

# Kew LAC Newsletter



## Cool fun—hot results!

Kew kids are still running in the heat, winning heats and finals a lot, while parents simply say “it is too hot!”

Our girls turned up the heat to win Gold and Silver medals at the 2006 State Relay Championships at Olympic Park on December 10 - the hottest day in December since the 1950s.

The U/9-U/12 Girls Mixed Age Medley team (Isabella Dalla Costa, Caroline Lane, Cassandra Dalla Costa, Gabby Golds) won Gold and the U/9 Girls Medley team (Isabella Dalla Costa, Annabel Mahon, Gabriella Morgan, Megan Pengelly), who had to run in 41.5 Degree heat, won Silver. (More State relay results Page 2).

While some parents were probably over the heat, the cheering and even Christmas cheer by then, they still managed to start the New Year in good spirits (or off the spirits!) to cheer on our athletes at the 2007 EMR (Eastern Metropolitan Region) Track and Field (T&F) Championships on February 17-18.

Thirty-two Kew athletes contested a total 103 events over the weekend. Ten of our athletes won a total 18 Region medals (5 Gold,

8 Silver and 5 bronze) at the Nunawading track with the temperatures hitting the high 30s on both days - and many of our 32 athletes scored PBs (Personal Bests.)

Thirteen Kew athletes will now represent our club in a total of 25 events at the State T&F Championships at Olympic Park on March 17-18. They are: Rose Smith U/13, Stephanie Larkin U/13, Jack Holden U/12, Josh Hesse U/12, Sophie Hesse U/12, Gabby Golds U/12, Natalie Rule U/11, Cassandra Dalla Costa U/11, Chris Gherzi U/9, Isabella Dalla Costa U/9, Gabriella Morgan U/9, Annabel Mahon U/9 and Megan Pengelly U/9. (More EMR finals results Page 4).

EMR T&F was a hot weekend with a lot of action, on and off the track, including many PBs set and also visits to First Aid. There was a great club atmosphere, water fights, great results and great cheering, with some parents louder than others (definitely not Louise M!) There were also upsets and falls, and the U/9 Girls 80m hurdles final left the crowd speechless and Ella very sore! (see pic below)

But then, there’s always next year, and we hope more Kew kids, particularly this season’s U/8s, will take up the challenge of EMR competition in 07/08, do their best and, best of all, have lots of fun. These competitions are character building and great for building club spirit.

And such competition also ‘lens’ itself to plenty of action shots. Just look at all those Kew parents (some pictured) below) whose cameras focus on their kids, while their kids focus on doing their best.

The success of these competitions is a tribute to the gutsy performances of ALL our athletes, supportive parents and huge efforts behind the scenes by our President Jenny McCausland, Coach and Chief Track Official Garry Connell, and Team Managers Manuela Dalla Costa and Kylie Italiano. A huge thankyou!

**Good luck to our 8 athletes competing this weekend (March 3-4) at State Multi-Event at Ballarat.**



## DIARY DATES

### Friday, March 9:

Twilight Competition from 5.30pm.

### March 17-18:

State T&F, Olympic Park.

### Friday, March 23,

**5.30pm.:** Twilight Cross Country Run,

Presentation Night, AGM, wine tasting.

### Sunday, April 22:

EMR Cross Country Season starts.

### Sunday, June 17:

EMR Region CC Championships.

### Sunday, July 29:

State CC Championships.

### November

Start looking forward to EMR Crystal Creek Coaching Camps for both U/10-U/11 and also U/12-U/15 athletes.

Accredited coaches run various track and field coaching sessions.

If you need convincing to sign up for the camps, just speak to Kimberley Bravo: “I learnt how to wind up before I swing in discus. ....I had lots of fun and I can’t wait for the next one!”

Cassandra Dalla Costa: “I really enjoyed the sprinting, jumping and discus sessions and loved the relaxing times going down the giant slide.”

Grace Lewis: “I enjoyed hanging out with my friends and meeting new people. I also enjoyed learning about hurdles.”

Chris Arthur: “It’s good. It’s fun! (returnee!)”

