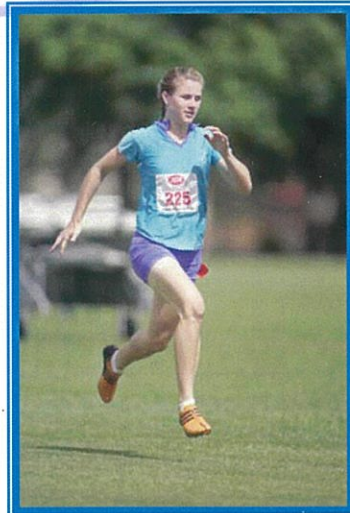
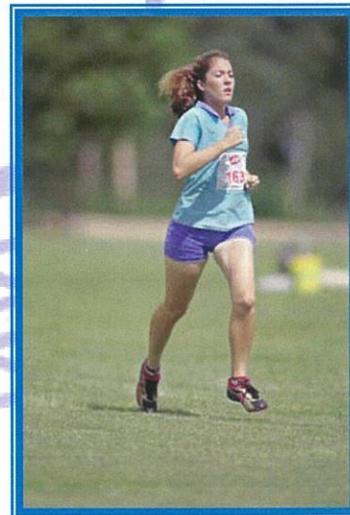
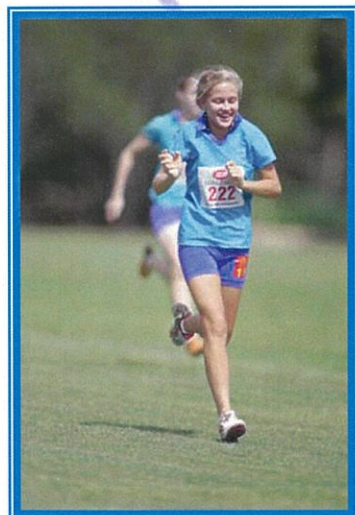
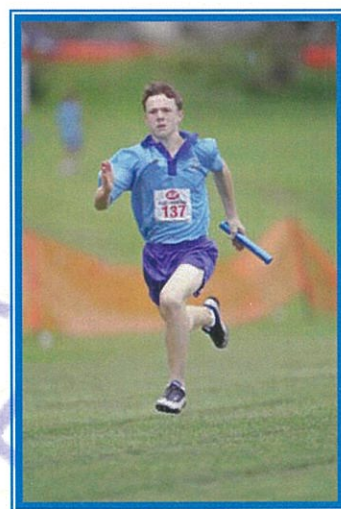
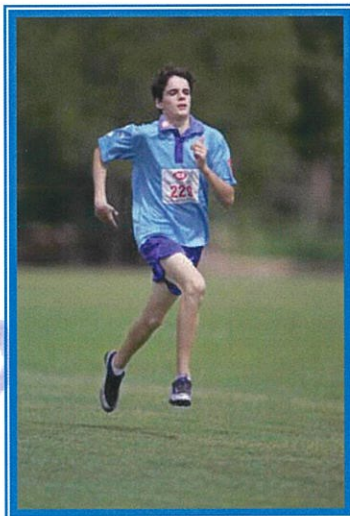
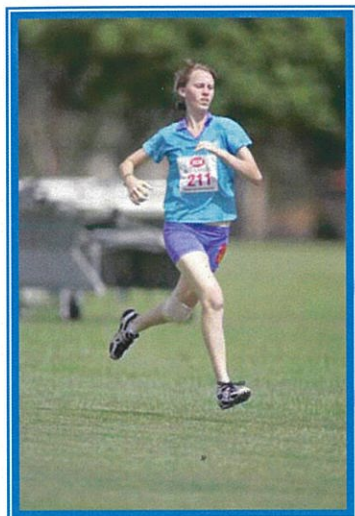


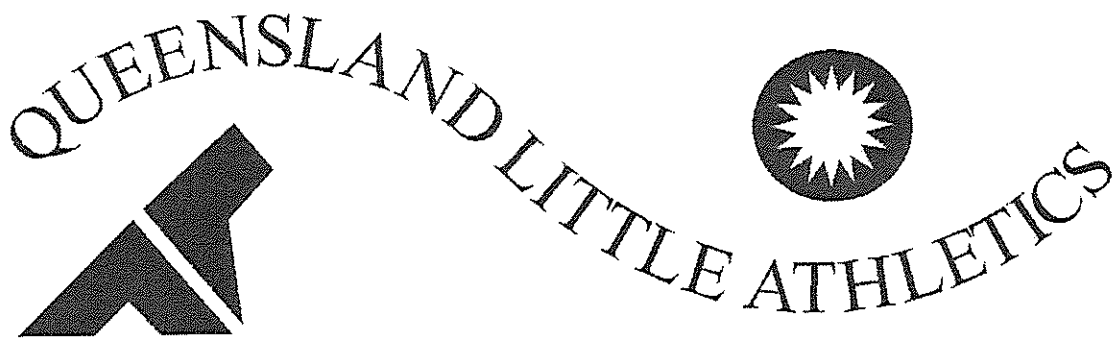
Algester Little Athletics Centre

Year Book

2006/2007







FAMILY FUN AND FITNESS

The Little Athletics Association has outlined a Code of Ethics. This code is aimed at establishing a consistent pattern of behaviour, which should be of paramount importance to all parents, coaches and officials in pursuing the ideals and philosophies of the Little Athletics movement throughout Australia. This, in turn, will greatly assist in involving children in a FAMILY environment of FUN & FITNESS, the establishment of friendships and the enjoyment of sport.

Algerster Little Athletics Centre fully supports this code and its six basic elements –

- * **Do not** criticize children in front of spectators or fellow athletes, but reserve constructive criticism for private discussion
- * **Accept** decisions of all officials and referees as being fair and called to the best of their ability
- * **Do not** criticize opposing athletes, officials or supporters by word or gesture
- * **Set** a good example by your own personal appearance. If you are a smoker, please leave the grounds (smoking is not permitted in any competition or spectator areas during any Little Athletics competition)
- * **Make** every athletics meeting serve as a training ground for life and as a basis for good mental and physical health
- * **Place** the welfare and development of the individual child above winning

Little Athletics Code of Ethics	1
Table of Contents	2
OUR CENTRE	
Committee Members	3
Competition Venue	4
Calendar of Events 2006/2007 Season	4
MAP – where things are	5
Centre Manager's Welcome Message	6
The Purpose of our Centre	7
Parent Participation & Suitability Cards	7
Essential Questions & Answers for Parents	8
Tribute to U15's	9
Season Report 2005/2006	11
History	12-13
Life Members	13
Centre Champions – Most Outstanding Athlete	14
Honour Board	15
Coaching	16
The Events	17-18
Treasurer's Report	19
Statement of Income & Expenditure 31 st March 2006	20
GENERAL INFORMATION	
Centre Uniform	21
Competition Tickets & Recording	21
Foot Wear	22
Advice on Foot Wear	22
TYPES OF COMPETITION	
Centre Competition	23
Centre Championships	23
Zone Competition	
Zone Relays	24
Zone InterCentre Games	25
State Competition	
State Relays	25
State Championships	25
QLAA Events	26
Carnivals	27
REGISTRATION	28
Age Groups	29
EQUIPMENT & TECHNICAL	29
ACHIEVEMENT SCHEMES	30
Centre Achievement	
McDonalds Award Scheme	
Best Performance Award	
QLAA AWARDS	
Laurie Baartz Memorial Trophy	31
Karen Knight Memorial Trophy	31
George Harvey Award	31
Fundraising & Social Events	32
Newsletters	32
CENTRE SPONSORS	33-34
2005/2006 SEASON RESULTS	
Age Champions	35
Junior Carnival Competitors	36
Senior Carnival Competitors	36
QLAA Pentathlon Results	36
State Relays Results – Algester	38
2006 State Championships Results – Algester	39
CENTRE BEST PERFORMANCES	
Centre Competition	40-44
Centre Championships	45-49
STATE / NATIONAL ACHIEVEMENTS	50
Algester Representatives at Australian Teams Championships	51-52
Records for Centre Championships – Events no longer competed	53
QLAA SPONSORS	54

Our Centre

Who's Who?

Committee Members 2006/2007

Name	Position	Home Phone
Wendy Banks	Centre Manager	3273 7930
Janeen Rudkin	Secretary	3273 7479
Michele Wray	Treasurer	3273 1001
Tony Williams	Records Officer	3273 8326
Diane Rippon	Coaching Coordinator	3711 9630
Geoff Melville	Registrar	3273 8050
Justin Jones	Equipment/Technical Officer	3273 3254
Debi Horvat	Officials Officer	3341 8747
Karen Alexander	Competition Coordinator	3272 2027
Sharon Cook	Fundraising Coordinator	3381 9779
Glenn Sadler	Public Relations Officer	3879 7625
Vacant	Canteen Convenor	
Michelle Stanley	Uniform Co-Coordinator	3297 0223
Vacant	Grounds Coordinator	
Jackie Porter	Committee Member	3273 3463

Expressions of interest are sought from members to fill the two vacancies on our committee. If you have some spare time you could register your name to help maintain our grounds, or work in our canteen.

Centre Competition Venue Col Bennett Park, Ridgewood Road, Algester

Centre Telephone Service for weather and competition information
0422-075066

CALENDAR OF EVENTS 2006/2007

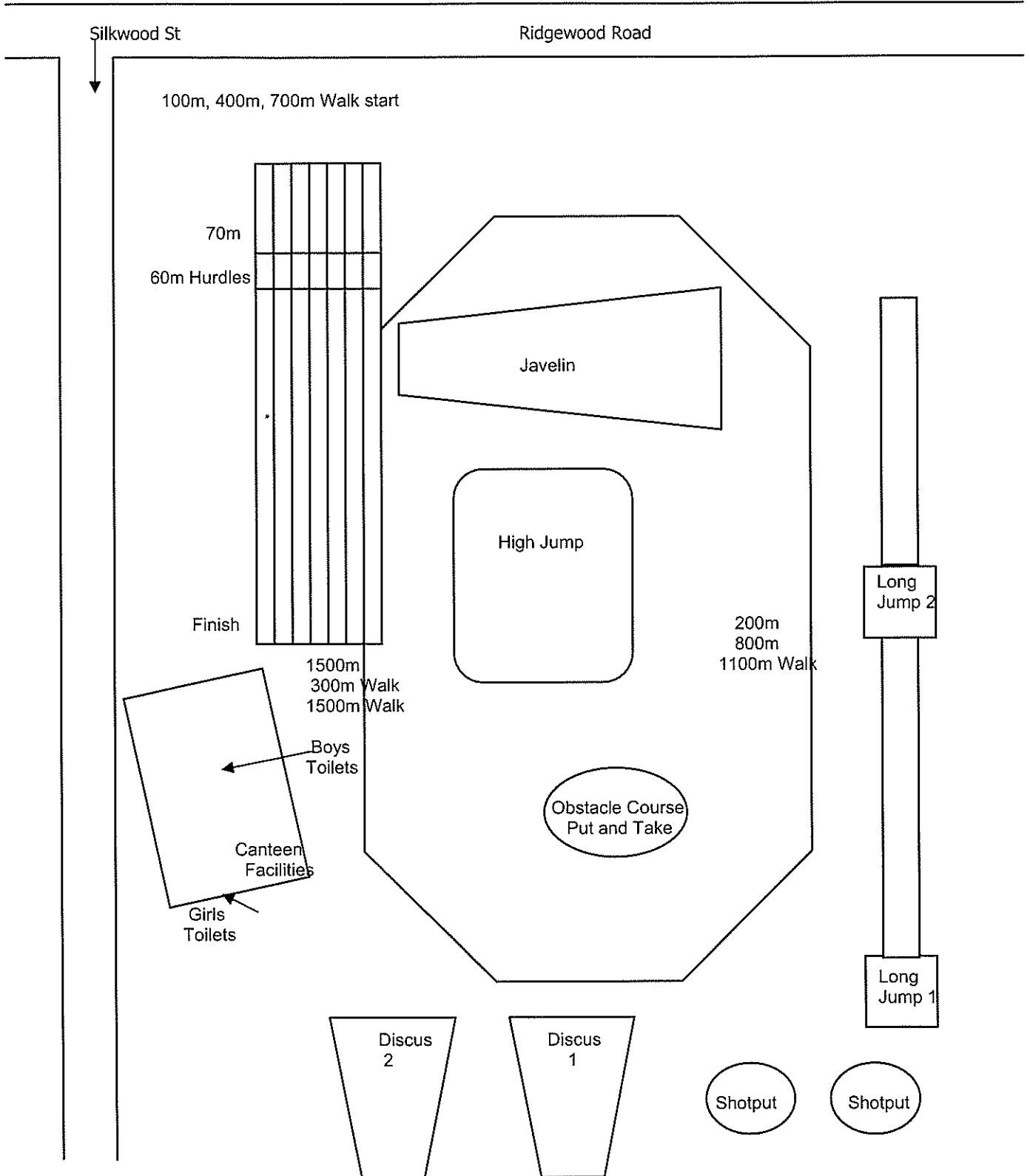
Month	Date	Competition / Event	Venue
September	Saturday 2 nd	First day of competition	Col Bennett Park
October	Sunday 1 st	Algester Carnival	Col Bennett Park
	Saturday 21 st	Algester Trivia Night	Algester Sports Inc Endiandra St, Algester
	Sunday 22nd	Senior Carnival / Pentathlon	QEII State Athletics Facility, Nathan
	Sunday 29 th	Officials Education Workshop	Beenleigh Little A's
November	Sunday 13 th	Zone Relays	Jimboomba Little A's Henderson Rd, Jimboomba
	Sunday 20 th	Zone Relays (Back-up Day)	Jimboomba
December	Sunday 3 rd	State Relays	QEII State Athletics Facility, Nathan
	Saturday 9 th	Last competition day prior to Christmas	Col Bennett Park
2007 January	Saturday 6 th	First Competition Day 2007	Col Bennett Park
February	Saturday 10th & Sunday 11th	Zone Intercentre Games	Jimboomba Little A's Henderson Rd, Jimboomba
	Saturday 17 th & Sunday 18 th	Zone Games (Back-up Day)	Jimboomba
March	Saturday 3 rd	Centre Championships Day 1	Col Bennett Park QEII State Athletics Facility, Nathan
	Sunday 4 th	Junior Carnival / Pentathlon	Col Bennett Park
	Saturday 10 th	Centre Championships Day 2	Col Bennett Park
	Friday 23 rd – Sunday 25 th	State Championships	QEII State Athletics Facility, Nathan
April	21 st April 2007	Australian Teams Championships	To be confirmed
	Saturday 21st / 28 th	Trophy Presentation & Annual General Meeting	Algester Sports Inc Endiandra St, Algester

