

# Kew LAC Newsletter



## Summer is our season for celebrating

WELCOME to the new-look Kew LAC \_ new Summer Season President, new families, new website, new club records and new timetable.

The Summer Season is off to a great start with more families signing up, the action is still fun but faster (thanks to a hardworking sub-committee timetabling all events) and our relay kids are handing over the baton in winning style.

Our kids are having fun, making new friends, learning new skills with new club coach and former Olympian Mark Ladbrook and the chants of PBs (Personal Bests) are getting louder and more frequent!

A number of club records have already been broken, so early in the season, by Natalie Rule, Isabella Dalla Costa, Gabriella Morgan and Max Hanna. (see page 3) To date, 222 athletes have registered for the 2006/07 season, compared to 185 last year.

While we hope more families put their hand up to join our friendly club, it is also time to put our hands together for our relay runners who gave gutsy performances at the EMR Regional Relay Championship on Sunday,

November 19.

Kew fielded 28 teams (comprising a total 53 athletes) on the VERY hot day, with 30 heats and 24 finals contested.

Two Kew teams \_ U/12 Mixed Sex team and U/9-U/12 Girls Mixed Age Medley \_ have qualified for the State Relay Championships at Olympic Park on Sunday, December 10.

We are still waiting to see if some of our other relay teams will progress, on their times, to the State championships. (More results Page 4)

A special mention must also go to our U/9 Girls relay team who won both their events in their first ever relay competition a week earlier at the Mentone Open Day on Sunday, November 12. Garry Connell and Jenny McCausland's coaching must be working!!! The Kew girls convincingly won both the U/9 4x100m and the medley relays \_ and the prizewinning engraved gold batons have been proudly shown at various school 'show and tell' sessions!

Turn up to the Kew track each Saturday for fun, friendly competition and introduce yourselves to

President Jenny McCausland who is doing a fantastic job ensuring families get home before lunchtime. And for those who don't want to go home, but want lunch, home in on the barbecue corner! To keep track of all club events and results, log onto our user-friendly website [www.kewlac.org.au](http://www.kewlac.org.au), which is looking great and is regularly updated by Janine Antcliffe.

### STOP PRESS

Good luck to both Natalie Rule (10Y/O Girls) and Gabrielle Golds (11 Y/O Girls) who have qualified to compete in the National Primary Schools Sports Association titles this weekend (November 24-27) in Cairns. Natalie will run the 800m in her age group, and Gabrielle will contest the 11 Y/O Girls 200m, 800m and high jump.

Natalie won the 10 Y/O Girls 1500m event at State level at the Victorian Primary School Sports Association Championships, and Jack Holden came second in the 11 Y/O Boys 1500m \_ these events are not contested at National level.

### DIARY DATES

**Sunday, Dec 3:**  
Waverley T&F Open Day.

**Saturday, Dec 16:**  
Doncaster Twilight T&F Open Day.

**November 24-26:**  
U/10-U/11 Crystal Creek Coaching Camp

**Saturday, Dec 9:**  
Competition  
Christmas Break-up

**Sunday, Dec 10:**  
State Relay Championships, Olympic Park.

**Sat, January 27:**  
Kew LAC Sat Competition resumes. Also, Knox Twilight T&F Open Day.

**February 17-18:**  
EMR Track & Field, Nunawading.

**Sunday, Feb 25:**  
Ringwood Multi-Event Open Day

**March 3-4:**  
State Multi-Event Ballarat

**March 17-18:**  
State T&F Olympic Park.



Cheers to club fundraising. See website for more details about Stan's wines.

***Sign up for coaching***  
Kew LAC is looking at organizing an Introduction to Coaching course. Dates and venues still to be decided. Parents should register their interest with their Age Managers. We need 10 parents to be able to run such a course.





## Looking for a top coach \_ then Mark this man!

Some of our athletes could be excused for losing track of new club coach Mark Ladbroke on the track. He's fast, fit, and has the runs on the board to prove it.

