

# Bayswater Bulletin

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## Welcome to the 2005/06 season

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### Upcoming Events

- ◆ 15<sup>th</sup> October "Bring a Friend" Day
- ◆ 11<sup>th</sup> November Canteen Duty

### Season Welcome

Welcome to all the returning athletes for the clubs 38<sup>th</sup> season, and also to the new athletes competing for their first time.

The emphasis in Little Athletics is not in winning, but in each athlete to achieve their own personal best.

This is where after an athlete has completed an event, the next time they compete in the same event, they try to run faster, jump further or throw farther than they did previously. By doing so would earn them a PB (Personal Best) sticker on the result ticket and recorded by the Team Manager.

On the Presentation Day at the end of the season, PB medals will be awarded in the following criteria. Normally, a Bronze Medal would be awarded after 20 PB's, Silver after 25 PB's and Gold after 30 PB's.

### New Club Uniform

We roll out the new club uniform this season. For the first time in 38 years of having a T-Shirt as a Uniform, we now have a singlet made of a breathable cloth. The singlet is the same material as used by the Knox Centre uniform.

Many thanks to Committee Member Merren Clissold who organised, obtained samples and placed orders, so they would be ready in time for the start of this season.

During the hot weather, in between events, please use a long sleeve top and use asunscreen, which will be available on the Team Managers table.

### Commonwealth Games

Due to the 2006 Melbourne Commonwealth Games, like all other sports throughout March, our season has been cut short by two weeks.

The Bayswater Bullets Committee has decided that for this season only, the PB criteria will be as follows.

Bronze PB Medal: 18 PB's  
Silver PB Medal: 22 PB's  
Gold PB Medal : 27 PB's

### Club Awards

To be eligible for any end of season club awards, an athlete must have an attendance of at least 50% before and 50% after Christmas Track & Field Dates.

If an athlete joins after January, they must have an attendance of 90% to be eligible.



Laura with our new singlet

## Result Tickets



*Result ticket with  
a PB Sticker*

At every event, you will be given a ticket with your results. This ticket is to be shown to the Team Manager for recording for end of season awards.

Your performance will also be checked for a Personal Best result or to see if Club Records are broken.

Place the ticket in the Result Booklet supplied from the Victorian Little Athletics Association and record the results at the back of this book. This will show how you have progressed throughout the season

Weekly PB results are also placed on our Club webpage under the "Season Diary" page from the Team Managers Report.

## Bring a Friend Day

15<sup>th</sup> October is "Bring a Friend Day". This is where you can invite a friend to compete for the day to try out Little Athletics. If you would like to invite a friend, please see the Team Manager to get the yellow form. With this form, you will be eligible for a special prize from the Knox Centre

## Relays

Relays are the first 'event' of the Little Athletics calendar and provide a rare opportunity for athletes to experience the comradeship of competing as a team and not as an individual.

For those athletes Under 9 and over, training is currently being conducted for the Relay Competition. If interested, please see:

[http://www.klac23.org.au/Training/coalting\\_relay.htm](http://www.klac23.org.au/Training/coalting_relay.htm)

or the Team Manager or Secretary for more information.

## Fundraising

As a club, we try to keep fundraising to a minimum. Our main fundraising activities are Tattslotto, Raffle Day and Cake Stall.

For our Tattslotto fundraiser, it costs \$1 per week for your favourite number. If this number comes up as one of the Supplementary numbers on a Saturday night, you will win \$10. Please see our Committee Member, Merren Clissold to select your number(s).

Every team within the Knox Centre is allocated certain days for fund raising. Bayswater Bullets have been given the following two days. Our Raffle Day is on 9<sup>th</sup> December 2005. Our Cake Stall is on February 11<sup>th</sup> 2006. More information on what is required will follow by memo when we get closer to these dates.

The money received goes towards the cost of the Trophies for your children's end of season Presentation Day so please support these activities throughout the season.

## State Championships

For those who qualify in the Regional Championships next year, (U/9's and over) please note that the State Championships will not be held at Olympic Park due to the track being used for the Commonwealth Games. It will be held in Bendigo instead on the 4<sup>th</sup> and 5<sup>th</sup> of March 2006.

## Notices & Memos

A plastic box with dividers will be on the Team Managers table. Each family will have a folder with their surnames on it.

Please check this weekly for Notices, memos, newsletters and entry forms for Open Days or Championships.