*Please note the above changes (bold) in dates from those listed in our Centre calendar last season.

QLAA Pentathlon is now combined with Junior & Senior Carnivals

Map of Col Bennett Park

Facilities for Algester Little Athletics Centre



Welcome

On behalf of the Centre Committee welcome to Algester Little Athletics Centre for Season 2006/2007. It is our desire that you enjoy your season of Little Athletics at Algester, athletes and parents, new and old alike.

We have a dedicated Committee who work together to support the Centre and we welcome your involvement at all levels and seek your assistance in keeping us a force to be reckoned with on the track and in the field. Many of us are new to the Committee this season, so please be patient.

In the early stages of the season be prepared for some delays in the program as athletes (and parents too) learn new skills. These will be ironed out as we all settle in. If you have any concerns then please see me, I may be busy but am always available.

Check out our calendar for dates and times of upcoming events. There's lots happening and always something to look forward to.

Whilst athletics is predominantly an individual sport we do have a couple of occasions to be a TEAM – that's Zone and State Relay days. Participation is the key – every athlete between U7 and U15 will be asked to join us for Zone Relays in mid November.

Personal Achievement is what we strive for at Little A's and it's inspiring to hear any athlete say "That's a PB".

Please remember that the Centre belongs to us all and we can make a difference to it's success by being actively involved. The centre is a not-for-profit organization and relies on the participation of our members through fundraising to improve the facilities and equipment we provide, and to run our centre.

Little Athletics is all about being with your **Family**, having **Fun** & getting a little **Fitness**, let's strive towards that goal together; the aim of our game is to **Enjoy** little athletics!

Wendy Banks
Centre Manager



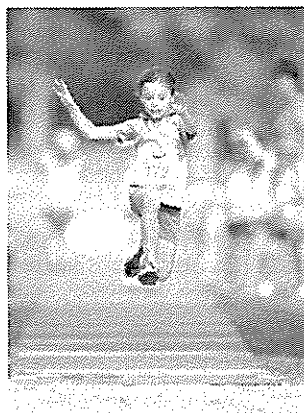
The Purpose of our Centre

- The Algester Little Athletics Centre exists to provide a facility where children may participate in the sport of Little Athletics.
- Our goals are to provide an environment which -
 - ✪ is safe, structured and organized
 - ✪ recognizes the individuality of the children
 - ✪ develops fitness and athletic skills
 - ✪ challenges the athletes to strive for improvement
 - ✪ builds self esteem
 - ✪ emphasizes participation and achievement above winning
 - ✪ encourages family participation
 - ✪ promotes enjoyment
 - ✪ is fun

The achievement of these goals is our true purpose.



Run



Jump



Throw

Parent Participation

- Parent participation is a crucial area in Little Athletics, for without parent involvement, a Centre cannot function properly. We are **most definitely NOT a child minding centre** and unfortunately there have been a small number of parents in past years who treat the Centre as such. A parent participation fee of \$25.00 per family is included in the registration. This fee is refundable if assistance is provided in at least seventy-five per cent (75%) of eligible centre meetings. Attendance at working bees is also considered eligible participation.
- To enable an accurate record of parent participation, it is essential that parents have their name and area of participation recorded by the Officials Officer (Debi Horvat) at every centre meeting, or by a member of the grounds committee at working bees.

Suitability Card (Blue Cards)

Changes have occurred regarding the requirement to hold Suitability Cards to work with children and young people. So to keep abreast of any changes to the legislation we ask that you complete an application for a Blue Card and the Centre will lodge this on your behalf.

Essential Questions and Answers for Athletes & Parents

Question 1 What should we do first?

Answer Read! Make yourself familiar with Algester Little Athletics Centre grounds, refer to the map of Col Bennett Park (Page 5). Most of the information you need to know about us and Little Athletics as a sport is contained within this book. Importantly read the weekly newsletters. They contain important information about upcoming events, Carnivals, Fundraising, Social days and Coaching sessions to name just a few. Queensland Little Athletics provide a Parent Handbook and "How to help at Little Athletics" book, these are included in your Sign-on Pack.

Question 2 What is required of athletes?

Answer Athletes should arrive punctually at the weekly meeting (that's 1.30pm) and the regular coaching sessions (4.30 – 5.30pm). There are other carnivals from time to time throughout the season that they may wish to attend. Where appropriate, the nomination forms, available from the canteen, should be completed and returned by the due date. Although we expect that our athletes will support the Centre, there is no compulsion to attend any meeting, with the possible exception of the Zone and State Relay Days.

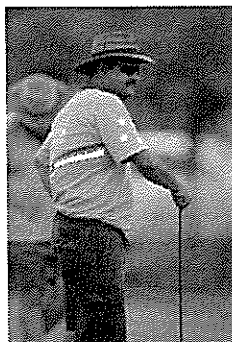
- ☺ Athletes are expected to behave in a courteous and respectful manner at all times.
- ☺ Athletes should proceed to their events with their Age Marshall in a timely manner. Running across the field is unwise, it's safer to stick to the outside of the track.
- ☹ Athletes who misbehave will be sent off the field for one event. If their behaviour continues to be unsatisfactory, they may be asked to leave the meeting. Any incident should be referred to the Centre Manager.

Question 3 What is required of parents?

Answer Your attendance and assistance in conducting the program, together with supporting and encouraging your children, will add to their enjoyment and well-being. Most activities require no experience, (ie. measuring, spotting and recording), and there are plenty of committee members who will be happy to answer your questions and show you how you can help.

Officials accreditation is conducted during the season, please see our Officials Officer, **Debi Horvat** for more details. You can learn new skills too and attain accreditation in the various events. An open book examination (conducted here at the Centre) and participation as an official is all that is required.

REMEMBER - Around 60 parents are needed to run an efficient meeting.



Under 15's is the final year at Little Athletics – here are our retiring Little Athletics from
Season 2005 – 2006



Kate Stanley – joined Algester Little A's in Under 8's – oh so long ago. Kate has participated in teams at both Zone & State Relays. This season Kate enrolled in the CAPS program and you'll see her back during the season to complete CAPS and in doing so helping out at Little A's instead of competing. Her parting words – remember it's not about winning or losing, little athletics is about enjoying yourself.

Lara Rudkin – Little Lara is the bubbles of the Under 15 group. She joined this group in Under 12's and has enjoyed every little bit, but most especially this season. Not because it's her last but because U15's is special. Another member of Zone & State Relays teams, not victors but certainly victorious. Lara worked hard to qualify to join her fellow 15's to make the journey north for the State Championships. Lara will be a familiar face around the Centre again this coming season – not as a competitor, but finishing off her CAPS program.

Clayton Hollywood – what a great finish to the season – a Bronze medal in the 800m at the State Championships in Townsville. Clayton plays AFL for the Calamvale Leopards as well as enjoying basketball. Which events does he really like – well you'd have to say the 800 – absolutely! But high jump features pretty high on the list as well – after all it's really made a difference to the leap on the halfback line at AFL.

Rachel Banks - not her best season by any means. Rachel really only competed in the first few weeks of the season before injuring her knee at Triple Jump. Not to be deterred she continued to join us on Saturday afternoons – not as a competitor for much of the time but learning Timekeeping. Rachel achieved her 'D' grade qualifications on the stopwatch and will continue at Little A's this year to complete the CAPS program. Season Highlight – would have to be being awarded the honour of Centre Captain.

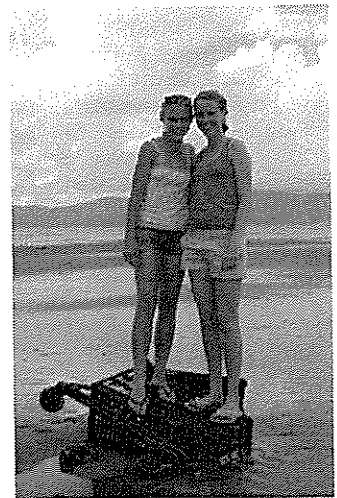
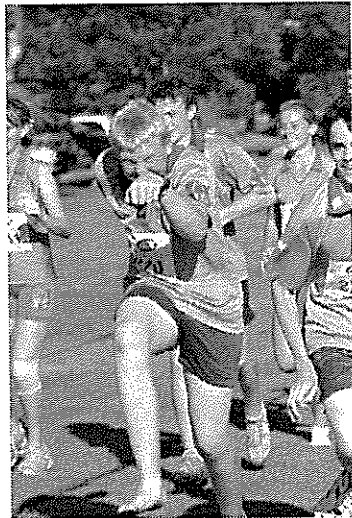
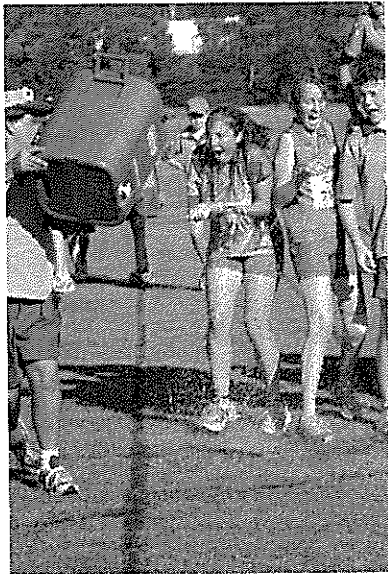
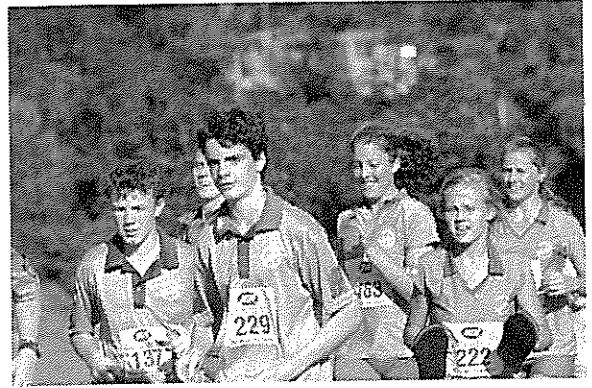
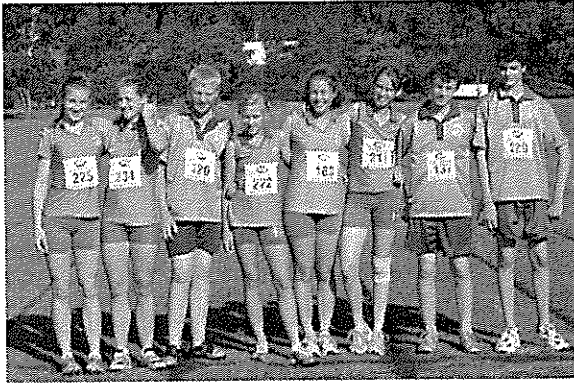
Daniel Woods – another CAPS participant Daniel will still be seen around Algester as he completes the program. Daniel was also awarded the Centre Captain honours this season and has participated in the true spirit of the sport on and off the track. Daniel also plays AFL for the Leopards and loves cricket too. During this season he has obtained his 'D' grade qualification in Walks Judging.

