

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

***41<sup>st</sup> Annual Report  
2010-2011***

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## President's Report

It has been very rewarding and a great pleasure being HDLAC President again this season. I welcomed new Committee members Sharon Smith as Secretary, Jane and Brett Woollett as Canteen Officers, Anna Holloway as Uniform Officer and Thomas Dunn as Assistant Equipment Officer. 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, which has made my job easier.

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.

We welcomed 2 new coaches to our team this season, Garry Ross and Fred O'Connor. Thank you to all our 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/15s 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/15s 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 Jodie Ramodien and Daniel Hurwood, 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 and 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 for a representative to prepare plans and name a reputable company to do the project. I wish to thank Stella Hawkins for preparing survey plans of our venue; this is a great assistance toward getting this project started. All information would then be submitted to Hornsby Shire Council for approval.

The purchase of 'Timing Gates' in the New Year was welcomed by all our members. We plan to purchase another set next season.

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Thank you also to our sponsor 'McDonald's Family Restaurant' at Waitara' and supporters 'The Athletes Foot' in Hornsby, 'Café on Wheels', 'Pennant Hills Bakery' 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**

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## **Treasurers Report for the Year Ended 31st March 2011**

During the last 12 months the accumulated funds for the Centre increased by \$13,602.00. The highlights of the result for the year were:

- ✚ The centre decided to increase registration fees to its members and due to an increase in the fees being charged from LAA NSW. This improved the cost of sales.
- ✚ Canteen sales were up on last year by \$2,253.00. Cost of Sales came in at a slightly higher rate of 58%.
- ✚ The Centre generated positive cash of \$9,667.00 after a major equipment purchase was made for the track timing gates.
- ✚ Uniforms cost of sales improved this year with 83% and we are now turning over the stock annually.
- ✚ Depreciation costs are up this year as we write down newly acquired equipment.
- ✚ Trophies and medals expenses increased due to a one off purchase of star award patches.

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**

### **Statement of Accumulated Funds Hornsby District** (for the year ended 31st March 2011)

	<b>Current Year</b>	<b>Prior Year</b>
<b>Assets</b>		
Cheque Account – St George	15223	31497
Term Deposits	71760	45819
Petty Cash	0	0
Trade Debtors	100	300
Fixed Assets	74827	60855
Accumulated Depreciation	(59330)	(50195)
Uniform Stock	13125	13827
<b>Total Assets</b>	<b>115705</b>	<b>102103</b>
<b>Liabilities</b>		
Other Current Liabilities	0	0
<b>Accumulated Funds</b>	<b>115705</b>	<b>102103</b>

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## Income and Expenditure for Hornsby District Little Athletics Centre

(for the year ended 31st March 2011)

	Current Year	Prior Year
<b>Income</b>		
Registration Fees	38917	40217
Canteen	14847	12594
Sponsorship	619	584
Uniform Sales	11035	13194
Other Income	3895	2257
Total Income	69313	68846
 <b>Expenditure</b>		
Registration fees to LAANSW (COS 34.07% - COS 34.2%)	13262	13774
Uniforms Purchases (COS 83.15% - COS 120%)	9176	15837
Canteen Purchases (COS 58.03% - COS 54.6%)	8616	6879
Ground Hire fees	2125	2004
Trophies and Medals	7062	5359
Insurance	116	300
Competition Entry Fees	0	1120
Uniform expense	48	666
Bank Fees	855	874
Printing and Stationery	543	286
Travel & Entertainment	678	928
IT expense	501	543
Postage & Rental	507	14
Signage expense	0	40
Depreciation expense	9135	5916
Equipment under \$300	728	1161
Repairs and Maintenance	588	70
Other	1771	1777
Total Expenditure	57002	57548
Surplus/Deficit for the Year	13602	11298
Previous Years Surplus Funds carried forward	102103	90806
Surplus Funds carried forward to next year	115705	102103

On the page following is the auditor's statement for the financial year ended 31 March 2011.



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 2011 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 2011.

Dated this 30<sup>th</sup> day of May 2011

A handwritten signature in black ink, appearing to read "L. Quinlan", is written over the printed name.

**LUCAS QUINLAN**  
**Chartered Accountant**

## Registrar's Report

The HDLAC 2010/2011 season was slightly lower than last year with a total of 344 athletes registering, compared with 363 last season.