Get ready to cross the countryside when the 2007 EMR Cross Country (CC) season begins on Sunday, April 22 at Gardiners Creek, Box Hill (Melways 61B6). Please look at our website [www.kewlac.org.au](http://www.kewlac.org.au) (Calendar section) for details about mid-week training (CC and pre-season fitness) and regular updates. Kew kids must run in the club uniform. For inquiries and/or to order a club uniform (or update to a larger size) please contact our CC co-ordinator Manuela Dalla Costa on 9859 8838 or [dalla\\_costa@bigpond.com](mailto:dalla_costa@bigpond.com)

Our athletes will get a CC practice run at our Summer Season break-up session (please note this last Summer Season session is a twilight meet on Friday, March 23) whilst the AGM is happening in the club rooms. Kew club needs you! Register your interest now to join our friendly committee. Many positions are vacant. This is a great chance to help build the best athletics club for your children. The committee meets on the last Monday of the month from 7.45pm to 10pm. (Rumours are flying that Desperate Housewives sometimes sample Stan’s club fundraising wines during the meeting!) Sign up to join the committee. It’s fun!

## State Relay Results

Ten Kew teams contested the State Relay Championships at Olympic Park on a VERY HOT Sunday, December 12, 2006. (43 Degrees!)

Four teams were State relay finalists and, of these, two won State medals - one Gold and one Silver.

The U/9-U/12 Girls Mixed Age Medley team (Isabella Dalla Costa, Caroline Lane, Cassandra Dalla Costa, Gabby Golds) won Gold (by 4 seconds!) and the U/9 Girls Medley team (Isabella Dalla Costa, Annabel Mahon, Gabriella Morgan, Megan Pengelly) won Silver. See their excited mums pictured below!

Other results were:

U/9 Girls 4x100m (Isabella Dalla Costa, Annabel Mahon, Gabriella Morgan, Megan Pengelly) 6<sup>th</sup> in finals;

U/9 Mixed 4x100m (Annabel Mahon, Gabriella Morgan, Jack Owen, Dale Taylor) 6<sup>th</sup> in heat;

U/10 Girls 4x100m (Charlie Gayfer, Caroline Lane, George Mylonas, Mia Italiano) 5<sup>th</sup> in heat;

U/11 Girls 4x100m (Kimberley Bravo, Erin Briscoe-Hough, Cassandra Dalla Costa, Natalie Rule) 3<sup>rd</sup> in heat;

U/12 Boys 4x100m (Patrick Carosella, Josh Hesse, Ben Langdon, Hu Wen Chew) 5<sup>th</sup> in heat;

U/12 Girls 4x100m (Selina Wilmott, Gabby Golds, Lavanga Silva, Sophie Hesse) 6<sup>th</sup> in heat;

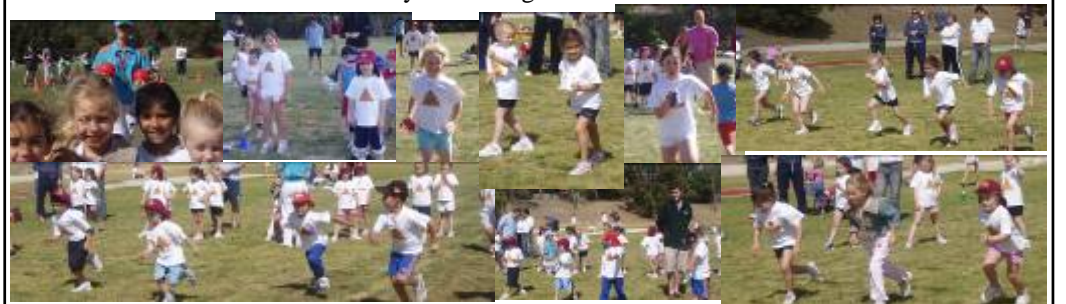
U/12 Mixed 4x100m (Gabrielle Golds, Josh Hesse, Sophie Hesse, Hu Wen Chew) 5<sup>th</sup> in finals;

U/13 Mixed 4x100m (Tim Wright, Michael Holloway, Rose Smith, Stephanie Larkin) 3<sup>rd</sup> in heat.



## Our youngsters are On Track to success \_ and fun!

More than 70 kids from U/6-U/7 are busy completing 2-3 skill development sessions and competing in two measured events every Saturday as part of On Track. This sequential, skill-based program includes modified equipment and events for young athletes. The children are organised into small groups with adult helpers, including 14 parents who attended our On Track coaching course. On Track Co-ordinator and Club President Jenny McCausland loves working with the On Track group because she says "families are really keen and the children have improved so much." And these kids look like they are having fun!



# Meet U/12 twins JOSHUA and SOPHIE HESSE

**School and Year Level:** Year 6, St Bede's Primary School, Balwyn North.

**Favourite television show:** *(Josh):* Futurama.

*(Sophie):* Neighbours.