Aaron Massingham – joined Algester Little A's as an under 10. Aaron's preference is in the throws – discus, shotput, javelin and now hammer throw. Aaron is also participating in the CAPS program and is currently working towards his 'D' grade qualifications in all three Little A's throws. Aaron takes great memories away from the track/field with him, having participated at all levels – centre, zone & state and says that in between his continuing competition in hammer throw and working at a part time job, we'll still see him at little athletics, though maybe not as frequently.

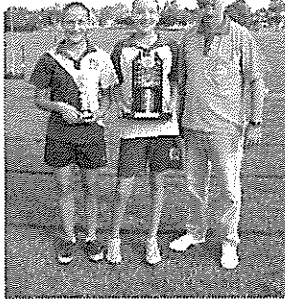
Caitlin Borchert – has been a Little Athlete since joining Sunnybank in Under 8's and then transferring to Algester in U12's. Her favourite events are the throws – Javelin, Discus & Shotput and not necessarily in that order. Caitlin also plays softball for the Algester Arrows and goes to Canterbury College.

Stacey Hearne – a sprinter! Stacey has been involved in Little A's since Under 12's and at Algester for only two seasons. She has competed at state level in both Little A's and schools and has gone on to represent both her State and herself at the Secondary School Nationals. Her favourite events – sprints; 100m, 200m and at a pinch the 400m. She worked hard all season and earned the gold medals at Little A's that she'd been striving for – the 100m / 200m double.

Danielle McLeod-Robertson - was the only athlete to chalk up 10 years at Little A's. Her favourite events – anything except long distance. She has been a regular competitor in both Zone & State relay teams and then individually at the Zone Intercentre Games and State Championships. Danielle has progressed to 'amateurs' in the sport. She now bids a fond farewell to little A's but encourages everybody to continue to enjoy this sport and maintains that striving for personal achievement is better than winning at all costs.



Season 2005/2006 Report



A day in the Lions Park and playing host to the Sunnybank District Sports days were the first official events on our calendar. Both are important in the promotion of our sport and our centre within the local community.

Another pre-season outing was Under 8's day at Calamvale Community College.

The season commenced with promising registrations which saw some 134 athletes registered to compete at Col Bennett Park each Saturday afternoon.



Our own Carnival was the first in the season and was well patronized by athletes from as far away as Bli Bli, Ashmore, Wynnum Manly and Mt Tarampa to name just a few. We had 190 athletes nominate to compete on the day. It was great to see so many faces visiting from other Centres and we thank them for traveling to enjoy Algester's brand of Family Fun & Fitness. A very big thank you to all our volunteer officials and parents for helping to make the carnival such a success. We also thank Ethos Orthodontics for their sponsorship of the event and for providing the medals awarded on the day.



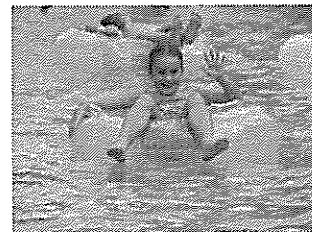
Queensland Little Athletics and The Athletes Foot sponsored 'Bring a Friend Day' was also well supported and we hope to see those friends participating in Little Athletics in the season to come.

Then we were off to Beenleigh for Zone Relays Day where we were represented in the various relay teams by 90 odd athletes from U7's - U15's. Our athletes put up a fantastic effort and we proceeded to State Relays in December with 50 teams qualifying to compete at this level. They tried really hard and came home with 2 Bronze medals to their credit. Competition was tough!

Christmas was upon us and we headed off to Wet'n'Wild for some rest & recreation - that's fun in the sun. A well deserved break for athletes, volunteers and parents to enjoy the festive season and we were back in early January to finish off the season.

Preparations had been underway since well before the season commenced to take our team of athletes to Townsville for the State Championships. We were back at Beenleigh for the Zone InterCentre Games in February - this is the qualifier for the State Championships.

Of some 44 athletes qualifying, 39 represented Algester, with most traveling and staying with the team at Rowes Bay Caravan Park. We didn't just play though, we competed in the true spirit of Little Athletics both on and off the field and secured a total of 5 Gold medals, 6 Silver medals and 1 Bronze medal. Not a bad effort in extremely torrid conditions. Just as well for the pool and the water park. Travelling by plane is certainly easier on the athletes and accompanying team management and parents. Announcement of Matthew Woods' selection in the Queensland Team to compete in the Australian Little Athletics Championships in Canberra in April was the crowning glory to a very successful season.



We finished off at Col Bennett Park with our own Grand Final - our Centre Championships in early March and the results for this appear throughout the Year Book.

Our last event in the year's calendar was our Trophy Presentation Day & AGM held at Algester Sports in late April.

History

- Summit Algester Little Athletics Centre, was formed in 1983-84 season by Peter Marconi, Stan Perkins and Ray Schoenauer. The Centre name "Summit" meant we would always strive to be the best, to reach the pinnacle. Our home then – Algester State School.
- Our first season saw an enrolment of 123 athletes. The centers representative athletes at the State Championships brought home 6 medals (2 silver & 4 bronze) – a very satisfactory effort for such the new kids on the block.
- We have enjoyed many trips away since 1983 but perhaps the most memorable – one to Caloundra when the quick actions of two of our parents who knew what they were doing saved the day when an athlete suffered a severe asthma attack.
- The 1984-85 season brought about a change of venue to our home grounds here at Col Bennett Park, an agreement between Souths Junior Rugby League and ourselves. The stage this year was set for an exciting year with the Olympic Games being held prior to our sign-on. We were not disappointed our registered competitors reached a staggering 298.
State Relay Day that year we were well represented and our U8 Girls won the Gold Medal in Long Jump. We finished a creditable 12th out of 36 centres on weighted points and 14th on aggregate.
Zone titles the same season and five of our athletes broke zone records with 23 qualified to represent us at the State Championships where we achieved 1 gold, 1 silver and 2 bronze medals.
Our own Centre Championships in 84-85 also saw many records tumble – a staggering 66 – due to the change of venue and much improved facilities.
- We have triumphed in the Zone Metro South Relay, taking home the Trophy on an unprecedented 17 occasions from 1988 to 2005. This success largely due to the great support given by our athletes and their parents to the Centre – we compete as a TEAM and everyone puts in their best effort at all times.
- Little Athletics is not just about winning trophies however, it has always been the aim of this Centre to encourage all athletes at every level. Our awards system introduced during the 1987/88 season enables any athlete to gain recognition not only those who grace the victory dais, a great encouragement to all athletes to keep going.
The Christmas break during 1987/88 season and we packed our bags again and relocated to the Acacia Ridge High School when Souths allowed the Algester Raiders Aussie Rules Football Club to move on to our turf at Col Bennett Park. This arrangement did not work out and we returned home to Col Bennett Park. There was a bonus however, the improvements made by the Raiders especially to the Canteen Area.
- 1990 we reached the pinnacle of achievement as a team in Little Athletics taking the State Relay Trophy for the first time. The buzz felt by all was incredible. We have since won this trophy from 1991 – 1995 and again in 1999. We came second in 1996,1997,2000 and 2001 and third in 1998.
- The 1991/92 and 1994/95 seasons and we were off to Townsville for the State Championships. A great deal of fundraising meant we sent a strong contingent of enthusiastic athletes north both times. The majority travelled by bus and stayed at the Townsville Backpackers Hostel. Many of us have some very amusing memories of these trips and we are sure that the athletes involved will never forget the trips "up north".
- 1996/97 season again saw some changes implemented at the Centre – this time the uniform and logo went and so too the "Summit" from our name. The uniforms look great and nobody misses us on competition days.
- The 1997/98 season began with another change – this time QLAA re-organized the zones – again! We were still in Metro South but our zone now comprised Browns Plains, Beenleigh, Jimboomba, Tamborine, Springwood, Sunnybank and us.
- 1998/99 – Tamborine departed our Zone and headed back to the South Coast Zone.

- Season 2001/2002 was a great year for our Centre, we were represented by 42 athletes in this year's State Championships – a grand tally of 19 medals (5 Gold, 4 Silver and 10 Bronze).
- Season 2002/2003 and we were off to Townsville again. Forward planning in the previous couple of seasons with a concerted effort at fundraising and we jetted off to Townsville in style, arriving fresh and ready to go, not tired from a long journey by bus. An incredible 29 medals graced the team (8 gold, 14 silver & 7 bronze) and we returned home triumphant but tired from a great carnival. Whilst it is costly for both the Centre and parents to go north for the Championships, it's a great team trip. Thanks to a hardworking Committee and also to the parents who cook, chauffeur and chaperone, for an outstanding team effort.
- 2003/2004 – just where were we going to be? Again controversy about 'our' home grounds. Souths had put the property on the market, thankfully the council rescued us and now the park will remain just that – home to us and parkland.
- 2004/2005 – We opened our brand new tartan runway at long jump, courtesy of another successful grant application with the Gambling Community Benefit Fund. The Zone Relay Shield would be ours forever with the introduction of a new award for participation. State Relays the heavens opened and we competed and volunteers worked in very inclement conditions.
- And season 2005/2006 check out the season report....it was beauty. Wait till you see the improvements in the canteen area.
- Our registrations have fluctuated from season to season, but regardless of our numbers we have always had a very strong contingent of dedicated athletes who take great pride in their Centre and we in turn have been very proud of them. Many medals have been won and many zone and state records set. We really do have a history to be proud of.
- The support of parents has always been an integral part of the success of our centre and we would encourage you, as a parent, to become involved. It means so much to your children and it makes the running of our Saturday afternoon program much more efficient and thus enjoyable. There is always something you can do to help...just ask, we'll be happy to show you.
- Social Functions are a great way to make new friends and get to know your fellow members. Our calendar this year also includes some of these functions, your support throughout the season makes our job so much easier. Money raised through fundraising goes directly to benefit the athletes with the purchase of new equipment and improvement to the facilities a priority.

Life Members

- The invaluable contributions of the following former committee members has been recognized by the award of Life Membership of the Algester Little Athletics Centre.