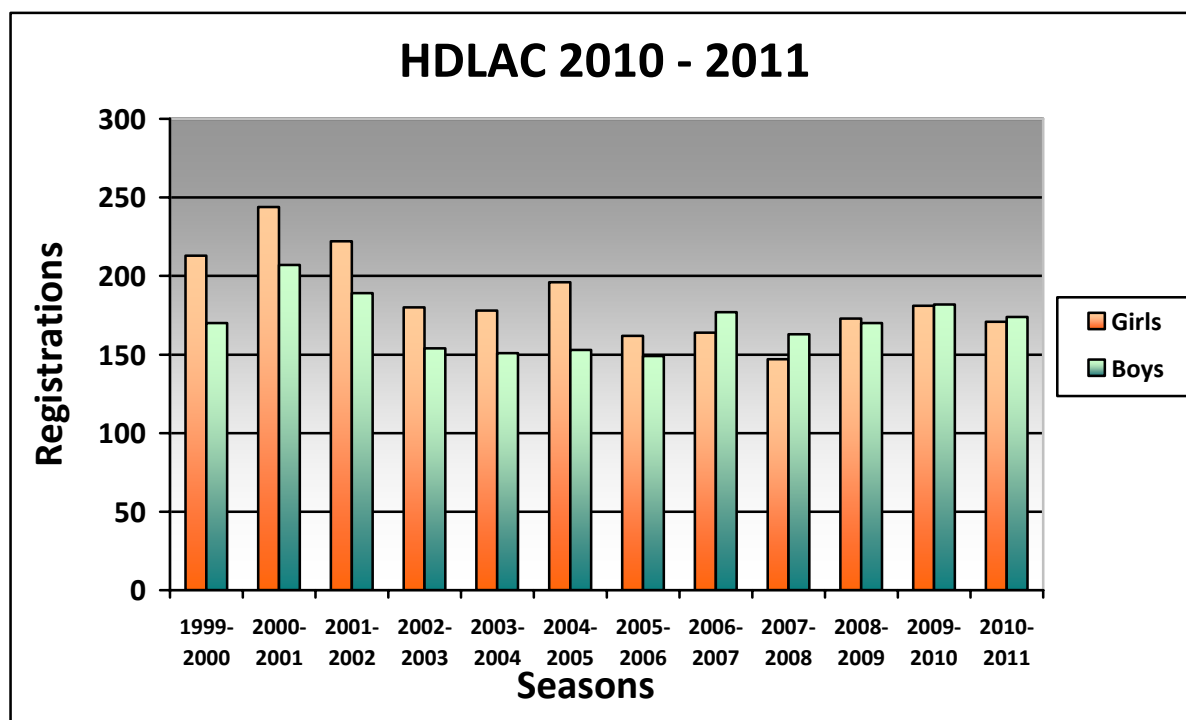
The Centre held only one Registration Day this season, again at the Pennant Hills Netball Complex. Many thanks to the Hills District Netball Association for the use of their excellent

AGE GROUPS	GIRLS	BOYS	TOTAL
Tiny Tots	24	40	64
Under 6	14	14	28
Under 7	19	28	47
Under 8	24	22	46
Under 9	23	19	42
Under 10	16	15	31
Under 11	17	8	25
Under 12	15	9	24
Under 13	5	6	11
Under 14	8	10	18
Under 15	4	2	6
Under 17	0	2	2
<b>TOTALS</b>	<b>169</b>	<b>175</b>	<b>344</b>

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.

All registration returns for the 2010/2011 season were completed and forwarded to LAANSW Head Office. The 2010/2011 Registration Reconciliation form listing our Centre's total registrations for the season was forwarded to Diane Levy at LAANSW Head Office prior to 31 March 2011. The Centre currently holds five unused registration number

patches which were not returned with the Reconciliation Form as they will be required for our Winter Cross Country Competition, commencing 2 May 2010. Any patches not used by 30 June 2011 will be returned to Head Office along with the Cross Country Reconciliation Form for the 2011 season. There was one member transfer this season, and one lost registration number patch – although numbers '1' and '2' were reallocations to our Centre Captains.



*A Comparison of Yearly Registrations from 1999/2000 to present*

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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!

*Mal Warland*  
*Registrar*

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## **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. Attendance was down on last year with only four committee members attending on average.

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.

As Secretary, I am also responsible for organising the correspondence for our AGM. 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 2010/2011 season an enjoyable one for me as Secretary. We work well together and do our best for the Centre and its members.

*Sharon Smith*  
*Secretary*

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## **Officer for Officials and Age Managers Report**

We arrive at the end of another successful season which happily saw the return of many able and enthusiastic Age Managers and also the blooding of some new Age Managers, all of whom show great promise for the future. We hope you enjoyed the experience and will return to manage your athletes in Season 2011-2012.