**Favourite author:** *(Josh and Sophie):* Paul Jennings.

**Favourite past-time:** *(Josh):* soccer, running, tennis

*(Sophie):* tennis, running, soccer

**When did you start Little Athletics:** U/7s

**Are any other family members involved with Kew LAC?**

Our older brother Christian began when he was U/7s also. He is 20 months older than us. Our dad Charles does the 'starter gun' each week and volunteers for duty on the competition days.

**What do you most like about Little Athletics?** *(Josh):* meeting friends and exercising; *(Sophie):* keeping fit, competing and seeing friends.

**What is your favourite event and why?** *(Josh):* hurdles because I like the challenge and jumping over them; *(Sophie):* 60m sprint because I like the short distance and speed

**Main athletics sporting highlights:** *(Josh):* Winning the Silver Medal at the State Relays in 2005. The other team members were Sophie Hesse, Gabby Golds and Hu Wen Chew. Garry is a great coach. We came fourth in 2006. I have made the Junior Development Squad (JDS) for 2006/07 in the Hurdles and 200m sprints. I qualified for school regional athletics in 2005.

*(Sophie):* It was a thrill to win the Silver Medal at the State Relays in 2005 with the team. Garry coached us really well. We came fourth in 2006. In 2006, my St Bede's Girls' soccer team won the Silver Medal in the Inter-Schools Competition in Victoria.

**Do you play any other sports?** *(Josh):* Yes, I play soccer for

the Venetto Club in Bulleen 13's Superleague team. We train a lot. I also play competition tennis.

*(Sophie):* Yes, netball, soccer and tennis.

**What do you eat for breakfast?** *(Josh):* I drink a glass of milk and eat cereal. I love Mum's pancakes with maple syrup and banana. *(Sophie):* Cereal, poached eggs, milk and toast.

**What time do you go to bed before a major competition?** 9.30pm

**Who is your favourite Australian runner and why?** *(Josh):* John Steffenson who won the Gold Medal at the 2006 Melbourne Commonwealth Games because he is a great runner and a good role model for children. *(Sophie):* Jana Pittman because she is a great hurdler and keen Australian sports-woman.

**Future athletic ambitions?** *(Josh):* To play professional soccer for the Socceroos someday so we can win the World Cup.

*(Sophie):* To improve my tennis and play well.

**Have any other family members competed at a representative level in any sport over the years?**

Yes, our dad Charles trained with the Hawthorn Football Club when he was young. He regularly ran at Olympic Park in Athletic meetings and beat a Commonwealth Gold medalist. Our mother Elizabeth represented Echuca in State Netball competitions when she was growing up. Our brother Christian made State Hurdles and High Jump three years ago and is in the Venetto Soccer Club Super League team.

**What is the most helpful athletics advice so you been given?**

*(Josh):* Always attack the hurdle and don't be scared... do your best even if you don't win. *(Sophie):* Never give up ... just keep trying and enjoy sport!



## AROUND THE TRACK....

Don't be surprised if you start noticing more mums and dads giving general coaching tips.

Several Kew parents are very enthusiastic after recently completing a very practical, but fun, Introduction to Coaching course on jumps, throws and running.

As Damian Renehan says: "It's an excellent series and I would recommend it to any parent interested in developing their skills in this area."

It is also very obvious some of our talented young athletes don't take after their parents! Some mums and dads were overheard at next day's Collingwood T&F Open Day talking about their aching bodies and one mum even had trouble squatting pain free to open up her picnic basket - she won't be beating her daughter's hurdles records!

If you are interested in this course, tell your Age Manager. The club is always keen to train new parents to better help all our children. Level 1 Coaching courses will be run during the year. Check the club website for updates.

## ELITE TRAINING SQUADS

Please note that Kew athletes (U/12-U/15) can qualify for membership of VLAA's (Victorian Little Athletics Association) elite training group, the Junior Development Squad (JDS), if they meet certain criteria. Please check the Kew website [www.kewlac.org.au](http://www.kewlac.org.au) (Development section) for details. If your child has achieved these standards, please notify our President who can alert the VLAA office. Current Kew athletes in JDS are Rose Smith, Jack Holden, Josh Hesse and Gabby Golds.