Colin Chesher (1991)

Keith McGuigan (1991)

Bill Miszkowycz (1991)

Pauline Meizer (1996)

David Tolhopf (1998)

Glenn Rosman (2000)

Tony Bishop (2003)

Kevin Hagan (2003)

Centre Championships – Most Outstanding Athlete

YEAR	Boy Champion	Age	Girl Champion	Age
1987/88	Wayne Chesher	U/11	Nicole Whitmore	U/7
			Kelly Urwin	U/10
1988/89	Joshua McGuigan	U/9	Nicole Whitmore	U/8
1989/90	Mitchell Meizer	U/7	Leanne McLachlan	U/13
	Ben Foat	U/12		
1990/91	Mitchell Meizer	U/8	Leanne McLachlan	U/14
1991/92	Toby Chansisourath	U/14	Alana Smith	U/11
1992/93	Michael Whitmore	U/15	Carla Tolhopf	U/10
1993/94	Joshua McGuigan	U/14	Kerryn Rosman	U/8
1994/95	Nathan Carr	U/15	Kathleen Norman	U/15
1995/96	Scott Robertson	U/12	Aleta Booth	U/9
1996/97	David Irvine	U/12	Aleta Booth	U/10
1997/98	Luke Hagan	U/14	Aleta Booth	U/11
1998/99	David Irvine	U/14	Hailee McArdell	U/7
1999/00	James Melville	U/15	Aleta Booth	U/13
2000/01	Joshua Law	U/13	Angela Hagan	U/12
2001/02	Scott McLeod-Robertson	U/14	Hailee McArdell	U/10
	Shannon Mavrik	U/9	Taylor O'Shea	U/9
2002/03	Zayd Dennis	U/6	Taylor O'Shea	U/10
2003/04	Clay Cameron	U/10	Hannah Joye	U/8
2004/05	Tyrone Brimble	U/11	Renee Cook	U/13
2005/06	Zayd Dennis	U/9	Danielle McLeod-Robertson	U/15

HONOUR BOARD

Awards

Queensland Little Athletics recognizes the achievement of Athletes and the Service of Parents/Adults to the sport of Little Athletics.

The following nominations were made by Algester Little Athletics Centre for the 2005/2006 season.

U15 Graduation Recipients

Rachel Banks
Caitlin Borchert
Stacey Hearne
Danielle McLeod-Robertson
Lara Rudkin
Kate Stanley
Clayton Hollywood
Aaron Massingham
Daniel Woods

Athlete 10 Year Participation Award

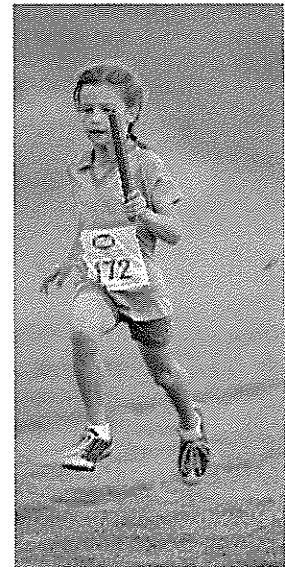
Danielle McLeod-Robertson

Laurie Baartz Nominee 2005/2006

Taylah Cook

QLAA Centre Promotional Award 2005/2006

Algester – Highly Commended



Coaching

We have a group of coaches who will be available to spend time with your children helping them to improve their skills in the various disciplines of athletics.

Our Centre training days at the moment will be held on Tuesday and Thursday afternoons between 4.30pm and 5.30pm. Extra training days may be added before major competitions and if the Centre coaches are available on different days. Please be aware also that other groups/sports utilize the grounds for training purposes.

The NEWSLETTER each week will detail the training schedule for the coming week. It is important that you obtain a newsletter each week so that you are aware of the events that will be covered at training the following week, and also any changes that may occur from time to time to the schedule.

Parents please note that coaching is included in your Registration Fee, and remember also that our coaches are Volunteers. If they seek your assistance in supervising a group at training, then please help out whenever possible. We ask only that the children come prepared to train - with water bottles, hats, joggers and spikes if permitted. Shoes must be worn at all times for safety reasons, and athletes will be unable to train if they don't remember their shoes. It's always a good idea to bring a jacket too.

Athletes remember if you are coming to training, then you are coming to train. Please be courteous to fellow athletes and respectful of your coaches.

We believe that a good warm up with lots of flexibility exercises is very important. So all athletes will be expected to participate in the first part of the training session with the U15 athletes helping younger children. Also appreciate that not all events can be covered each day at training, it is just not possible to supervise all athletes at all times; no one can physically be in 5 different places at once.

Training days are to help with an athlete's general fitness and for them to have extra time to learn and practice all the events that are available for their age group. As children grow and develop, their skills in various areas may change. We encourage them to have a go at every event on offer for their age group. As they get older they may choose to concentrate on particular events but their co-ordination, flexibility and endurance should have been improved from their time at Little Athletics.

Either the Coaches or Centre Manager will be available anytime to talk to athletes and parents, so if you have a problem, please seek us out to discuss it. Not everyone can be an Olympic champion, but with practice athletes can improve on their own achievements. Little Athletics is all about Fun, Fitness and personal achievement.



DAVE TOLHOPF

Level 1 Coach

- Obtained Sprints, Hurdles, Relays in Oct '91
- Obtained Jumps and Throws in Oct '96
- Previous Athlete and "A" Grade Rugby player in New Zealand



WALTER OLDENBURG

Level 1 Coach + Event Specific (Sprints/Hurdles/Relays)

- Completed Course in May '05
- 'D' Grade Official in Timekeeping and High Jump



ASHLEIGH WAKEFORD

Level 2 Young Athlete Coach + Event Specific (Throws)

- Completed Course in October '05
- 'D' Grade Official in Shotput, Discus and Walks
- Competed in Little Athletics in NSW and Queensland from U6 - U15, currently competes in Queensland Athletics in Hammer Throw.



REBECCA WILLIAMS

Level 1 Coach

- Previously a member of Algester Little Athletics, currently competes in amateurs in 100m, 200m, 400m & Triple Jump in Queensland Athletics.
- Certificate IV in Sport Coaching
- Selected to represent Queensland in the State Team competing at the Australian Little Athletics Championships in U13's.

TONY BISHOP

Level 1 Young Athlete Coach + Event Specific (Throws)

- Completed Course in June 2002
- 'B' Grade Official in Javelin and Discus

KEVIN CHRISTISON

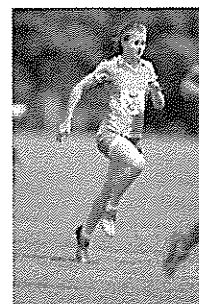
Level 1 Young Athlete Coach

- Completed Course in Oct '05

The Events

Track

Sprints: sprinting essentially involves running at full speed over the full race distance. Little Athletics sprint distances are 70m, 100m, 200m and 400m although some age groups do not run some of these events. Although technically a sprint for older athletes the 400m is perhaps best considered a middle distance event for most little athletes.



Middle Distance: in little athletics these are events run over 800m (U9 upwards) and 1500m (U11 up). Greater endurance levels are required and the running style has to be considerably less vigorous than for the sprints. They are in general run from a pack start. This season we will be trialing a 500m pack start for the U8 age group again, at centre level only.

Hurdles: Under 8's and older can do hurdles. Events are run over 60m – 100m and 200m, depending on the age group. Heights vary for different age groups. Under 6 & 7 do a modified version of hurdles referred to as Run & Jump.

Remember: Hurdles are built to tumble easily when knocked provided they are hurdled from the correct direction. Hurdles must never be jumped from the reverse direction as they will not tumble and this could result in serious injury.



Walks: Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible loss of contact occurs. The advancing leg shall be straightened (not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Field

All throwing implements must be carried back to the throwing area, not thrown. These events are strictly supervised but everyone must appreciate the dangers of flying discus, shotputs & javelins. Be aware at all times of where you are and what events are in progress.

Shot Put: the shot is a round steel ball varying in weight from 1kg to 4kg. The hand holding the shot must rest in the hollow where the shoulder meets the neck with the shot in contact with the side of the neck. The shot is then pushed out to land within the marked sector. When the shot has landed the athlete must leave the circle so that their first step outside the circle is behind the line extending from the sides of the circle, (or simply out of the back of the circle).





Discus: This is one of the oldest field events, in little athletics a moulded rubber discus is used. The discus must be thrown from within the circle and land within the marked sector area. When the discus has landed the athlete must leave the circle so that their first step outside the circle is behind the line extending from the sides of the circle.

Javelin: the javelin is a spear like implement and this event is available only to athletes in the U11 age group upwards. The throw must be completed from within the confines of the runway area and the javelin must land 'tip' first within the throwing sector. The competitor may then leave the runway area.



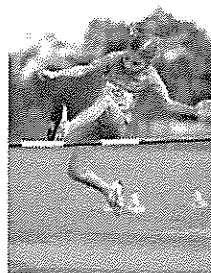
Long Jump: the athlete simply runs in and jumps from the take off area into the sand pit. Measurement is taken from the front of the take off foot/board to the nearest break in the landing area. U7 to U12 age groups use a 1/2 x 1m take off board, and U13 upwards use a conventional 20cm take-off board.



Triple Jump: this is the old 'hop, step & jump' event. The rest of the rules are basically the same as in long jump. This event is not conducted for children up to U11.



High Jump: the athlete's task is to run up and jump over a crossbar supported between two uprights. The athlete must take off from one foot only. The crossbar is raised after each round and competitors remain in the competition until eliminated by three consecutive failures. The scissors technique must be used up to Under 11.



Relays: Depending on age, there are two types of track relay which can be run, either circular or shuttle. In track events a relay team comprises four competitors.



Last season at Zones we trialled a new Field Relay concept. Briefly that was, in field events there's a team of competitors from each age group in each event. This really is a team event, every athlete is eligible to participate in each field event offered for their age group. The minimum number of athletes for a field relay team is 2, there is no maximum. (However, to progress to State Relays a team consists of only two athletes.)

Track teams still consist of the traditional 4 athletes.

Treasurer's Report

Once again it has been a successful year for Algester Little Athletics both on and off the track.

- o A yearly surplus of \$14,918
- o Bank Account balance has risen to \$38,184
- o Net Assets also up to \$61,981

Highlights:

Canteen & BBQ – net surplus \$5,036

Fundraising & Sponsorship – net surplus \$8,996

Many thanks to Diane Rippon (Canteen) and Richard Banks (Fundraising) and my wife Julie (Banking) for their efforts and assistance during the year.

A successful **Grant Application** totalling \$25,194 will see the purchase of new equipment and a long overdue up-grade of our canteen during the off-season.

Uniform Sales - Net Deficit of \$1,435 will no doubt be recovered next season.

Registration Income of \$11,513 has not covered the following budgeted areas of Audit Fees, QLAA Registration Fees, Nomination Fees, Insurance, Trophies and Engraving, Lease, Electricity, Rates and Water. The grouping of income and expenditure from these categories has realised a net deficit of \$3,026.

Parent Participation Fund saw a surplus of \$1,425 whilst this is pleasing as far as the club's coffers are concerned, we would much rather see these funds being returned at the end of the season. Parents we seek your support and assistance in running our weekly competition.

Sundry Income & Expenditure - net deficit of \$1,007 consists of Coaching Subscription Costs \$129 and Year Book \$878.

The Centre's contribution to **Townsville** for the **State Championship** amounted to \$3,972 which came in under the budgeted figure of \$4,000.

All other cost categories came in with a net deficit of \$7,279 these expenses have been covered by the surpluses generated by the Canteen and Fundraising.

Depreciation for the year totalled \$9,015.

Whilst we have a healthy bank account balance mainly due to unspent grant funding (\$21,910) all other funds raised or levied have been spent during the season.

Algester Little Athletics will begin the 2006/2007 with approximately \$16,274 a sound financial position.