One of the main challenges of this job is trying to explaining how the State Relays event works. It would be good if the State Association responsible for running the event could provide some professionally prepared source material to help new Age Managers understand how it works and to explain to athletes and parents what is involved. Otherwise, enthusiasm for the event will dwindle at a club level as it seems to have over the last few years.

For track officials, 2010-2011 should be marked down as a watershed season. This is the year that Hornsby District LAC bought, tested, installed and used running gates for the first time. The time-honoured tradition of parents perched on thin cushions on tiered seating with stop watches in hand is a thing of the past. Thank you to all those parents and key officials who have looked for the smoke, simultaneously clicked the start button and then after an appropriate duration, watched for the athlete breaking the finishing line and simultaneously clicked the stop button. As happens regularly in the modernising world, you have now been replaced by a computer. However, do not despair - we still need you. Firstly, there are many other tasks that need to be carried out at each meet. New and exciting challenges will be available in conducting field events and (for the time being) on the circular or hurdles tracks.

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Secondly, computers are not infallible. There will no doubt be times when the stop watches will need to re-emerge and the old skills will need to be dusted off.

The new gates mean that all the old records are preserved for posterity and we begin again. However, leaving the old tiered seating out to be spirited away by some lucky Steptoe means that Cameron Hurwood's record for dragging it across the oval single-handed while balancing a high jump bag on his head and a shade shelter under each arm will never be bettered.

Generally, thank you in spadefuls for all the parents and friends who helped run events on a weekly basis. Without you, we would all just be standing around looking at each other.

The danger with singling out individuals for plaudits is that you run the risk of missing the names of many others worthy of praise. However, with that proviso firmly in place, I wish to applaud the efforts of Marion Mitchell, Dee Slater, Ruth Dunn, Jane Williamson and Karen Williamson in the marshalling tent at the Zone Carnival and probably again at the Regional Carnival although the two events often merge in my memory as they always seem to be at Barton Park nowadays. Another solid performer hidden from view in the computer tent is Leonard Yates. You don't see him but he is always there. I see him there when I go to the barbeque and to the snow cone kiosk and to the canteen or the coffee kiosk. I keep getting fatter just checking up on him.

Again, a general thank you to all the parents and friends who volunteered and assisted with the running of events at the Zone, Region and State Carnivals. If I have missed naming someone who performed above and beyond the call of duty, thank you, your efforts were much appreciated.

Finally, a special pat on the back to Karen Williamson, the Deputy Age Manager Co-ordinator. Hardly, a "deputy", she really dead heated for the main job but I got the prize because they got her confused with someone that looks a bit like her. With youth on her side and a bit of a rest in the off-season, the result could well be reversed for 2011-2012. That's my plan anyway.

***Glenn Ford***  
***Officer for Officials and Age Managers***

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## **Championships Report**

Throughout the season Hornsby supports the participation of our athletes at a number of championship events conducted by or on behalf of our State Association, Little Athletics NSW. The following are details of events in which our athletes participated and the results our athletes achieved.

### **State Relays**

The State Relays were held over the weekend of Saturday 27 and Sunday 28 November 2010 at Sydney Olympic Park (SOPAC), Homebush. Teams each comprising four athletes competed in either a track or a field relay. As this is a team event it is a great opportunity for athletes to experience State level competition. Hornsby athletes achieved the following results:

<b>Team</b>	<b>Event</b>	<b>Result</b>	<b>Team members</b>
U9B	4xLJ	Gold	Aidan Elliott, Nick Colley, Ben Colley, Zac Caldwell
U11G	4x100m	Silver	Eliza Woollett, Shannon Bissett, Emma Smith, Zara Bidwell
U10G	LJ/HJ	4	Eleanor Lidbetter, Hannah Skuodas, Katherine Morris, Charlotte Banks
U8G	4x100m	5	Lara Woollett, Abby Hartshorne, Astreia Kenby, Tabitha
U9B	SP/Discus	5	Oliver Osborne, Cian Joseph, Ben Colley, Zac Caldwell
U8/11G	4x800m	6	Abby Hartshorne, Kate Rogers, Emma Smith
U11B	LJ/HJ	17	Charlie Dorman, Connor Patten, Thomas Philpott, Liam

Thank you to the age managers and parents who attended and encouraged the Hornsby athletes.

### **Zone Championships**

The Zone Carnival was held over the weekend of 11-12 December 2011 at Barton Park, Parramatta. Hornsby fielded a team of 119 athletes and 44 subsequently qualified to compete in the Region 1 Championships. Our Under 7 athletes, who do not proceed to Region, achieved 4 gold medals, 4 silver medals and 7 bronze medals. Special thanks to the parent helpers whose efforts facilitated the smooth running of this event.

