

Kew LAC Newsletter

Kew kids rein in State medals and run in rain

Rain has been the buzzword for our Kew runners as the Summer Season ended on a sizzling note and the Winter Cross Country (CC) season warms up.

Three of our athletes are the reigning Victorian State Champions after reining in a total five State Track & Field medals in March - and even when it's raining, our CC runners are crossing the finishing line in winning style. (Not sure whether the 'Parents in Gumboots' look will be the style for all!)

While the recent start to the CC season saw parents also dash for the umbrellas, our talented athletes slipped and slogged to the finishing line in excellent times.

We should soon see more of our young CC athletes striding out in style after some great tips and a fun coaching session for nearly 40 athletes at Kew on April 28 from leading Melbourne coach and former international marathon champion Tom Kelly. (More photos Page 4)

While Tom also said tiredness was just a state of mind, we don't mind stating we haven't tired of mentioning our successful State 'Golden Girls' Gabriella Morgan

and the Dalla Costa sisters Cassandra and Isabella.

Back in mid March at Olympic Park, Cassandra won State Gold in the U/11 Discuss, Isabella won State Gold in the 100m and 800m (and also State silver in the 400m) and Gabriella won State Gold in the U/9 Girls 70m and 60m Hurdles. (See profiles Page 3)

Other Kew State medallists were Natalie Rule (Silver in U/11, 1500m and Bronze in 800m) and Gabrielle Golds (Bronze in U/12 400m). Twelve Kew athletes competed at the Victorian State Track & Field titles. (Full results Page 2).

Our own Kew LAC club Presentation Night on Friday, March 24 was also a night to remember as we saluted ALL our athletes who have ALL excelled, never given up and, most importantly, always had fun.

Medals were presented to the top three male and female performers in each age group, as well as an Encouragement Award and Most Improved Male And Female in each age group.

Other athletes, who competed regularly, also received Attendance Medals. (See page 2)

We also congratulate our special Kew LAC Summer winners: - Isabella Dalla Costa, Overall Girls Athlete of the Year U/8-U/13+; Nicholas Humphris, Overall Boy Athlete of the Year U/8-U/13+; Meredith Rule, Overall Girl Athlete of the Year U/6-U/7 and William Golds, Overall Athlete of the Year U/6-U/7.

And who can forget the excitement of watching six of our athletes who put in brilliant performances during the Summer Season to set a total 9 new club records. (More details Page2) We wonder how long these new records will stand!!!

If any Summer athletes change their mind and would like to take up CC running to maintain their fitness during Winter, please contact our CC co-ordinator Manuela Dalla Costa on 9859 8838.

All registered Kew athletes are welcome to attend mid-week CC training at Stradbroke Park every Wednesday from 4.45pm to 5.45pm.

DIARY DATES

Saturday, May 12:

9am to noon Working Bee at our clubroom. There are lots of jobs - Please drop in to help out.

Sunday, May 20:

CC Colombo's Dinner. Enjoy a family night out with old and new friends from Kew LAC. Group dinner booking at 5pm at Colombo's Family Restaurant, (near cnr Whitehorse Rd and Balwyn Rd) Balwyn. Inquiries and RSVP to Manuela Dalla Costa on 9859 8838.

Sunday, May 27:

Kew hosts CC at Stradbroke Park from 10am.

All Kew families will be rostered on to help.

Sunday, June 24:

EMR Region CC Championships

Sunday, July 29:

State CC Championships, Lardner Park, Warragul

November

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

To keep track of all club events and results, log on to our user-friendly website