## HELP OUR KIDS TO STAY SAFE

It is up to ALL parents, not just our Age Managers, to ensure Saturday competition mornings are safe. Preventing a dangerous accident is vital. For example:

- Before throwing events begin, make sure athletes always wait well back behind the circle.
- In High Jump, remind athletes to take off 1/3 the way along the bar so they land in the middle of the mats. Use a short 5-9 stride run up that is 'springy' instead of flat and fast. Have the flat green mats placed so if there is a tumble, the landing is still as safe as we can make it.
- Remind athletes to keep the track clear and to cross it as carefully as you would cross a road. Parents should also continue checking jump pits for dangerous objects before competition, ensure throwing circles are dry and not slippery.

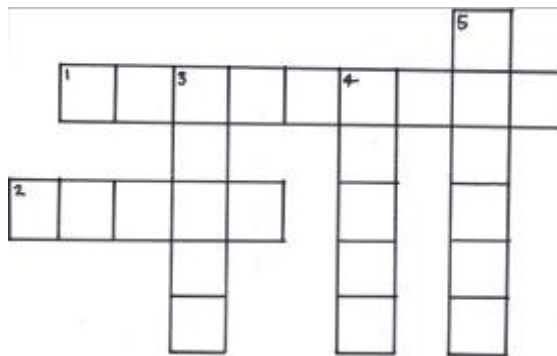
**Crossword Clues**

**ACROSS:**

1. We need new C? Members
2. ----- is a great coach

**DOWN:**

3. Kew LAC's AGM is on ----- 23
4. Learn new skills at On -----
5. Kew kids won 18 T&F -----



**EMR Track and Field Results**

Thirty-two Kew athletes contested a total 103 events at the EMR Region Track and Field Championships at the Nunawading track on February 17-18.

Ten Kew athletes won a total 18 Region medals (5 gold, 8 silver and 5 bronze) that weekend, and some of our other athletes put in fine performances to also see them eligible to run at State T&F on March 17-18.

Our 13 athletes to represent Kew at State T&F are Rose Smith U/13G High Jump; Stephanie Larkin U/13G 80mH and Triple Jump; Jack Holden U/12B 1500m, 800m and 400m; Josh Hesse U/12B 60mH, 80mH, 200m; Sophie Hesse U/12G 70m; Gabby Golds U/12G 400m, 800m; Natalie Rule U/11G 1500m, 800m; Cassandra Dalla Costa U/11G discus; Chris Ghersi U/9B 70m; Isabella Dalla Costa U/9G 800m, 400m, 100m and Triple Jump; Gabriella Morgan U/9G 60mH, 70m and High Jump; Annabel Mahon U/9G High Jump and Megan Pengelly U/9G800m.

Our 10 Kew athletes who won EMR Region medals on February 17-18 are:

**U/13 Girls:** Rose Smith, Silver Medal, High Jump 1.45m;

**U/12 Boys:** Jack Holden, Silver Medal 1500m 5.01.01 and 800m 2.30.29, and Bronze Medal 400m 1.08.21; Josh Hesse, Bronze Medal 60m Hurdles 10.46 and 80m Hurdles 14.01.

**U/12 Girls:** Gabby Golds, Silver Medal 400m 1.05.14 and Bronze Medal 800m 2.30.52.

**U/11 Girls:** Natalie Rule, Gold Medal 1500m 5.24.29 and Silver Medal 800m 2.35.71; Cassandra Dalla Costa, Gold Medal Discus 22.81m.

**U/9 Boys:** Chris Ghersi, Silver Medal 70m 11.01.

**U/9 Girls:** Isabella Dalla Costa, Gold Medal 800m 2.52.88 and Triple Jump 7.79m and Silver Medal 400m 1.14.55; Gabriella Morgan, Gold Medal 60m Hurdles 10.86 and Bronze Medal High Jump 1.04m; Annabel Mahon, Silver Medal High Jump 1.2m.



**More club records smashed this season**

**CONGRATULATIONS** to our athletes who are continuing the 2006/07 Summer Season in record breaking style.

New records have been set by:

Olivia Carah U/8G High Jump, 1.07m, 10/02/07

Natalie Rule U/11G 400m, 1.10.71sec, 9/12/06.

Gabriella Morgan U/9G 80mH, 14.79sec, 9/12/06

Isabella Dalla Costa U/9G 400m, 1.16.73sec, 2/12/06

Rose Smith U/13G High Jump, 1.43m, 26/11/06

Max Hanna U/8B 80mH, 16.78sec, 18/11/06



*L-R: Gabriella, Max, Olivia, Rose, Isabella, Natalie.*

**Please support our club sponsors:**

**Bendigo Community Bank East Kew, Runners World, Colombo's Restaurant Balwyn, Bob Stewart Kew and Plants On High Nursery.**