### **Regional Championships**

The Region Carnival was held over the weekend of 27-28 February 2011 at Barton Park, Parramatta. Hornsby had 44 competitors who achieving 4 Gold, 10 Silver and 10 Bronze medals, and 6 fourth places. 16 of our athletes qualified to compete in the State Championships. Thanks to all the HDLAC parents who assisted with the running of this event.

### **State Championships**

HDLAC had 13 athletes qualify for the State Championships, held at SOPAC over the weekend 18-20 March 2010. The following is a list of Hornsby State competitors and their results:

<b>Age</b>	<b>Athlete</b>	<b>Event (place)</b>
U9B	Ben Colley	70m (4), 100m (5), Long Jump (6)
U9B	Nick Colley	100m (3), 200m (5), Long Jump (5)
U9G	Amie Bowrey	100m (competed), 60m hurdles (3), Long Jump (1), Discus (5)
U9G	Bronte Corke	Long Jump (9)
U9G	Zoe Warland	Shot Put (8)
U10G	Charlotte Banks	Long Jump (17)
U10G	Eleanor Lidbetter	Shot Put (12), Discus (13)
U11B	Charlie Dorman	60m hurdles (competed), Discus (13)
U11G	Mallory Bassett	Shot Put (2), Discus (5)
U11G	Shannyn Bissett	60m hurdles (4)
U11G	Annelise Harper	High Jump (13)
U12B	Sam McDonald	Javelin (10)
U12G	Claudia	Shot Put (16)
U13B	Roger Xia	100m (5), 80m hurdles (6)
U14B	Nathan Black	1500m walk (competed)
U15G	Olivia Dunn	3000m (4)

Congratulations to U9G Amie Bowrey who achieved a State Gold Medal for U9G Long Jump with a leap of 3.97 metres.

### **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, athletes from New Zealand travelled to Sydney to compete on Sunday, 16 January at Blacktown Olympic Park. Mallory Bassett was the only

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athlete from Hornsby to qualify this year and she achieved terrific results. Mallory placed 2nd in the U11G Shot Put (9.61m) and 3rd in the U11G Discus (27.14m). The NSW Field Relay Team (of which she was part) achieved 1st place, so she finished the competition with Gold, Silver and Bronze medals. Great result, Mallory! Next season, the Trans Tasman Challenge will be held in Auckland, NZ.

### **State Multi-Event Championships**

State Multi this season was held over the weekend of 5-6 March 2011 at Wagga Wagga. Because of the distance from Sydney, only 7 athletes were able to compete. The following results were achieved by HDLAC athletes. Congratulations to U9G Amie Bowrey who achieved a Gold medal and set a new State Multi Event Record with 5142 points. Next Season, State Multi will be held in Cessnock and we expect more of our athletes will be able to compete.

<b>Age</b>	<b>Athlete</b>	<b>Place</b>	<b>Points</b>
U8G	Lara Woollett	11	4206
U9G	Amie Bowrey	1	5142
U10G	Tom Hawkins	11	3851
U11B	Charlie Dorman	3	4386
U11G	Emma Smith	9	3800
U11G	Eliza Woollett	13	3573
U12B	Oliver Lidbetter	14	3431

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

Thanks to all the athletes, parents and to the HDLAC Committee for their help and support this year. As a centre, we enjoyed a great deal of success this year at representative level, with significant talent coming up through the younger age groups. This is an encouraging sign for our Centre, and we look forward to further achievements from our athletes next season.

*Leonard Yates*  
*for the Championships Officer*

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## **Records & Ranking/Website Report**

At the conclusion of another successful athletics season, it's time to reflect on past year. 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.

There is no system in place to validate data entered into the database other than an informal post-publication process involving 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 nearly 24,000 individual results recorded for 280 competing athletes. Of the 22 competition days programmed during the season, 3 were cancelled because of unsuitable weather. A 'wet weather' programme was run on one occasion.

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A number of the registrations for the season were conducted on-line. While this has provided a convenient means to register and pay, 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 does 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 several records broken or set for the first time during the season. 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.

With the use of electronic timing gates for the straight and hurdles tracks, the need for place judges and time keepers has been reduced. The throughput of heats for these laned events has increased significantly but, as we've noticed at our Zone and Region championships, there are differences of up to 0.3 seconds between manual and electronic times for a 100 metre event. It may be necessary for the incoming Committee to review our current manually-derived records, which will be even harder to achieve in future.