www.kewlac.org.au



DESPERATELY SEEKING SPONSORS... DESPERATELY SEEKING SPONSORS... DESPERATELY SEEKING SPONSORS

We are Desperately Seeking Susan... or Shane, Sam or someone's son,... in fact, anyone keen to help sponsor Kew LAC for the forthcoming 2007/08 Summer Season. There will be five sponsorship categories - **Major Sponsor** \$2500 (cost to provide T-shirts); **Gold Sponsor** \$1000; **Silver Sponsorship** (Seven \$250 Sponsors); Sixteen \$100 **Age Sponsorships** and also **One-Off Sponsorships**. For the first time ever, our hardworking committee has also made it possible for parents (or grandparents or friends) to sponsor their child's age group. For \$100, you can sponsor a Boys group or a Girls Group in each age from U/6 to U/12 and also a Boys and Girls Over 12 age group. Get in fast if you want to sponsor your child's age group as this level of sponsorship is expected to fill fast! Already taken is U/10 Girls (Sponsored by Image Success Valerie Laver) and U/11 Girls (Sponsored by Designer Pearls/Manuela Dalla Costa). **If you would like to help sponsor our club, or have any queries, please call Stan Gawell on 9830 2095. We need to have all our sponsors finalised by the end of June to ensure they are mentioned in the soon to be published 2007/08 handbook which is distributed to all our athletes at the time of registration.**

State T&F results

Kew Little Athletics Club's old fashioned grass track has proved to be a "field of dreams," generating five Victorian State Track and Field titles in mid March at Olympic Park.

Kew LAC's Dalla Costa sisters won three State titles between them, with Cassandra winning the U/11 Girls Discus with a throw of 25.05m and younger sister Isabella running to glory in both the U/9 Girls 100m (15.71) and 800m (2.51.85) races – as well as taking home a Silver from the 400m (1.11.80) and 4th in triple jump (7.87m).

Gabriella Morgan reinforced the strength of Kew in the U/9 division by winning State Gold in both the 70m sprint (11.19) and the 60m hurdles (10.76). She also was placed 9th in the high jump.

Kew's Natalie Rule won Silver in the U/11 Girls 1500m (5.09.07) and Bronze in the 800m (2.31.92), while Gabrielle Golds won Bronze in the U/12 Girls 400m (1min 03.68sec).

Other Kew athletes to achieve top 10 placings at State T&F were Jack Holden, 4th in the U/12 Boys 800m and 5th in the 1500m, and Rose Smith who jumped 1.45m and into 6th place in the U/13 Girls High Jump.

Also performing well at State level were Stephanie Larkin (U/13G 80m Hurdles and Triple Jump), Sophie Hesse (U/12G 70m), Annabel Mahon (U/9G High Jump), Megan Pengelly (U/9G 800m) and Christopher Ghersi (U/9B 70m).

New KLAC Centre Records set in Summer

Congratulations to six of our talented athletes who set a total 9 new club records during the 2006/07 Summer Season.

They are: U/8 Boys **Domenic Tesoriero**, 80m Hurdles 3/03/07 16.29sec; U/8 Girls **Olivia Carah**, High Jump 10/02/07 1.07m; U/9 Girls **Isabella Dalla Costa**, 800m 3/11/06 2.54.67sec, 400m 02/12/06 1.16.73sec; U/9 Girls **Gabriella Morgan**, 80mHurdles 14.34sec; U/11 Girls **Natalie Rule**, 1500m 21/10/06 5.28.46sec, 800m 3/11/06 2.40.05sec and 400m 9/12/06 1.10.71sec; U/13 Girls **Rose Smith**, High Jump 26/11/06 1.43m.

Well done on a fantastic effort. We wonder how long these new Club records will stand!!!



Meet our Summer Season top age performers

Congratulations to ALL our athletes who tried their hardest, and also had fun, during the 2006/07 Summer Season. All athletes who regularly attended Saturday competition were awarded attendance medals. At Presentation Night on March 24, medals were also presented to the top three male and female performers in each Age group, as well as Most Improved and Encouragement Awards.

On Track U/6 Boys: 1st Nicholas Zagon, 2nd Lucas Bateman, equal 3rd Cameron Berry and Kaintoka Pappas, Most Improved Lucas Bateman and Encouragement Lewis De Felice.

U/7 Boys: 1st and Most Improved William Golds, 2nd Lachlan Postans, 3rd Matthew Grover, Encouragement Oliver Holberton.