Mark ran in the 400m Individual and 4x400m Relay at the 1996 Atlanta Olympic Games, was 1st in the 400m and 2<sup>nd</sup> in the 200m at the Australian National Championships in 1996 and won both the 200m and 400m Victorian State Championships in 1992, 1995 and 1996. He was also a Stawell Gift Finalist in 2000.

In fact, there's nothing slow about the man. Even his speed and fitness training business has a fast name \_ Speed2go!

Mark also has a Degree in Sports Coaching and Administration, a Certificate IV in Fitness \_ Personal Training and he is a Level 4 Athletics coach in sprints, hurdles and relays.

His professional career includes a two-year stint as Scholarship Coach and Junior Development Manager with the Victorian Institute of Sport, and a stint with the AFL Richmond Football Club as speed, agility and running technique/fitness coach.

Mark has coached the likes of Australian sprint champion Lauren Hewitt, an Athens 2004 Olympian, and former Kew club coach and Sydney 2000 Olympian Michael Hazel.

Mark loves everything about athletics. He loves coaching, and he still loves running. "I still compete in the Professional sprint races like the Stawell Gift," he says. "This is my 30<sup>th</sup> straight year of competition."

And if you're wondering what Mark eats before major races, and when, he only eats "light meals like a sandwich a couple of hours before I race."

Mark has had "too many" injuries from athletics, and blames this on "overtraining too much."

So what is his best advice for our Kew athletes? "Train smarter, not necessarily harder! especially when you are young." Mark also advises parent keen to help their children to "always think of the long term." "It takes many years to become a good athlete and this should not be rushed," he says. "If the kids aren't enjoying it, don't be afraid to take a break."

For those Little Athletes who do love the sport, you can love it for a very long time, just like Mark has. He started Little Aths, aged 4, at Sandringham LAC, and continued competing with the club until U/13s when he moved to the country and competed for Pakenham LAC until the U/15s.

"I enjoyed pretty much all events at Little Aths, especially the sprints, relays and jumping events. I really loved playing with my friends on Saturday mornings."

So why did Mark choose athletics over

all other sports. "Because it is a World sport and probably one of the toughest there is," he says. "You can't cheat yourself if you want success."

Mark trained seven days a week for the Olympics. There was lots of sprinting, weight lifting, circuits, flexibility and regeneration sessions. He also had to eat very well (no junk food) and have massages every week.

But it was all worthwhile to be able to compete at the Olympics, and even just to be there. "Seeing all of the World's best athletes in the flesh and being able to talk to them was exciting," Mark says.

If you're wondering who Mark's favourite Australian runner is, and why, it is Cathy Freeman, he says, because "Olympic Gold in the 400m is extremely tough. I was there to see her do it and loved every second of it."

Mark's best advice to our Kew kids keen to keep running is to "enjoy your athletics. It should always be fun."

**\* Mark runs mid-week training every Wednesday for interested athletes of all ages, from 5pm to 6pm at Stradbroke Park, Kew. Cost is \$60 upfront for the season. A committee member is always in attendance for any queries.**

## Laura knows On-Trackers just wanna have fun

Our U/6 and U/7 athletes can count on lots of fun when they step out with new On-Track coach Laura Nethercott.

After all, the On Trackers' attitude to life is what Laura most enjoys about coaching them. "They're of the mind that they're still just out there to have fun," Laura, 24, says.

She wants the younger athletes to try as many different events, and develop as many different skills, as they can.

While Laura didn't do Little Aths, she quickly developed a love of the sport through school athletics and Seniors, and started coaching as part of a Sport Coaching degree at Deakin University.

Laura first started coaching for Waverley Little Athletics Club because she was running for Waverley Athletic Club at the time. She was then approached by VLAA (Victorian Little Athletics Association) to work for them as an Athletics In Schools Representative. While she hasn't competed since the 2004-05 season, Laura still regularly runs and swims to stay fit. And her best advice to athletes? "I remember an old coach once telling me that it wasn't my performance that mattered to him, but rather the effort I had put into the performance along with my preparation."