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

<b>Age</b>	<b>Event</b>	<b>Record</b>	<b>Holder</b>	<b>Date</b>
U9B	70 metres	10.4 seconds	Nick Colley (equal)	13 Nov 10
U11G	Discus 750 gram	27.29 metres	Mallory Bassett	22 Jan 11
U11G	Discus 750 gram	28.57 metres	Mallory Bassett	26 Feb 11
U11G	Discus 750 gram	28.61 metres	Mallory Bassett	05 Mar 11
U11G	Discus 750 gram	28.65 metres	Mallory Bassett	12 Mar 11
U12B	Javelin 400 grams	20.69 metres	Sam McDonald	12 Feb 11
U12B	Javelin 400 grams	23.97 metres	Ben Hayward	12 Mar 11

Once again, 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, when available, 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. In general, 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 six seasons. An aggregate table of PBs for each age group in each event was used to establish the Star criteria for the 2010/2011 season.

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There were 32 Gold Stars awarded during 2010/2011, most of which were to athletes in the younger age groups. This number is 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, Karen Daken, and Thomas and Janina Much, 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. At least two additional volunteers are needed for next season to allow the commitment to be shared from week to week.

We're now entering our winter cross country competition. However, the respite between seasons is short and we'll soon be turning our attention to our 2011/2012 summer season when there will be many personal goals to be achieved, recorded and reported.

*Leonard Yates*  
*Records & Ranking and Website Co-ordinator*

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## **Technical and Equipment Report**

The following are some observations about the equipment setup and storage, as well as some recommendations for next season:

- ✚ Most set-ups were well attended and the routine went smoothly.
- ✚ 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.
- ✚ Purchase of timing gates – they proved to be a great addition and allowed quick turnover of straight track events. This will improve even further as we become more accustomed to the system.

### **For next season**

- ✚ Purchase second set of timing gates
- ✚ Timing stairs are not required and removal of these will allow for easier storage of equipment in back room.

The formalized appointment of Assistant Equipment Officer should be considered for next season. Managing set-up and pack away across top and bottom ovals can be difficult for one person. Thanks to Tom Dunn who assisted with setup and was a great help.

*Damian Dorman*  
*Technical & Equipment Officer*

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## **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 short 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

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Northern Metropolitan Zone Championship. We had about 15- 30 Athletes and the Athletes enjoyed their training sessions each week. Leading up to Regional/State Competition we consistently had 10 – 15 athletes each session!

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 and middle distance.

A huge thank you to all our coaches, who are all volunteers and continue to upgrade their skills and knowledge in their own time: Ruth Dorman, Garry Ross, Marion Mitchell and Ruth Dunn. Fred O'Connor, who assisted the athletes with long jump training during the week and high jump training each Saturday after competition, was a highlight for our and we paid Fred a small stipend for his time and efforts. We also asked each participating family for a \$5 donation each mid-week evening they attended training; these funds went back into the Centre for equipment upgrades and general maintenance.

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

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

***Marni Warland***  
***Coaching Co-ordinator***

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## **Cross Country Report**

The 2010 Cross Country season held during the autumn and winter months was once again very successful. This year the course was moved from the previous track at the back of the Hockey Field up to a track around the AFL/Rugby ovals. This track had a variety of challenges, including hills, stairs, narrow track and flat areas to cover throughout the runs. The majority of parents were happy with the change and felt it was a much safer environment for the children.

The sanctioned distances for each age group set down by LAANSW were followed. After the first week of competition, a rotational roster was drawn up for each family 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

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

LAANSW organise a State Cross Country and Road Walk Championships each year. This year the competition was held at in Tuncurry on Sunday, 4th July. HDLAC had 5 athletes enter and they all did very well. Results were as shown in the table below.

\*Samantha should have been in the U/9 Girls but ran in the U/10 Girls to enable this group to

Age	Athlete	Event	Result
U8G	Lara Woollett	800m run	8
U10G	Emma Smith	1500m run	12
	Eliza Woollett		14
	Samantha Brown*		20
U12B	Nathan Brown	2000m run	15

enter as a team. In the team event, they achieved a Bronze medal which was a great effort.

The LAANSW Cross Country and Road Walk Championships is scheduled for Sunday, 3rd July 2011

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at Scheyville National Park. This is always a well-run event and it would be good to see Hornsby strongly represented, as we certainly have some good long distance runners at the Centre.

Medals and certificates of attendance were presented to each of our athletes at the end of season morning tea. Thank you to all the parents for your support, our Cross Country season would not have been such a success without it.