On Track U/6 Girls: Equal 1st Nicola Xenos and Grace Baker, 2nd Bridie O'Callaghan, 3rd and Most Improved Hannah Svozil, Encouragement Scarlett Hanna.

U/7 Girls: 1st and Most Improved Meredith Rule, 2nd Olivia Owen, 3rd Catherine Miller, Encouragement Isabelle Kelly.

U/8 Boys: 1st Nicholas Humphris, 2nd Dominic Tesoriero, 3rd Matthew O'Connell, Most Improved Maximilian Hanna, Encouragement William Exon.

U/9 Boys: 1st and Most Improved Christopher Ghersi, 2nd Jack Owen, 3rd Jayden Bravo, Encouragement Erik Kroyherr.

U/10 Boys: 1st Nicholas Lam, 2nd Henry Kiellerup, 3rd Andrew Holloway, Most Improved Hugh Slifirsk and Encouragement Thomas Ducker.

U/11 Boys: 1st Christopher Arthur, 2nd Ian Liyanage, 3rd Liam O'Callaghan, Most Improved Marcus Vaiano and Encouragement Christopher Kelly.

U/12 Boys: 1st Joshua Hesse, 2nd Jack Holden, 3rd Hu Wen Chew, Most Improved Brent De Highden and Encouragement Benjamin Langdon.

U/13+ Boys: 1st and Most Improved Michael Holloway and Encouragement Andre Mortimer.

U/8 Girls: 1st Olivia Carah, 2nd Ally Gayfer, 3rd Tess Menzies, Most Improved Olivia Slifirsk and Encouragement Alice Evans-Pyke.

U/9 Girls: 1st Isabella Dalla Costa, 2nd Gabriella Morgan, 3rd and Most Improved Annabel Mahon and Encouragement Megan Pengelly.

U/10 Girls: 1st Caroline Lane, 2nd and Most Improved Mia Italiano, 3rd Chloe De Highden and Encouragement Georgie Mylonas.

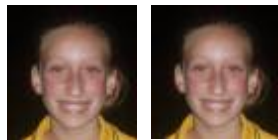
U/11 Girls: 1st Cassandra Dalla Costa, 2nd Natalie Rule, 3rd Erin Briscoe-Hough, Most Improved Emma Heale and Encouragement Telisha Postans.

U/12 Girls: 1st Gabrielle Golds, 2nd Sophie Hesse, 3rd and Most Improved Helen Tower and Encouragement Selina Wilmott.

U/13+Girls: 1st & Most Improved Stephanie Larkin, 2nd Jo Arthur, 3rd Rose Smith.



Cassandra Dalla Costa



Isabella Dalla Costa



Meet the Dalla Costa sisters

School and Year Level: St Bede's Primary School, North Balwyn. **Cassandra** Year 6, **Isabella** Year 4.

Favourite television show? (**Cassandra**): The Simpsons.

(**Isabella**): Ugly Betty and Saturday Disney.

Favourite author? (**Cassandra**): Cath Crowley. (**Isabella**): Linda Chapman.

When did you start Little Athletics? (**Cassandra**): As an U/6 Girl but as this age group did not exist, I had to do U/7.

(**Isabella**): U/6 G.

Are any other family members involved with Kew LAC?

Mum Manuela is Cross Country (CC) and Uniform Co-ordinator, Committee member and takes CC coaching with our Dad Dennis, who also Team Manages Cassandra's age group in the Summer Season. Grandparents Amleto and Katharina Carter are great spectators.

What do you most like about Little Athletics? (**Cassandra**): Seeing my friends and having a good time. (**Isabella**): Meeting friends, making new friends and having fun.

What is your favourite event and why? (**Cassandra**): Discus _ because I like to improve and now, because I actually did my best this year at State. (**Isabella**): The 800m because I like long distance events.

Main athletics sporting highlights: (**Cassandra**): Winning the U/11G Discus at State this year with a PB and winning the U/9-U/12G Medley Relay last December with my sister and some great friends. (**Isabella**): I competed in the State Relays for the first time and our team came 1st in the U/9-U/12 Girls Mixed Age with my sister in the team, 2nd in the U/9 Medley

Relay team and winning the 100m and 800m at State T&F in March.