Robert Wakeford
Treasurer

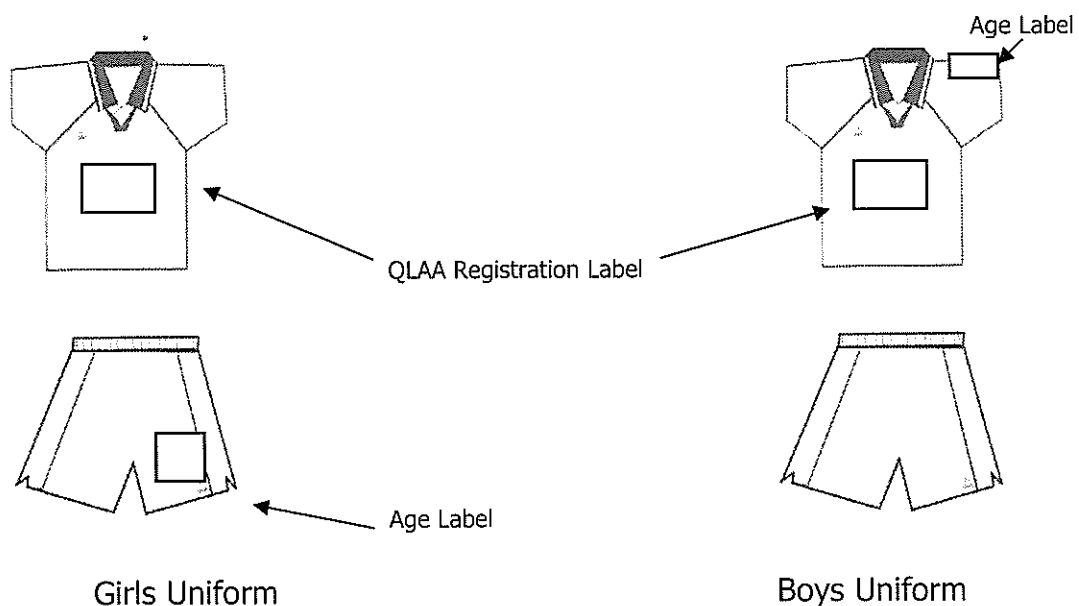
INCOME AND EXPENDITURE STATEMENT**For the Year Ending 31 March 2006**

<u>ITEM</u>	<u>INCOME</u> \$	<u>EXPENDITURE</u> \$	<u>SURPLUS/ DEFICIT</u>
Audit Fees	0	475	(475)
Awards & Medals	0	1741	(1741)
Bank Charges	0	48	(48)
Bank Interest	30	0	30
Canteen & Barbeques	12353	7318	5035
Centre Fees	0	55	55
Coaching Courses	0	0	0
Conference Fees	0	886	(886)
Depreciation	0	9015	(9015)
Electricity	0	1386	(1386)
Water Rates	0	0	0
Equipment & Maintenance	0	3703	(3703)
Fundraising	14244	9472	4772
Grant	25194	0	25194
Insurance	0	1005	(1005)
Lease – Brisbane CC	0	1432	(1432)
Nomination Fees	1936	2801	(865)
Parent Participation Fees	2175	750	1425
Rates & Water	0	1451	(1451)
Registrations	11513	6165	5348
Sponsorships	4225	0	4225
Stationery & Postage	0	875	(875)
Sundries	878	1885	(1007)
Townsville Meet	17988	21960	(3972)
Trophies & Engraving	0	1761	(1761)
Uniforms	2783	4217	(1434)
Wet 'n Wild	1550	1550	0
<u>Total for the Year</u>	<u>\$94869</u>	<u>\$79951</u>	<u>\$14918</u>

General Information

Centre Uniform

- The Centre Uniform for boys and girls can all be purchased from the Centre. The athletes' shirts are **Dark Aqua** with a **Royal Blue** collar. The **Southern Cross** is depicted on the right sleeve, and our **Centre Logo** on the front upper left in **White**. The back is emblazoned with the lightning bolt and stars logo in **White** and **Royal Blue**, with our centre name. The boys **shorts** and girls **bike pants** are **Royal Blue**.
- The competition number should be sewn on the front of the T-shirt with the boys age label sewn on the **LEFT** sleeve along three sides to form a pocket, and the girls age label sewn on the bike pants to form a pocket. The uniform **MUST** be worn at **ALL** Centre, Zone and Association Competitions or disqualification could result. **ONLY SUNSAFE** uniforms may be worn at any competition. Athletes will be excluded from competition if they marshal in an incorrect uniform.
- A sewing service will be offered to all members, leave your uniform and patches and they will be returned to you the following week at a cost of \$5 per uniform (please just ask).
- Lost numbers will cost \$2 to replace.



Competition Tickets and Recording

- The Centre maintains records of the individual performances for every athlete at every Centre Competition Day. However, all children are strongly encouraged to keep a complete record of their own performances and improvements at home. Tickets showing times or distances are given for every completed event and the Achievement Book allows children to maintain a permanent record. McDonalds Achievement Cards (blue or pink) have been included in your Sign-on Bag. It is the athlete's responsibility to keep a record of their own achievements. When a level (green, red or blue) has been reached your card, complete with name and age group, should be lodged at the Canteen.
- Assessment under our achievement scheme is aimed at recognizing athletes for improvement, and will be based upon recorded performances contained in their Achievement Book. (For details see Achievement Scheme).

Foot-Wear

- Shoes must be worn by all athletes while competing in any QLAA sanctioned track and field competition. That means that footwear is compulsory in all events at all competition levels – State, Zone and Centre.
- Spikes will be permitted at Centre level in laned track events, high jump, long jump, triple jump and javelin, by the **U/11 Age Group upwards**. Spikes must be carried to and from the event. Spike shoes without spikes are not permitted by athletes in younger age groups.
- **The wearing of spikes anywhere else on the grounds IS NOT permitted.** Spiked shoes should be carried in a suitable bag at all times and stored safely when not in use.
- Disciplinary action will be taken if these rules are not adhered to.
- Special rules apply to Relay competitions, please refer to our Coaching Coordinator or Centre Manager for clarification.

Advice on Footwear

- As previously mentioned shoes are compulsory for athletes in all events. Shoes will not only prevent injuries, such as blisters, they will also prevent impact injuries to growing children.
- According to a leading podiatrist who spoke at an annual conference, there are four important points to look for in selecting footwear-
 1. A stable heel-counter that resists pressure and fits the heel snugly.
 2. A good retaining mechanism ie. it laces well up onto the foot to keep it secure.
 3. The shoe mustn't bend in the shank (middle of shoe) - it should only be flexible in the toe.
 4. The shoe should have a good cushioned heel.
- It was suggested that a mesh type material was probably the best covering for a sports shoe and also that price was not necessarily a good indicator of quality.

Consult the Specialists – The Athletes Foot is a sponsor of Little Athletics we suggest you consider their range. They generally attend our Centre at the beginning of the season and can be found on site at State Relay Day and State Championships. They will be here on Saturday 6th September, see Ritchie and his team from Athletes Foot Indooroopilly, Carindale, and now at Forest Lake.



Types of Competitions

Centre Competitions

Weekly meetings are held at Col Bennett Park, Algester each Saturday afternoon **commencing at 1.30pm**. Weekly announcements (News and upcoming events) will precede the days competition. Warm-up for athletes will be conducted prior to the start of events and all athletes should be present for warm-up activities.

In a Media Release dated July 23 2002 (forwarded to us by QLAA) the 'Australian Sports Questionnaire' conducted by Elastoplast Sport, it was noted that netball, soccer and athletics recorded the highest injury levels, with young sports people more likely to sustain an injury than other age groups.

"Preparation is the best way to prevent sports injuries," said Craig Purdam, Head of Physiotherapy AIS. "Education about sports injury prevention is not only for the elite, but for sports people of all ages across all levels."

Remember: preparation is very important, warming up and warming down properly can prevent most injuries.

Any Awards earned will be presented during the announcements on the first Saturday of each month.

The athletes then participate in a scheduled program of six (6) events each week, proceeding from one event to the next. There may be some time delays in the program, particularly in the early stages of the season, but please be patient and keep to the scheduled program for your age group. If there appears to be a long delay, please refer your concerns to a Committee Member – alterations to the program need to be verified by the Centre Manager or Program Coordinator, as any change may reflect on every other groups activities. Each Age Group will be under the supervision of an "Age Marshall". The program should take between 3 – 4 hours to complete, provided there is adequate parental assistance.

Centre Championship Meeting

- This is the last and most important meeting in the season. Our "Grand Final" for the season and is open to every athlete registered with Algester Little Athletics Centre.
- Our Centre Championships are usually run over the last two Saturdays of our season. This season these will be March 3rd and 10th.
- Athletes may compete in any or all events at the Centre Championships. However they will only be eligible for Age Champion or Runner-up in any age group if:

they have competed in at least 50% of eligible Centre meetings.

Points will only be awarded to an athlete in any event if they meet the above criteria and have competed in that event at least twice during the season at eligible centre meetings.

- Trophies are presented to Age Champions and Runners-up, and participation trophies are presented to all other athletes who compete at the Centre Championships. Athletes also compete for a perpetual trophy awarded to the most outstanding girl and boy athlete of the Championships. Centre Manager's Trophy is awarded to the athlete recording the most improvements in the season and the Centre Captain's Trophy is awarded for Sportsmanship and Participation. Most Improved Medals are awarded in each age group.
- These trophies are presented on Trophy Presentation Day.

Zone Competitions

We compete against athletes from other Centres within our Zone (Metro South) – Browns Plains, Sunnybank, Jimboomba, Springwood and Beenleigh – at Zone Relay Day and Zone InterCentre Games.

Zone competitions for the 2006/2007 season will be held at the Jimboomba Little Athletics Centre home grounds at Henderson Road, Jimboomba (off Cusack Lane).

There are two zone meetings (Relay and InterCentre Games) for U/7 to U/15, held each season. No special qualifications are necessary to enter the Zone Games just the desire to compete, and naturally the usual spirit of having fun predominates.

Zone Relays (U7 – U15) are held in November and **Zone InterCentre Games** (U7 – U15) in February, see *Calendar of Events* for more details.

Athletes qualifying at Zone Relays are eligible to compete at State Relays in the U9 – U15 Age Groups and from the Zone InterCentre Games in the State Championships U9 – U15 Age Groups.

Relay days give an opportunity for all children to participate in a team activity. We feel that there is a need to foster a "team spirit" in our athletes and relay events are really the only opportunity we have for competing as a team. We'd like to see all of our registered athletes, or a least as many as possible competing at Zone Relay Day. As it's early in the season, some of the coaching during the first few weeks will be given to relay training.

Relays include both track and field relays. In field relays, athletes compete in a team in a selection of events, where a "team" score is the sum of two individual performances. Athletes will be paired based on their performance on the day. Track relays are-

Under 74x70m shuttle, 4x100m shuttle
 Under 84x70m shuttle, 4x100m shuttle
 Under 9-10..4x100m circular, 4x200m circular
 Under 11-154x100m circular, Circular Medley (2x200m, 1x400m, 1x800m)

A maximum of five (5) events may be entered by each athlete.

At Zone Relay Day athletes may compete in higher age groups and girls can compete in boy's events, but no athlete can plan to compete in the same event in two age groups. Parents should note that this is an all day competition.

There are trophies for the Centre with the highest participation both at the Zone and State Relay competitions. In previous seasons each team scored points towards their Team total and Algester proudly retain the Zone Relay Shield and have done for an unprecedented 17 seasons.

At Zone Relay Day, the first three placed teams in each event (except the U/7's & U/8's) qualify to compete in the State Relay Day. Both the Zone and State Relay Nomination fees are included in the athletes' registration fees, paid when joining the centre.

If the Zone Games are cancelled due to rain they will be held the next available weekend, a backup day has been listed in our calendar.

Nominations for **Zone Relays** are made by the Centre Committee after seeking your availability to compete at the carnival. **Relay teams** are selected on performance, by the Centre Manager in conjunction with the Records Officer, and the **nomination fees are paid by the Centre**.

Zone Inter Centre Games (ZIG)

- o These are individual events and lead to the State Championships.
- o Athletes must compete in these Games to have an opportunity to continue through to the State Championships. Athletes placing 1st, 2nd or 3rd in any event qualify to compete, as do athletes meeting the qualifying time or distance. The exception is Walks events where a qualifying time must also be achieved.
- o This competition is open to all athletes in our Zone.

Nomination forms will be available for **Zone InterCentre Games** prior to the Christmas break, and need to be submitted prior to the closing date (27/1/07 at 2pm). There are NO late nominations permitted. These are **individual events** and lead to State Championships. Athletes placing 1st, 2nd or 3rd and any athlete who betters the qualifying time or distance are eligible to proceed to State Championships. Nomination fees are paid by the Centre.

State Relay Championships

To qualify for the State Relay Championships, teams must achieve a first, second or third placing at the Zone Relays.

- o As far as practicable, the team that competes at Zone and qualifies will be the team that competes at States. In cases where qualifying athletes will be unavailable for the State Relay Day, the Centre Manager should be advised immediately so that replacements can be sought.