*Karen Williamson*  
*Cross Country Co-ordinator*

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## **Canteen Report**

The Woollett Family have enjoyed running the canteen this season. Firstly I would like to say a huge thankyou to the enthusiastic volunteers that helped out either serving, cutting rolls for the BBQ, helping setup the canteen for the morning or getting the 'fire' started (thanks Thomas) before our ever reliable helpers arrived and manned the very busy BBQ for all the hungry parents, helpers and athletes. Thank you to Brett, Adrian and the helpers.

The Centre would greatly benefit from having more enthusiastic parents who should volunteer their help rather than leave it up to the same parents EVERY week. One suggestion is that the age group rostered for setup duty each week should also supply two helpers for the BBQ/Canteen for about 1 hour when it's at the peak. The canteen is quite a big job but was made easy with the help of Brett, Damian our Equipment Officer who would come in and help each week if he saw it was getting busy, and my daughter Eliza who would come in after she finished out on the track and help serve. My three children Benjamin, Eliza and Lara were also a great help each week with the shopping and restacking of the canteen and also letting their Mother know which lollies were the best ones to purchase. The takings for this year were nearly \$15,000.

I recommend that the Centre should purchase a new BBQ; Brett and I would be quite happy to do the leg work for this. 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.

*Jane Williamson*  
*Canteen*

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## **Special Awards Report**

Awards presented by Hornsby Centre aim to reward athletes for a variety of achievements; they act as incentives, encouraging children to work for attainable goals along their road to self-improvement. In the Tiny Tots, each athlete received a certificate and trophy 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 medal 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 for managing the Star Awards system again this season. There were 32 Gold Star awarded, which is a slight increase on the previous year.

<b>Group</b>	<b>Yellow</b>	<b>Green</b>	<b>Red</b>	<b>Blue</b>	<b>Gold</b>
U6B	9	9	7	4	2
U6G	9	9	4	1	0
U7B	20	18	17	6	4
U7G	15	14	12	5	3
U8B	12	12	11	4	3
U8G	14	14	12	4	2
U9B	14	12	6	4	4
U9G	18	17	7	3	3
U10B	12	11	3	1	1
U10G	12	11	7	4	3
U11B	5	5	1	0	0
U11G	10	8	8	4	3
U12B	8	7	6	2	2
U12G	4	2	2	0	0
U13B	3	3	1	1	1
U13G	2	2	1	1	1
U14B	0	0	0	0	0
U14G	1	1	0	0	0
U15B	1	1	1	0	0
U15G	1	1	0	0	0
<b>TOTAL</b>	<b>170</b>	<b>157</b>	<b>106</b>	<b>44</b>	<b>32</b>

### **HDLAC Septathlon**

This was held on 26<sup>th</sup> February 2011 and medals were presented to the first 3 placegetters in each age group. The award for best overall point score was given to the girl and boy for each of the Junior (U7-U9), Intermediate (U10-U12) and Senior (U13-U15) groups, as follows:

<b>Junior Septathlon</b>	<b>Intermediate Septathlon</b>	<b>Senior Septathlon</b>
Nick Colley	Charlie Dorman	Lauren Bassett
Amie Bowrey	Mallory Bassett	Roger Xia

### **Best Athlete Awards**

A trophy is awarded to an athlete in each age group, who has obtained the highest point score. Points are calculated using their personal best in each event and comparing this to the gold star standard. For the U/6 and U/7 age groups, the best 5 events are included in the point score; U/8s - 6 events, while the U/9 to U15s have 7 events included in the calculations. Thus only their best events are included. This Award is computer generated. Congratulations to the following athletes who received the Best Athlete Awards for the 2010/2011 season:

<b>Age</b>	<b>Boys</b>	<b>Girls</b>
U6	Evan White	Emma Maltman
U7	Jack Bidwell	Isabella Gooch
U8	Jonathan Friend	Abbey Hartshorne
U9	Nick Colley	Amie Bowrey
U10	Tom Hawkins	Eleonor Lidbetter
U11	Charlie Dorman	Mallory Bassett
U12	Oliver Lidbetter	Claudia Kucharzewski
U13	Roger Xia	Lauren Bassett
U14	Tomos Luker	Hannah Taylor
U15	Daniel Hurwood	Olivia Dunn

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## Most Improved Athlete Awards

A trophy is awarded to a girl and boy athlete in each age group who has scored the most 'improved' points over the season. Points are credited on a 1, 3, 5 system. The first time you complete the event one point is given and the result is your personal best (PB). The next time you do the event if you equal your PB then three points are credited. If you better your PB then five points are given and your result becomes your new PB. This award is computer generated. Congratulations to the following athletes who received the Most Improved Athlete Awards for the 2010/2011 season:

Age	Boys	Girls
U6	Isacc Hartshorne	Fenna Swain
U7	Keegan Whall	Zara Warland
U8	Jonathon Friend	Jasmine Bayford
U9	Benjamin Graham	Brooke Niccol
U10	Joshua Much	Katherine Morris
U11	Charlie Dorman	Mallory Bassett
U12	Oliver Lidbetter	Claudia Kucharzewski
U13	Nathan Brown	Lauren Bassett
U14	Riley Dorman	Hannah Taylor
U15	Daniel Hurwood	Erin Young

## Age Managers' Awards

Congratulations to the following athletes:

Age	Boys	Girls
U6	Connor Ellwood	Lauren Matthews
U7	Connor Downey	Lara Stevens
U8	Timon-Elias Much	Jemima Lane
U9	Trefor Robinson	Cassie Keves
U10	Tristan Downey	Nina Gordon
U11	Thomas Philott	Taylor Jones
U12	Jack McPherson	Julia Murray
U13	Owen Guichelaar	Frida Engholm
U14	Jack Patten	Hannah Taylor
U15	Benjamin Webster	Jodie Ramodien

## Perpetual Trophies

Perpetual Trophies are divided into 2 types these being achievement based (computer generated) and character based (chosen by a vote taken by the Committee).

- ✚ *Arnold Hunt Award* is awarded to the most outstanding girl or boy athlete in middle and long distance running. It is open to athletes in the Under 13 to 15 age groups.
- ✚ *Brett Carkeet Memorial Trophy* is awarded in memory of a young athlete who excelled in walking and middle distance running. The Executive Committee votes for the most outstanding athlete in Race walking, 800m and 1500m running. It is open to athletes in the Under 9 to 12 age groups.
- ✚ *Genevieve Train Memorial Trophy* is presented for achievement in sprint events and is open to all age groups.
- ✚ *Clint Shaw Award* is awarded to the most outstanding girl or boy in the Under 7 to Under 9 age groups.
- ✚ *HDLAC Hurdles Trophy* is awarded to the most outstanding athlete in straight track and 200metres hurdles.

- ✚ *HDLAC Jumps Trophy* is awarded to the most outstanding athlete in Long Jump, Triple Jump and High Jump. Open to the 9-15 age groups.
- ✚ *HDLAC Throws Trophy* is awarded to the most outstanding athlete in Discus, Javelin and Shot Put. Open to all age groups.
- ✚ *Marion Mitchell Award* is awarded to the athlete who has the most Personal Bests for the season.

Congratulations to all the athletes awarded the following trophies for the 2010/2011 season:

Award for 2010/2011 Season	Recipient
Arnold Hunt Award	Olivia Dunn
Binning Award	Benjamin Hurwood and Sarah Harris
Brett Carkeet Memorial	Not awarded this year
Clint Shaw Award	Amie Bowrey
Genevieve Train Memorial	Nick Colley
HDLAC Jumps Trophy	Amie Bowrey
HDLAC Throws Trophy	Mallory Bassett
HDLAC Hurdles Trophy	Shannyn Bissett
Marion Mitchell Award	Katherine Morris
Walkley Encouragement Award	Nathan Brown

### Centre Captains

A trophy was presented to our two U17 Centre Captains:

Centre Captains 2010/2011	Daniel Hurwood and Jodie Ramodien
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### Service Awards

The following parents were recognised for their years of service to the Centre.

5 Years Service Award	Jane Williamson, Ruth Dunn, Cameron Hurwood
Life Membership Award	Jack Bassett

*Sharon Smith*  
*Special Awards Officer*

## First Aid Report

As First Aid Officer, I missed 1 competition day throughout the season as I attended compulsory LAANSW State Multi Event Championships 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 7 athletes and 3 parents treated during the season, 1 more than last year. Fortunately there were no serious injuries. The following is a brief summary:

- ✚ *Trauma*: there were 4 athletes treated which consisted of 2 spike injuries of U/9B and U/11B athletes competing in hurdles and 2 grazed elbow injuries of U/9G and U/13G athletes competing in high jump. 3 parents were also treated with 'cut' fingers after using a sharp knife while cutting bread rolls in the canteen.

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- ✚ *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***

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## **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 scheduled some events such as high jump (using their equipment) at their school on another day. Unfortunately this season schools cancelled the balance of events in their sport carnivals due to continual wet weather, and therefore didn’t require to hire any of the Centre’s equipment.

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 and 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 Junior AFL 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***

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## **Tiny Tots Report**

The Tiny tots Program ran successfully this year with a peat enrolment of around 60 children. The children ranged from 3 to almost 6 years of age.