***Kew LAC sadly farewells JULIAN WARHURST who recently finished his last Cross Country Winter Season and Little Athletics career with our club in the U/15 Boys.***



**Who do you run for now that you have left Kew?** Collingwood Harriers (because Kew doesn't have a senior club).

**School and Year Level:** Trinity Grammar School, Year 9

**Do any other family members run for Kew?** Jonathan Warhurst (my younger brother in U/12)

**Your favourite television show?** Simpsons.

**Favourite author?** Andy Griffiths.

**Favourite past-time?** Sport in general.

**When did you start Little Athletics?** U/11 at Kew LAC.

**What do you most like about Little Athletics?** Probably the atmosphere, medals, encouragement and food after the race.

**What is your favourite Little Athletics event and why?** 1500m, because in order to be successful in it you have to be consistent.

**Main athletic sporting highlights?** In the VPSSA State Athletics Finals, I came 4<sup>th</sup> in the 1500m and managed to get a bronze medal in the 800m. Also making the Victorian team in both cross country in 2004 and athletics in 2005.

**Do you play any other sports?** Yes, I play cricket, tennis and soccer.

**What do you eat and/or drink for breakfast each day and do you eat differently before a big event?** I used to have toast for breakfast each day and on the day of a big event have a banana sandwich and glass of water (before Cyclone Larry struck the majority of Australia's banana fields.)

**What time do you go to bed before a major competition?** 9pm -10pm.

**Do you have a lucky charm or habit before a race or jump?** My only lucky charm would be my white Nike socks, which I wear to most of my races. As for a habit prior to my race, I always do the same stretches but for what reason I don't know.

**Have you had any sporting injuries?** Luckily, not yet. What would you like to do when you leave school? I would love to run for Australia one day but with my chances being slim, I want to become a lawyer.

**Who is your favourite Australian runner and why?** Craig Mottram because he isn't afraid to challenge the Kenyans and Ethiopians (etc) in any race whatsoever.

**Future athletic ambitions?** Me being more a longer distance runner (2km+), I want to break 4 minutes for the 1500m to build up my speed for the other races, though I am still 20+ seconds off.

**Have any other family members competed at a representative level in any sport?** My dad played representative cricket and football.

**What is the most helpful athletics advice you have so far been given?** I have been given a lot of helpful advice in athletics thus far but the most helpful would be "to eat at least 2 hours before a race."



### **'TIS THE SEASON FOR SMASHING RECORDS**

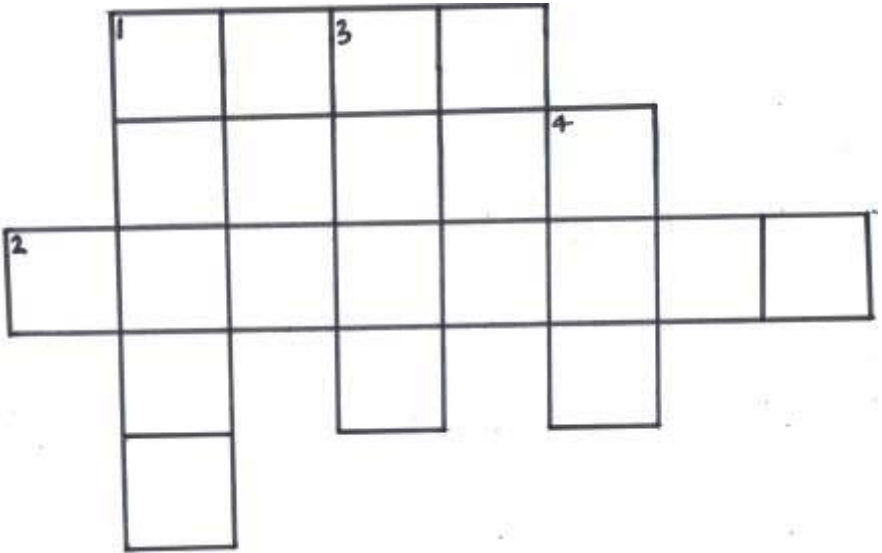
CONGRATULATIONS to some of our athletes who have started the 2006/07 Summer Season in record breaking style.