Note: This event will not be cancelled under any circumstances as competition is on an all-weather track.

State Championships

This event is the season's climax for our Little Athletes and applies to those in the age groups of Under 9 to 15 who qualified at the Zone InterCentre Games (ZIG).

Note: This event will not be cancelled under any circumstances as competition is on an all-weather track.

- o This season (2006/2007) the State Championships are back in Brisbane at the State Athletics Facility at Nathan.

Under 13 athletes, successful at the State Championships may be selected to represent Queensland at the Australian Teams Championships. They are joined by four representative Under 15 athletes who compete in a Pentathlon competition. In 2006 **Matthew Woods** represented Queensland as an Under 13 athlete in 1500m Walk and 1500m. These championships are hosted by a different state each year. We have been represented on many occasions at this level and details of the athletes and their results appear later in this book.

Our Honor Board can be found gracing the walls at Algester Sports Inc, athletes selected in the State Team together with our Life Members are recognized here. This was presented to the Centre by Rhys Schofield (U15) and his family in 2004.

Note: the Under 7 and 8 age groups do not go on from the Zone level competition to compete in the State Championships/State Relays.

QLAA Events

Queensland Little Athletics Association (QLAA) host age specific events during the season – the Junior/Pentathlon and Senior/Pentathlon events will be available at both carnival days for the appropriate age groups.

The accent at these meetings is still around the theme FAMILY, FUN and FITNESS. Particulars of these days are listed in our calendar.

You may nominate and compete in these at your own cost. Advice on closing dates and nomination forms will be available through the Canteen and details will be posted on the Noticeboard and in the Newsletter.

Age-Group Days

Two special "Age-group" Days are held each year by the QLAA at a venue to be decided. These are intended primarily to be fun days, and all athletes in the relevant age groups are strongly encouraged to nominate.

The **Junior Carnival** is for the U/7-U/11 age groups, and is designed to give these athletes the opportunity to experience the "big time" of competition. The day is a fun day with no individual medals or trophies.

The **Senior Carnival** is for the U/11-U/15 age groups, and gives athletes the opportunity to nominate in a pentathlon program, or individual events of their choosing.

Nomination forms for these days will be available at the appropriate times from the canteen and these will detail the events available to athletes in each age group. A generic nomination form is included in your Sign-on bag and this can be photocopied as required.

Pentathlons / Multi-Event Days

A number of pentathlon competitions are to be conducted during the season. Entry is open to all athletes from U/9 – U15. Pentathlon consists of five individual events over one day of competition. Scores across the five events are aggregated to give an overall placing in each age group.

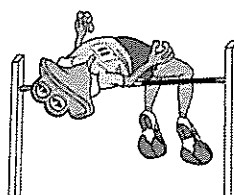
This season the Pentathlon Event will be combined with the Junior and Senior Carnival. Nomination forms for these days will be available at the appropriate times from the canteen and these will detail the events available to athletes in each age group and the nomination fees which must accompany the completed form.

Under 15 athletes successful in the Pentathlon at State Championship level may also be selected to represent their state at the Australian Teams Championships.

Run



Jump



&

Throw



Meet "Tuki" QLAA's mascot and check him out at QLAA events and on their website www.qlaa.asn.au The site contains a special Athlete/Kid Zone, so log on and surf.

Carnivals

Other Centres hold Carnivals during the season. You may nominate to compete in any of these at your own cost. Relevant nomination forms will be available through the Canteen prior to closing dates.

Other carnivals that we have already received confirmation of dates, nomination forms etc for are:

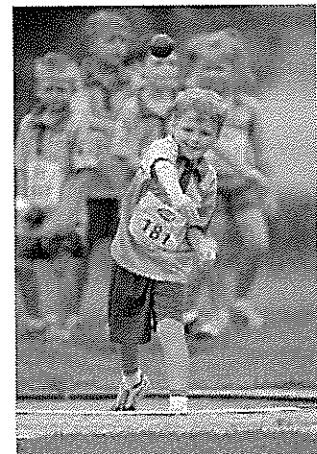
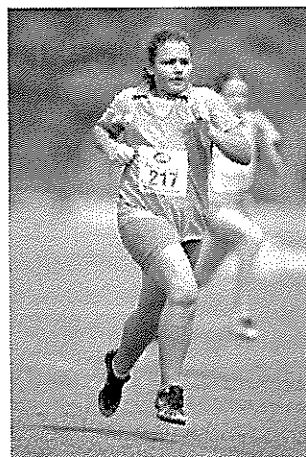
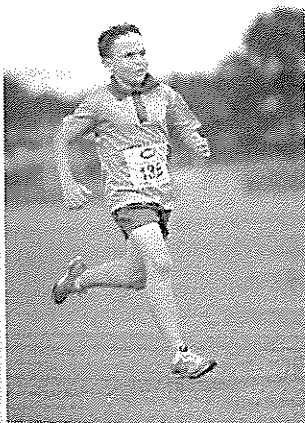
Bundaberg Athletics Club 50 th Anniversary	Saturday 26 August 2006
Caboolture Little Athletics 2006 Pentathlon	Saturday 7 October 2006
Maryborough Amateur Athletics Day/Night Carnival	Saturday 7 October 2006
Browns Plains Little Athletics Carnival	Sunday 8 October 2006
Aspley Little Athletics 2006 Pentathlon	Sunday 15 October 2006
Strathpine Little Athletics Pentathlon Day	Saturday 21 October 2006
Redcliffe Little Athletics Twilight Pentathlon	Saturday 28 October 2006
Caloundra Little Athletics 2006 Open Day	Sunday 29 October 2006
Beenleigh Little Athletics Twilight Carnival	Saturday 4 November 2006
Ashmore Little Athletics Annual Carnival	Sunday 10 December 2006
Ipswich Little Athletics Australia Day Carnival	Friday 26 January 2007

Algester's Carnival this season will be held on Sunday 1st October 2006.

Nomination forms have been included in your Sign-on bag and additional forms will be available through the canteen on request.

Athletes may nominate in a maximum of five (5) events in their own age group only, this Carnival is open to registered little athletes only.

Medals are awarded to 1st, 2nd & 3rd placegetters in all events.

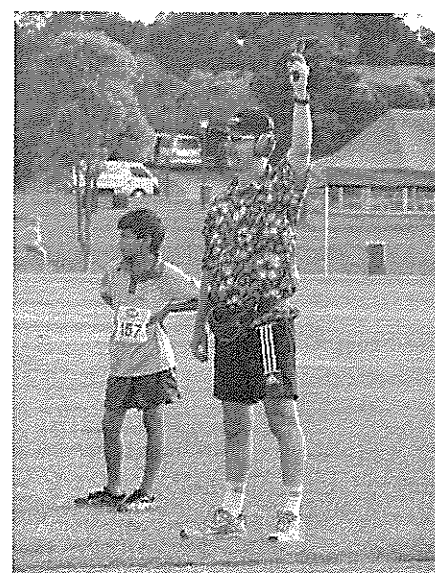
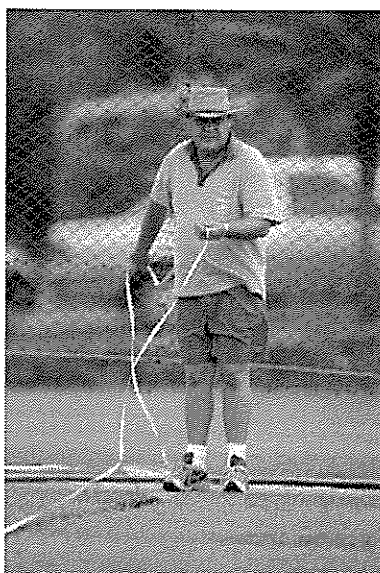


Registration

- **Proof of age is required for all athletes.**
- For new athletes your Birth Certificate or Passport needs to be sighted by the Registrar at Sign-on or as soon as possible. Children whose Proof of Age was sighted last year are exempted. This season, our Fees are as follows –

Under 6	\$60.00 (if only child) / or \$50.00 if 2 nd child
Under 7 to 15	\$90.00 which reduces for additional athletes \$80.00 – others

- **Parent/Officials Participation Levy** per family - \$25.00. This fee is refundable, subject to Parent Participation guidelines, refer to Page 7.
- **Fundraising Levy** per family - \$40.00. This fee is redeemable during the season. Tickets will be provided to each family to sell in our Season Raffle and Cadbury fundraising chocolates will be available throughout the season.
- Includes complimentary membership with Algester Sports Club for parents. Algester Sports Club are Centre sponsors and we thank them for their continued support.
- Each athlete is to wear the Centre Uniform at all times when competing at Centre, Zone and State levels, these are available from our uniform shop.



Retiring from their respective roles of Treasurer and Public Relations/Fundraising are Robert Wakeford and Richard Banks.
Our thanks for their dedication and determination.

Age Groups

- Children must be at least five and under seventeen years of age on 1st October 2006 to be eligible for registration in the 2006/2007 season. However, should a child turn five after the 1st October, registration will be accepted from their birthday. Age groups are as follows –

Groups	Date of Birth
Under 6	1.10.00 to 30.9.01
Under 7	1.10.99 to 30.9.00
Under 8	1.10.98 to 30.9.99
Under 9	1.10.97 to 30.9.98
Under 10	1.10.96 to 30.9.97
Under 11	1.10.95 to 30.9.96
Under 12	1.10.94 to 30.9.95
Under 13	1.10.93 to 30.9.94
Under 14	1.10.92 to 30.9.93
Under 15	1.10.91 to 30.9.92
Under 16	1.10.90 to 30.9.91
Under 17	1.10.89 to 30.9.90

Equipment and Technical

- Algerster Centre has a full set of equipment, including triplicate sets of throwing items, a full set of four-height hurdles (including collapsible hurdles), and high-jump mats. Dimensions are as follows

THROWS

Age Group	GIRLS			BOYS		
	Discus	Shot	Javelin	Discus	Shot	Javelin
6,7	350g	1kg	N/A	350g	1kg	N/A
8	500g	1.5kg	N/A	500g	1.5kg	N/A
9,10	500g	2kg	N/A	500g	2kg	N/A
11	750g	2kg	400g	750g	2kg	400g
12	750g	2kg	400g	750g	3kg	400g
13	750g	3kg	400g	1kg	3kg	600g
14,15	1kg	3kg	600g	1kg	4kg	600g

HURDLES

Age Group	Distance	Height	Flights	Run-in	Spacing	Run-out
8, 9 B/G	60m	45cm	6	12m	7m	13m
10, 11 B/G	60m	60cm	6	12m	7m	13m
12 B/G	60m	68cm	6	12m	7m	13m
13 B/G, 14 G	80m	76cm	9	12m	7m	12m
14B, 15 G	90m	76cm	9	13m	8m	13m
15 B	100m	76cm	10	13m	8.5m	10.5m
13 B/G	200m	68cm	5	20m	35m	40m
14, 15 B/G	200m	76cm	5	20m	35m	40m

Achievement Schemes

Centre Achievements

- Athletics, by its very nature, is seen to be an individual sport where the rewards for those winning are obvious. However, recognition and encouragement for the vast majority are much less tangible.
 - At our Centre we have a number of achievement schemes. These have proven very popular and have increased athletes' awareness of the importance of improvement and performing to their best ability, irrespective of whether they win. These schemes will be implemented again this season.
 - Briefly listed below are details of the Centre Achievement Scheme Awards
1. Improvement Award - For sustained personal improvement, awarded to athletes who attain the required number of points which are allocated on improvements in individual performances. Full details of this scheme are attached in the back of the supplied record book and should be read carefully. The onus is on each child (or parent) to record performances themselves.
 2. Encouragement Award - For children who show outstanding personal commitment and effort.
 3. Achievement Award - For children who achieve a performance at a centre competition which betters the Centre Championship Best Performance, as listed in the Year Book. These awards will be presented twice during the season.



Awards Scheme

- McDonalds Restaurants reward athletes with certificates and product vouchers for attaining certain specified levels of achievement.
- These levels are detailed on a record card kept during the season, a copy of the card is available on request. Record of these achievements will be kept by the Centre. Certificates will be presented at intervals during the season as earned.
- A sample of the cards can be viewed on the Notice board.

