they get ready to learn more of our athletic techniques, and expansion of the program.

Thank you to all the mums, dads, grandparents, aunts and uncles who made such an effort to get the Tiny Tots there on time, and for helping with the more complex game coordination. We look forward to seeing you in September 2010.

Thank you to our Tiny Tots. You are the best. You made Saturday mornings a pleasure to get out of bed for.

Sharon L. Stone
Tiny Tots Coordinator

2009/2010 School Liaison Report

HDLAC offers local Primary, High and private schools the opportunity to hire our sporting equipment for their athletic carnivals. This service has been promoted by our Centre and Hornsby Shire Council to the teaching staff at these schools prior to their carnivals.

A list of charges and contract agreement hire is issued to schools prior to the schools carnival, to cover 'wear and tear' of equipment. Payment is made by cheque to HDLAC and given to me on the day or forwarded to our Treasurer c/o PO Box 665, Pennant Hills.

This year, our Centre was not able to offer the same arrangements as previously due to the inability to store all equipment at the venue. Therefore, schools had to use their small stock of equipment at the venue and schedule some events, such as high jump at the school on another day.

Also, some secondary schools have indicated they will no longer be planning to have carnivals at our venue, as they have had problems with adequate supervision of students on Ovals 1 & 2, where students have left the venue without permission. They intend to hire a venue not in the area, such as Sydney Olympic Park Athletic Centre, where they can 'control' their students more easily.

As a result unfortunately, HDLAC lost revenue for this season.

At the end of our season, discussions with Pennant Hills Senior AFL (new committee) re-established previous arrangements regarding storage of our tables, chairs and throwing equipment, so we can again offer our service to local schools who wish to hire our equipment.

Marion Mitchell
School Liaison Officer