*"Weekly PB results  
are also placed on  
our club webpage"*

## Twilight BBQ

Traditionally, on a Friday Twilight, the club runs a BBQ for the athletes, siblings and parents.

At the moment, we are short of a Cook.

We need someone to volunteer before our first Twilight, which will be on Friday, 21<sup>st</sup> October. Otherwise the Twilight BBQ will be cancelled.

There are only five Twilights this season. Three times before Xmas and two times after.

Everything will be supplied, cooking starts from around 7:00pm to about 8:30pm. It's a great way to meet everyone in the club.

If interested, please contact the Team Manager or Secretary.

We like to thank the Kenny family, who at the end of last season donated a portable BBQ to the club.

## Coaching/Training

The Knox Centre is very fortunate to have a large number of dedicated coaching staff who provide an excellent coaching service to Knox athletes from all clubs.

All Knox coach's are volunteers and donate their time and energy for the love of the sport and to assist athletes to be the best that they can be.

General T&F training commences in September and continues through to April the following year and is held on Monday & Wednesday nights from 5.00pm to 7.00pm.

For more information, please contact the Knox Centre Coaching Co-ordinator Steve Cowburn on 0419 301 412 or go to the Knox Centre website and click on "Coaching/Training" button for more details. Web: [www.klac23.org.au](http://www.klac23.org.au)



*Rob Holdway - Shot Put  
Chief Official*

*"Parents are  
required to do  
duty once every  
three weeks"*

## Parent Duty Roster

Parents are required to do duty once every three weeks. This is a requirement with the Registration of your children.

A "Duty Roster" will be issued with contact details of other parents should you need to make a swap. Please inform the Team Manager of any swaps so we can mark it down on the Roster.

Last season, our club won the Kathy Hale Shield (Club Supporters Award) for the club having the best ratio of parents carrying out there required duty, so we would like to carry this into this season.

## Chief Official Duty

The Bayswater Bullets Club has again been assigned "Shot Put 2" for Chief Official Duty for this season.

The Chief Officials will be Rob Holdway and Stephen Egan who will be rotating the duty on a weekly basis.

## Canteen Duty

Each club within the Knox Centre is assigned a day to do Canteen Duty.

Our club has been rostered for Canteen Duty on Friday, 11th November 2005.

We find it best that those not on Parent duty, to take it in turns for an hour at a time. A timetable will be on the Team Managers Desk a few weeks before hand, to select your timeslot.

"The canteen roster requires 3 people on duty for the whole time the canteen is open" as per Knox Centre handbook.

## Registration Patches

Please remember to bring your Registration Patch every week.

Any person that forgets their patch after the first month of joining will not obtain Centre Points for their event, even if they know their number.

The Event Recorder will write down "No Patch" on the result sheet next to their name. When the sheet goes to the Data Entry Operator, they will not assign points.

Replacement Registration Patches can be obtained in the office under the Grand Stand for \$2.00.

## Duty of Care

Little Athletics is not a babysitting service for Parents.

It is a requirement of the Centre for Parents/Carers to be in attendance, especially if their child is injured.

Committee Members of the Club have many jobs to do on a competition day, without the added inconvenience of waiting for a child's parent to collect them at the end of the day.

If arrangements have been made with another family, then that is OK, but please inform the Team Manager.

## For Sale - Runners

Size 6 "New Balance" Runners for sale. White with Black in good condition.

**\$35 or near offer.**

Please see Assistant Team Manager Estera Pecek or call 9738 0019 or 0425 756 243

## Ex Athletes News

We would like to congratulate Ex Bayswater Bullets athlete Daniel Walton who played off in the Boys Netball Victorian Primary State Schools State Final with Bayswater South Primary School Team.

After winning their way through the Zone Finals, they played off against the best schools in the State. Daniels team won all day and they made it to the final 2 teams. They only just miss out by 4 points in close match to come the Runners Up team in Victoria.

Daniel's younger sisters U/8 Steffi and U/11 Briony still compete in Little Athletics with Bayswater Bullets.

If you know of any other ex athletes sporting accomplishments or even current ones in other sports, please let the Newsletter Editor know.

## Brief History

Little Athletics, a concept unique to Australia, started back in 1964 when a small group of children turned up for a few simple running events at Geelong. They were there for fun and fitness.

The Geelong experiment was obviously a success because today a total 88,000 boys and girls (22,000+ in Victoria) are registered with some 500 centres around Australia.