There were 4 age managers involved and a coordinator. The children were split into 4 teams and remained in those teams for the duration of the season.

### **Overview**

The Program used was that developed by Sharon Stone and involved specialising in a particular activity group out of running, jumping, throwing with relay games and parachute games.

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- ✚ Running activities consisted of Running and Egg and Spoon races, dodging balls and bean bags and running around hoops to learn step coordination.
  - ✚ Jumping was centred around a practice jumping session and then a march up to training at the Long Jump Area.
  - ✚ Throwing consisted of Junior Javelin, “Shot Put” using bean bags, throwing bean bags into a targeted area and Tunnel Ball.

At the end of each week, 4 children were presented with an encouragement award in the form of a small trophy and the following week, when these were returned, the children received a Gold paper cut out Cup. These were enthusiastically received.

### **Experience**

It was my second experience of Tiny Tots. My older son, who ran in the U/8 this year, participated in Tiny Tots a few years ago and I remember the numbers being much smaller. In general the children and parents enjoyed themselves. Most weeks each Team had between 6 and 10 little athletes.

I feel that the activities were a bit beyond the younger children who really didn't understand what was going on, what a relay was, lining up.

There were a lot of queues with children waiting, especially if there were 10 -12 children were on one activity. As the attention span of children of that age is short, that presented some challenges to keep the children focused. The Age Managers are to be congratulated on their patience and resourcefulness.

As the season progressed, we found that more running (no matter what the focus for the week) was a good activity to keep the wriggles at bay and keep the children busy.

At the end of the season, most children could run the 30 metre Tiny Tots track without difficulty.

- ✚ Parachute: The program had two Parachute days where all children were to be involved in a number of Parachute games. With 40 children on a typical day, we really needed four parachutes, so this part of the program was altered drastically by having the parachute as only one of the activities for the day.
- ✚ Long Jump – The 4 year old children got a lot of benefit out of the long jump, but even with 2 or three long jump pits in action, there was too much waiting and the 3 year olds just did not get it. In many cases, the session were a challenge in keeping the children focused.
- ✚ The Septathlon was reorganised from the documented program so that 3 or 4 events were run simultaneously. This was a very successful day with stickers given out at each position. The Long Jump was not done at the long jump pit.

### **Summary**

Planning activities to entertain 3, 4 and 5 year olds was challenging – the age spread was too great. I would suggest that the Tiny Tots be open to 4 year olds and younger children only if they are siblings of older athletes, as this will help the parents manage logistics and child minding. Also, the numbers were too much for the equipment provided. I think the program needs to be restructured if these numbers (~ 40 - 50) children are to be catered for.

Thanks to the Age Managers - Sean McCarthy, Simon King, Daniel Gooch, Jo Kachel, Jules White, Troy Daly and Sharon Paz - who did a great job and who were always supportive and flexible.

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I enjoyed my somewhat unexpected year as Tiny Tots Coordinator but will look forward to serving as an Age manager as my Tiny Tot moves to the track next year.

Many thanks to Marion and Leonard for their support,

***Phil Friend***  
***Tiny Tots Coordinator***

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## **Uniforms Report**

HDLAC offers a full range of Centre uniform for both summer and winter seasons, with accessories available.

Once again the white polo shirt proved very popular with athletes and parents. New committee members and Age Managers were given this shirt to wear on 'home' and 'away' competition days. The older design and larger sized polo tops were sold below cost at \$20 and track jackets and pants were sold at half-price and proved very popular.

The nine athletes qualifying for the first time to compete at LAANSW State Championships were given a rugby knit jersey (with embroidery) in Centre colours as a gift from HDLAC in reaching this high level of competition in representing our Centre at these Championships.

The three athletes qualifying for a second time were given a large black athletic bag with Centre logo and the athletes name embroidered on it. 1 athlete qualified for the third time and received a black folding chair with their name embroidered on it. If there had been an athlete qualifying for the 4' time they would have received a large black towel (bath sheet) with Centre logo and their name embroidered in orange on it. All costs were covered by HDLAC.

Uniform orders for next season will mostly be for the smaller sizes of crop tops, unisex singlets, athletic shorts, Lycra pants and white polo shirts. Orders to the various companies need to be placed by the end of June, so stock will be available for sale at registration in August. Also, a minimal order of our State Rugby jersey (in the smaller sizes) will need to be done before Christmas so jerseys are available to present to State athletes at the start of March.

Finally, I would like to thank fellow Committee members Anna Holloway and Jane Williamson who assisted me in fitting and selling uniforms on our registration day and before competition early in the season. I appreciated their help.

***Marion Mitchell***  
***Uniforms Officer***