Best Performance Awards

These awards were introduced to give recognition to those athletes who achieved the best performances at either Centre Championship or Centre meetings.

1. Best Performance at Centre Championships - For achieving a performance at the Centre Championships, which sets a new Championship Best Performance.
2. Best Performance at Club Competition - For achieving a performance which betters the previous Best Performance at Club Competition as listed in the Year Book.

Laurie Baartz Memorial Trophy

The Laurie Baartz Trophy is presented each year (by the State Association) to the Little Athlete who is judged to have shown the greatest personal improvement during the season.

It is based on personal improvement over a range of events;

Sprints & Hurdles	all hurdles, 70m, 100m, 200m (except U7/8 200m)
Middles Distance & Walks	400m, 800m, 1500m, all Walks, U7/8 200m
Throws	Discus, Javelin, Shot Put
Jumps	High Jump, Long Jump, Triple Jump

Points are awarded each time an athlete betters their personal performance on the basis of one point per event group per week, ie. a maximum of 4 points per week. Points are totalled over a 10 week period nominated by each centre. Points are given only for competition days at our own Centre. A maximum of 40 points can be scored.

It is important to remember that it is not necessarily the best athlete in the centre who will produce a high score; those who are willing to have a go at all the events (even those they do not like and in which they do not excel) will have the chance of improving.

Our program has been designed to cover at least one event from each of the four groups each week, so give them all a try and see if Algester can again have Queensland's MOST IMPROVED ATHLETE in 2006/2007.

In 1991/92 the Centre had it's first Laurie Baartz Memorial Trophy winner - Robbie Yates.

Our nominee for the 2005/2006 was **Taylah Cook** (U8), congratulations on a terrific effort Taylah.

Karen Knight Memorial Trophy

The Karen Knight Memorial Trophy is awarded annually to the winner of the Under 14 Girls 80m Hurdles event at the QLAA State Championships.

Karen Knight was a little athlete with the Ferny Hills (now Arana) Little Athletics Centre prior to her death in 1991 after a year long battle with cancer. The last event that Karen won in Little Athletics was the Under 14 Girls 80m Hurdles at the 1985 State Championships, and so her memory is kept alive in a trophy presented to the winner of this event each year.

The George Harvey Award

This award is presented each year to the one girl and one boy who best demonstrate they embrace the ideals of Little Athletics.

The criteria encompasses those attributes George Harvey himself believes are important not only in little athletics but to any individual's growth and development in everyday life.

Eligibility for the award is not restricted by athletic ability on the track and field. The athletes will have been regular attendees of Centre and Zone meetings and will have displayed a willingness to participate in the full range of Little Athletics events.

They will have been involved in little athletics for a minimum of 6 years and will currently be in one of the U13 to U15 age groups. In addition, the athletes should have been an ambassador for little athletics, proud of their involvement in the sport and have promoted it amongst their peers.

Fundraising / Social Events

Non-profit organizations rely on fundraising initiatives to operate, and we are no exception. Funds raised during the year go to purchase equipment and improve the facilities offered by the Centre for our athletes.

The introduction of a Fundraising Levy this season will reduce the burden on the Centre Committee and will realize the support of all centre members.

Fundraising is a separate issue to running the program on Saturday, coaching or ground maintenance and requires the support of all families. It provides funds to pay for such things as electricity, rates, lease fees, field improvements & maintenance, replacement of & additional equipment etc. Your children already benefit from the assets which have been provided by the efforts of others in past seasons.

The financial well-being of the Centre depends on the success of our fundraising activities. Parent participation is required to achieve our goals, and remember those who don't help create an additional burden for their fellow members.

Throughout the season you will be invited to participate in various activities and your involvement in these will provide the redemption of your levy.

A chocolate drive is only part of our fundraising efforts this year, and will be an opportunity to help the Centre provide additional equipment and continue to operate. Other activities will include a Trivia Night in October. Details of all fundraising opportunities will be included in the weekly Newsletters and on the Notice board.

We're not asking you to put your hand in your pocket either, friends relatives neighbours and work colleagues are great sources of support. Your assistance with these initiatives will guarantee their success.

Newsletters

Our Centre Newsletter is produced each week and will be available from the Canteen for each family. Please make sure to get your copy each week or if you can't be there have your child/ren collect it for you. If you know in advance that you won't be there the next week, leave your name at the Canteen and we will send one to you.

This is our communication tool, all upcoming athletic events, social events, etc will be included – especially closing dates for nominations to various Carnivals. Included also will be athlete profiles, competitions, articles of interest and fundraising news.

Each month, or so, we hope to finish the day with a BBQ or meet at Alger Sports for dinner. If you can't make it – no problem – we are a friendly centre and enjoy socializing.

- ❖ **We need a Newsletter Editor to produce the Newsletter this season – if you are able to help please register your interest by phoning our Centre Manager Wendy Banks. Relevant information will be provided for inclusion in the Newsletter each week**

Website

.....still under construction....

Sponsors

Our Centre Sponsors are very important to us, their funds also help to provide equipment for the Centre. Their details appear in this Year Book and also in our Newsletters throughout the Season.

If the opportunity arises please support the businesses that support us by shopping with them.

It may not seem very important, but the only way our Sponsors know who you are is if you tell them.

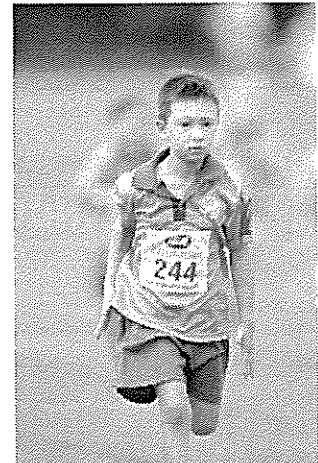
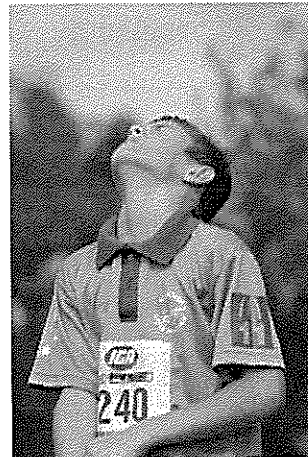
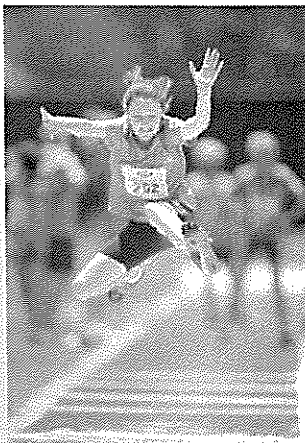
This season's Sponsors include –

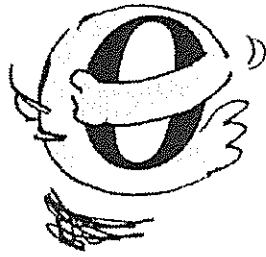
Algester Sports Inc.
Bakers Delight (Calamvale Marektplace)
Ethos Orthodontics
LJ Hooker Algester
Councillor Kevin Bianchi
Karen Struthers (Member for Algester)
Gary Hardgrave MP (Federal Member for Moreton)

We also take this opportunity to thank our local businesses for their continued support

Algester News (Ph: 3273 2362)
IGA Supermarket Central Park

This is also important of the Association Sponsors, and they are listed on Page 54.





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Algerster News
Shop 4 Central Park Shopping Centre
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**KEVIN
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COUNCILLOR
BRISBANE CITY COUNCIL



Karen Struthers
Member for Algerster



Gary Hardgreave MP
Federal Member for
Moreton

2005/2006 SEASON RESULTS

Age Champions

BOYS		Age Group	GIRLS	
Champion	Runner-up		Champion	Runner-up
Jett Jones	Callum Shyu	Under 6	Tatyana Fisher	Anna Lambert
Jye Enever	Preston Hugo	Under 7	Isabelle Patron	Dayspring Koop
Ethan Smith	Sean Davidson	Under 8	Taylah Cook	Rachel Leach
Zayd Dennis	Izaiah Fisher	Under 9	Emma Woods	Claire Porter
Jack Gleadhill	Tristan Hugo	Under 10	Hannah Joye	Jayde Mavrik
Scott Porter	Luke Mitchell	Under 11	Jessica Wright	Kellie Wakeford
Jordan Shyu	Clay Cameron	Under 12	Tiana Cresswell	Melanie Oldenburg
Matthew Woods	Shannon Mavrik	Under 13	Stephanie Oldenburg	Asha Norup
Joshua Ralph		Under 14	Justine Bishop	Sara-Jane Merlino
Daniel Woods	Clayton Hollywood	Under 15	Stacey Hearne	Danielle McLeod-Robertson
		Under 16		
		Under 17		

Most Improved Athletes 2005 - 2006

Under 6	Boys	Timothy Wray	Under 7	Boys	Preston Hugo
	Girls	Hannah Andrews Tatyana Fisher		Girls	Isabelle Patron
Under 8	Boys	Caleb Sadler	Under 9	Boys	Zayd Dennis
	Girls	Taylah Cook		Girls	Claire Porter
Under 10	Boys	Tristan Hugo	Under 11	Boys	Luke Mitchell
	Girls	Sarah Melville		Girls	Jessica Wright
Under 12	Boys	Alexander Patron	Under 13	Boys	Matthew Woods
	Girls	Ellen Christison		Girls	Asha Norup
Under 14	Boys	Joshua Ralph	Under 15	Boys	Daniel Woods
	Girls	Sara-Jane Merlino		Girls	Lara Rudkin

QLAA - Junior Carnival Competitors

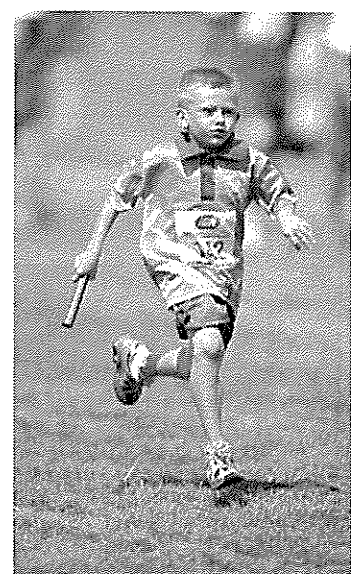
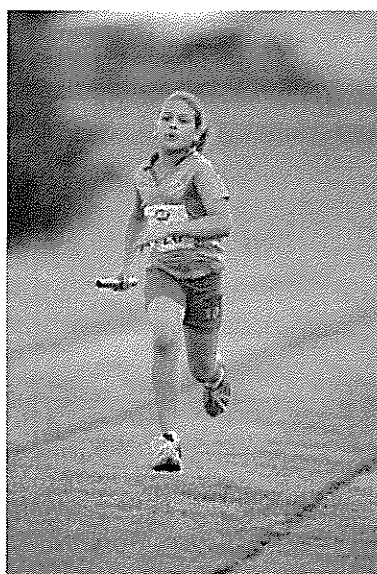
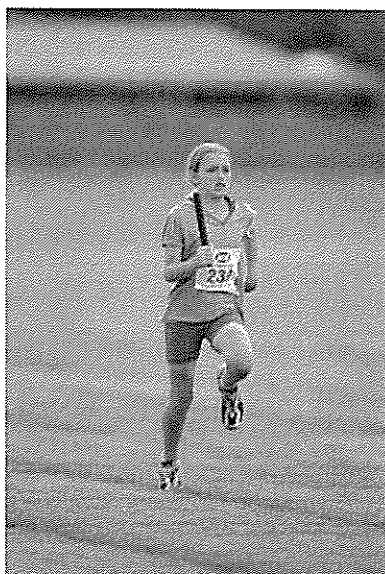
Junior Carnival in 2006 was cancelled due to inclement weather conditions.