Do you play any other sports? (**Cassandra**): Yes _ netball, soccer and swimming. (**Isabella**): Swimming and netball and Cross Country.

What do you eat for breakfast? (**Cassandra**): Food _ I prefer toast in the morning. (**Isabella**): Food also _ usually rice bubbles or toast.

What time do you go to bed before a major competition? 8pm-8.30pm.

Who is your favourite Australian runner and why?

(**Cassandra**): Jana Pittman because she is an inspiration because she is so determined to win. (**Isabella**): Craig Mottram because I like the way he keeps his spirits up and never gives up. He also sets a good example.

Future athletic ambitions? (**Cassandra**): To win another State title if I can and to improve in many of my events. (**Isabella**): To always improve and try to repeat my State success from this year as well as make the National team when I am older either for Cross Country or T&F.

What is the most helpful athletics advice you have been given? (**Cassandra**): Not to be nervous and to do your best. Practice really is important if you want to improve. (**Isabella**): That tiredness is a state of mind only. Keep going and try to push yourself always _ never give up.



Gabriella Morgan **School and Year Level:** St Bede's Primary School, North Balwyn. Year 3

Favourite television show: The Simpsons

Favourite author? My aunt Anne Morgan and Cathy Freeman 'Born To Run'

When did you start Little Athletics? U/6

Are any other family members involved with Kew LAC? Mum Louise does the newsletter, is a Committee member and Manages my age group. My Dad Simon and brother Evan are great spectators when cricket isn't on.

What do you most like about Little Athletics? Winning medals and making friends.

What is your favourite event and why? Hurdles and High Jump because I like flying through the air.

Main athletics sporting highlights: I was in the U/9 Girls Medley Relay team which came 2nd at State last

December, and I won the U/9G 70m sprint and 60m Hurdles at State T&F in March.

Do you play any other sports? Yes, swimming and Cross Country.

What do you eat for breakfast? Toast and juice

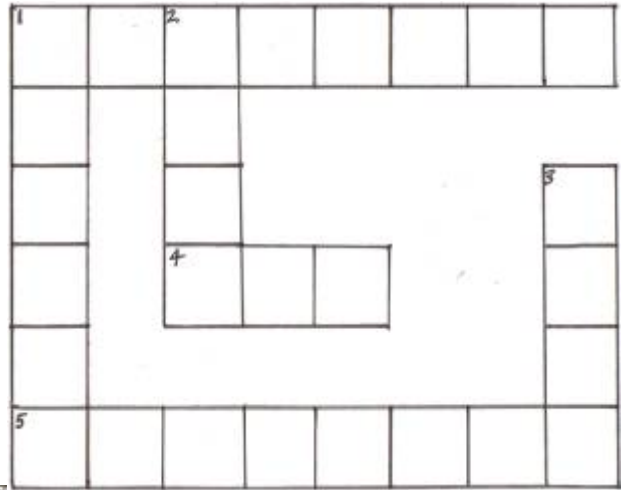
What time do you go to bed before a major competition? 8pm.

Who is your favourite Australian runner and why? Jana Pittman because she wins hurdles. I went to the Commonwealth Games in Melbourne and watched her win the 400m Hurdles.

Future athletic ambitions? To win two Gold medals at the Olympic Games

What is the most helpful athletics advice you have been given? Look straight ahead, and never give up.





Crossword Clues

DOWN:

- 1 Three Kew girls won State Gold _ _ _ _ _
- 2 CC kids run in the _ _ _ _
- 3 Please help at our Working B _ _ _ *(Next one is this Saturday, May 12 from 9am to noon)*

ACROSS:

- 1 Tom Kelly is a former _ _ _ _ _ champion
 - 4 Six Kew athletes set 9 n _ _ club records
 - 5 We need many s _ _ _ _ _
- Newsletter printed by Snap Printing Collingwood,
9-11 Budd St, Collingwood