**Natalie Rule** (pictured left with certificates) broke a 23-year-old U/11 Girls 800m Kew LAC club record of 2.44.0 on October 7 with a time of 2.41.98, a 7-year-old U/11 Girls 1500m club record of 5.39.5 on October 21 with a time of 5.28.46 and then broke her own 800m record on November 3 with a time of 2.40.05.

**Isabella Dalla Costa** broke a U/9 Girls 800m Kew LAC club record set last year of 2.54.7 on November 3 with a time of 2.54.67, and a 26-year-old U/9 Girls 400m club record of 1.18.4 on November 11 with a time of 1.17.11.

**Gabriella Morgan** (pictured sprinting) broke an U/9 Girls 80m hurdle Kew LAC record with a time of 15.16 on November 18. It was previously set by Isabella Dalla Costa a month earlier with a time of 15.70. The U/9 Girls 80m hurdles record was then last set in 1993 with a time of 16.1.

**Max Hanna** set a new U/8 Boys 80m hurdle record with a time of 17.79.



**Crossword clues**

**ACROSS:**

- 1 Parents like watching kids R \_ \_ \_ \_
- 2 Mark the coach has run at the O \_ \_ \_ \_ \_ \_ \_ \_

**DOWN:**

- 1 Kew Kids are great R \_ \_ \_ \_ runners
- 3 Sign up for Crystal Creek coaching C \_ \_ \_ \_
- 4 Running keeps us F \_ \_

**Regional Relay Results**

Kew LAC fielded 28 teams (comprising a total 53 athletes) at the EMR Regional Relay Championships at Doncaster on Sunday, November 19.

Our athletes contested 30 heats and 24 finals. In the finals, we had 1 first, 4 seconds, 1 third, 5 fourths, 5 fifths, 2 sixths, 2 sevenths, 3 eighths and 1 disqualification.

Two Kew teams \_ U/12 Mixed Sex team and U/9-U/12 Girls Mixed Age Medley \_ have qualified for the State Relay Championships at Olympic Park on Sunday, December 10.

Our athletes who scored a gold, silver or bronze medal in the relay finals were:

**U/9 Mixed 4x100m \_ 3<sup>rd</sup>:**

(Gabriella Morgan, Jack Owen, Annabel Mahon, Dale Taylor)

**U/9 Girls Medley \_ 2<sup>nd</sup>:**

(Gabriella Morgan, Megan Pengelly, Annabel Mahon, Isabella Dalla Costa)

**U/9-U/12 Girls Medley \_ 1<sup>st</sup>,**

**qualified for State:**

(Isabella Dalla Costa, Caroline Lane, Cassandra Dalla Costa, Gabrielle Golds)

**U/9-U/12 Boys Medley \_ 2<sup>nd</sup>:**

(Chris Gherzi, Henry Kiellerup, Ian Lyanage, Jack Holden)

**U/11 Girls Medley \_ 2<sup>nd</sup>**

(Kimberley Bravo, Erin Briscoe-Hough, Cassandra Dalla Costa, Natalie Rule)

**U/12 Mixed 4x100m \_ 2<sup>nd</sup>, qualified for State:**

(Gabrielle Golds, Josh Hesse, Sophie Hesse, Hu Wen Chew).

*Congratulations to ALL our relay runners for great performances and good luck to those athletes who will represent Kew at the State Relay Championships on Sunday, December 10. A huge thank you to coach Garry Connell and President and Team Manager Jenny McCausland for a fantastic effort to get our athletes this far.*



**Please support our club sponsors:**

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