The Centres are affiliated with one of the State or Territory Associations which, in turn, are affiliated with the national organising body - the Australian Little Athletics Union.

The Knox Little Athletics Centre, where Bayswater Bullets is one of the foundation clubs, first started in the 1968/69 season as the 23<sup>rd</sup> Centre in the State.

*"Please remember to bring your Registration Patch every week"*

[We're on the Web!](#)

[www.klac23.org.au/bayswater](http://www.klac23.org.au/bayswater)

[bayswaterbullets@hotmail.com](mailto:bayswaterbullets@hotmail.com)

A colour copy of this newsletter is available on our webpage under the "Newsletters" button

## Cross Country Results

With the 2005 Winter Cross Country season over, we would like congratulate all the Bayswater Bullets athletes who competed.

Josh Holdway won the 2<sup>nd</sup> Position Trophy in the 3000m Knox "Handicap Day" held on 28<sup>th</sup> May 2005 at Nortons Park.



*Josh with his 2<sup>nd</sup> Position Trophy won in the Knox Cross Country 3000m Handicap*

Annie Egan won a Knox Centre Cross Country Trophy as equal winner in the "Best in Age - Girls Under 7".

Championship results of our athletes are:

### Eastern Metropolitan Regional Championships - 19<sup>th</sup> June 2005

Girls U/7 1000m  
Annie Egan 4<sup>th</sup> 4 min 40.18 sec

Boys U/13 3000m  
Josh Holdway 14<sup>th</sup> 16 min 18.77 sec

Annie won a 2<sup>nd</sup> place Team Ribbon  
Josh won a 3<sup>rd</sup> place Team Ribbon

### State Cross Country Championships - 31<sup>st</sup> July 2005 - Hanging Rock

Girls U/7 1000m  
Annie Egan 12<sup>th</sup> 6 min 29.21 sec

Boys U/13 3000m  
Josh Holdway 28<sup>th</sup> 16 min 49.99 sec

### Knox Centre Championship Day 6<sup>th</sup> August 2005 - Nortons Park

Girls U/6 500m  
Ashlee Dean 11<sup>th</sup> 3 min 20.47 sec

Girls U/7 1000m  
Annie Egan 2<sup>nd</sup> 5 min 11.05 sec  
Erin Holdway 5<sup>th</sup> 6 min 10.84 sec

Boys U/9 1500m  
David Thomson 5<sup>th</sup> 6 min 01.26 sec

Boys U/13 3000m  
Josh Holdway 5<sup>th</sup> 16 min 23.95 sec

## Cross Country Open Days

### Doncaster Open Day - 15<sup>th</sup> May 2005

Girls U/7 1000m  
Annie Egan 3<sup>rd</sup> 3 min 56.79 sec  
Erin Holdway 8<sup>th</sup> 4 min 17.54 sec

Boys U/13 3000m  
Josh Holdway 8<sup>th</sup> 16 min 59.60 sec

Annie & Erin won the Girls U/7 Gold Team Medals for Knox.

### Box Hill Open Day - 29<sup>th</sup> May 2005

Girls U/7 1000m  
Annie Egan 3<sup>rd</sup> 4 min 39.00 sec

### Geelong Open Day - 5<sup>th</sup> June 2005

Girls U/7 1000m  
Annie Egan 1<sup>st</sup> 4 min 27.92 sec

### Benalla Open Day - 12<sup>th</sup> June 2005

Girls U/7 1000m  
Annie Egan 2<sup>nd</sup> 4 min 44.00 sec

### Knox Open Day - 2<sup>nd</sup> July 2005

Girls U/7 1000m  
Annie Egan 5<sup>th</sup> 4 min 43.04 sec  
Erin Holdway 9<sup>th</sup> 5 min 02.86 sec

Boys U/13 3000m  
Josh Holdway 10<sup>th</sup> 15 min 55.47 sec

Annie & Erin won Girls U/7 Bronze Team Medals for Knox. Josh won a Boys U/13 Silver Team Medal for the Knox Centre.

### Nunawading Open Day - 10<sup>th</sup> July 2005

Girls U/7 1000m  
Annie Egan 3<sup>rd</sup> 4 min 17.66 sec

Boys U/13 3000m  
Josh Holdway 3<sup>rd</sup> 15 min 41.00 sec



*Annie & Erin with their Cross Country Gold Team Medals at the Doncaster Open Day*