QLAA - The Athletes Foot Senior Carnival Competitors

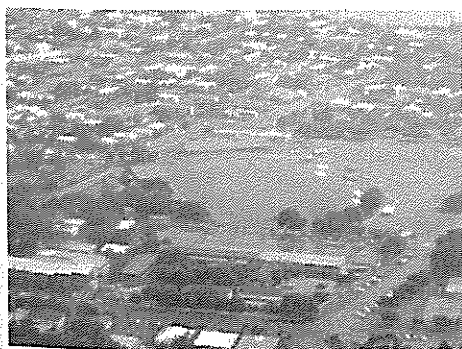
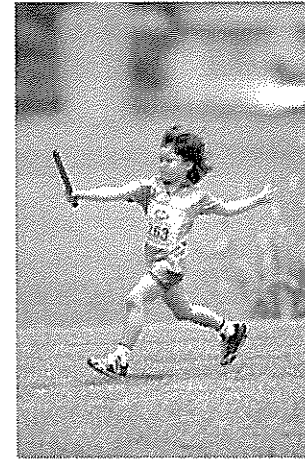
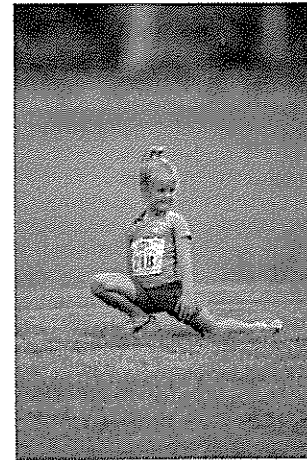
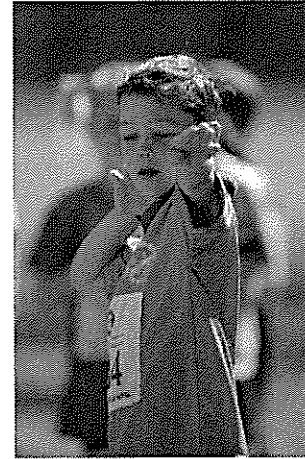
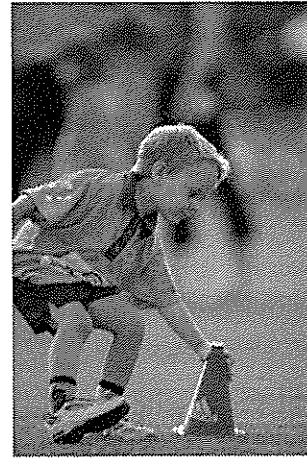
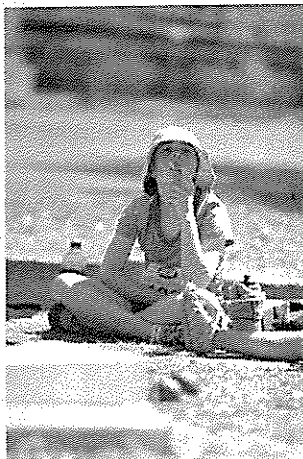
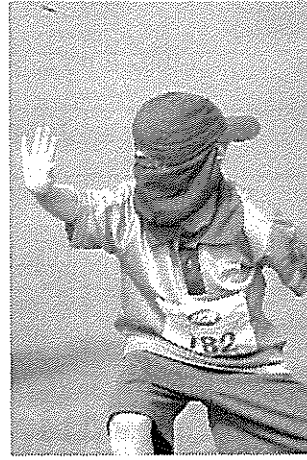
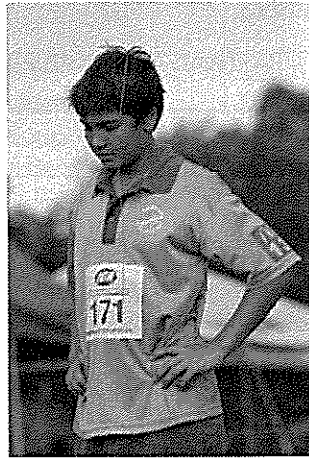
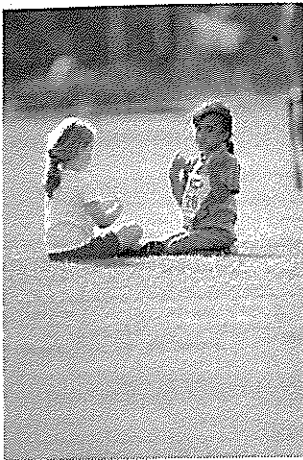
<u>Age Group</u>	<u>Name</u>	<u>Results</u>
U/11 Girls	Kellie Wakeford	Triple Jump, Long Jump, Discus, Shotput
	Jessica Wright	1500m, 1100m Walk (3), Shotput, Discus
U/12 Girls	Tiana Cresswell	60m H, 200m, High Jump, Long Jump, Triple Jump (3)
	Melanie Oldenburg	800m, High Jump, Long Jump, Javelin
	Skye Smith	60m H
U/13 Girls	Stephanie Oldenburg	200m

QLAA McDonalds Pentathlon Results - Brisbane

<u>Age Group</u>	<u>Name</u>	<u>Points</u>	<u>Place</u>
U/9 Boys	Zayd Dennis	905	5
	Bayley Lau	DNF	
U/11 Girls	Jessica Wright	634	



Snapshots

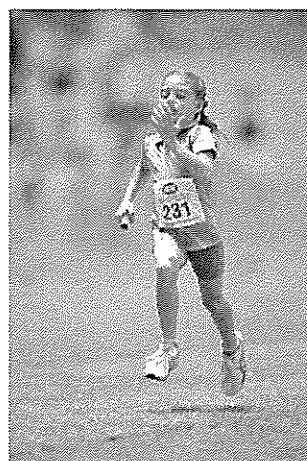
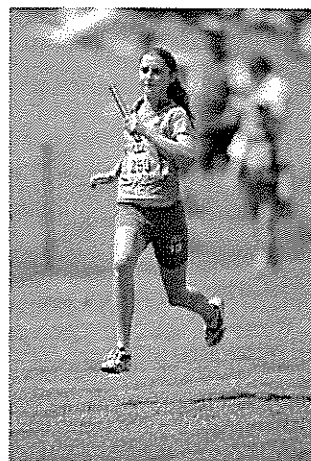
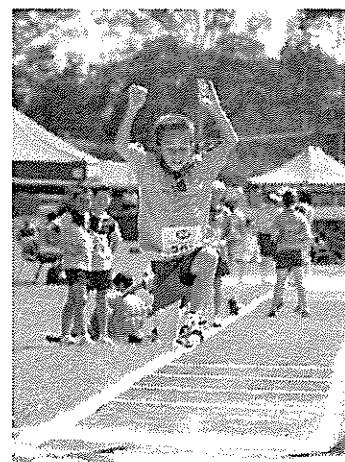
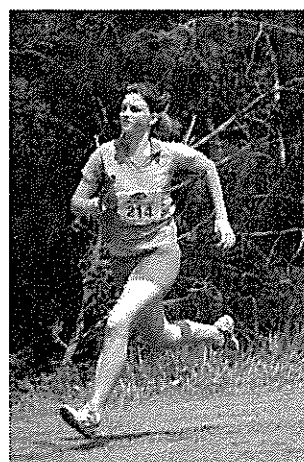
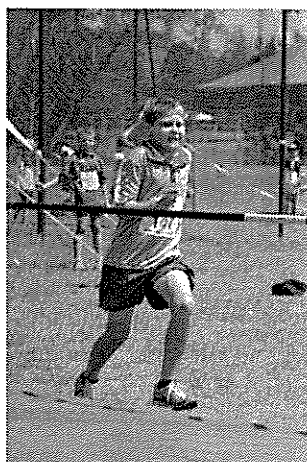


State Relays – ANZ Stadium

Team Weighted Placings (1892.8 pts) 5th Team Aggregate Placings (1040pts) 5th

<u>Age Group</u>	<u>Event</u>	<u>Place</u>	<u>Team</u>
U/9 Boys	4 x 100m	4	Bayley Lau, Zayd Dennis, Claire Porter, Izaiah Fisher
U/11 Boys	4 x 100m	10	Luke Mitchell, Matthew Alexander, Thomas Smith, Scott Porter
	4 x Medley	4	Luke Mitchell, Thomas Smith, Scott Porter, Joseph Merlino
	Discus	3	Matthew Alexander, Joseph Merlino
U/13 Boys	4 x Medley	3	Kieran Garland, Shannon Mavrik, Matthew Woods, Cameron Hoy
U/14 Girls	4 x 100m	10	Justine Bishop, Tiana Cresswell, Sara Merlino, Stephanie Oldenburg

Unfortunately the method of reporting for State Relays Field events does not provide placings for all teams.



2006 IGA State Championships - Townsville Sports Reserve

<u>Age Group</u>	<u>Name</u>	<u>Events / Placing</u>
Under 9 Girls	Claire Porter Jennifer Melville Sophia Koop Elissa Sadler Emma Woods	100m, L/Jump Discus, Shotput (9) 700m Walk, L/Jump 800m 700m Walk (9), 200m
Under 9 Boys	Zayd Dennis Bayley Lau Izaiah Fisher	70m (4), H/Jump (6), 60m Hurdles (S), 100m (6), L/Jump (6) 700m Walk (G), H/Jump, Discus, Shotput (4) 70m, 800m
Under 10 Girls	Tahnee Cameron Hannah Joye Jayde Mavrik Sarah Melville Cortney Cook	1100m Walk (7) H/Jump (G), L/Jump (4), 60m Hurdles (S), 100m (6), 200m Shotput (5), Discus (8) H/Jump, 60m Hurdles (8), Discus 800m
Under 10 Boys	Jack Gleadhill Sean Fortunaso	100m, 200m (8), 400m, Shotput, Discus 200m, 400m, 800m
Under 11 Girls	Jessica Wright	Shotput (5), Discus (8), 1100m Walk (5)
Under 11 Boys	Matthew Alexander Luke Mitchell Joseph Merlino Scott Porter	Shotput (10), Discus (10) 100m Walk, 400m, 60m Hurdles 1500m (7) T/Jump (7), 100m (B), 200m (7), H/Jump
Under 12 Girls	Sorcha Barnes Tiana Cresswell Melanie Oldenburg Jessica Williams	Shotput, Discus 60m Hurdles, Discus, T/Jump, H/Jump, L/Jump 400m, 800m, 1500m, H/Jump Shotput, 1500m Walk
Under 12 Boys	Mitchell Hollywood Charlie Joye	H/Jump, 100m, 200m Shotput, 800m
Under 13 Girls	Stephanie Oldenburg	200m Hurdles (6), 400m
Under 13 Boys	Shannon Mavrik Matthew Woods	200m, 400m, Shotput (7), Discus, Javelin 1500m Walk (S), 400m, 800m (S), 1500m (G)
Under 14 Girls	Justine Bishop Sara-Jane Merlino	1500m Walk 1500m (9)
Under 15 Girls	Rachel Banks Caitlin Borchert Stacey Hearne Danielle McLeod-Robertson Lara Rudkin Kate Stanley	100m, 200m Shotput 100m (G), 200m (G), Long Jump Long Jump (B), Triple Jump (S), High Jump (8), Discus (B), Javelin (S) 800m (9) 1500m Walk (8), 90m Hurdles
Under 15 Boys	Clayton Hollywood Aaron Massingham Daniel Woods	200m, 400m, 800m (B), Discus Shotput (6), Discus (9), Javelin 400m, 1500m Walk (S), Pentathlon

Those events listed in **bold** type indicate Medal earned in the event.
Our tally at the 2006 State Championships numbered 13 (5 Gold, 7 Silver, 1 Bronze)

Centre Best Performances at:

CENTRE COMPETITION (records commencing 1992/1993 Season)

GIRLS		TRACK		Boys			
70 METRES							
U/6	A Hagan*	12.7	94/95	U/6	Z Dennis* J Jones	12.7	2002/03 2005/06
U/7	A Cusack	12.1	92/93	U/7	Z Dennis	12.3	2003/04
U/8	A Booth	11.4	94/95	U/8	S Baker Z Dennis	11.1	93/94 2004/5
U/9	T O'Shea	10.7	2001/02	U/9	D Porteous	10.7	92/93
U/10	T Booth*	10.6	94/95	U/10	M Lagos* J Melville*	10.2 10.2	94/95 94/95
100 METRES							
U/6	K Booth	18.6	94/95	U/6	Z Dennis	18.6	2002/03
U/7	A Cusack*	17.2	92/93	U/7	P Melville	17.0	94/95
U/8	A Cusack	15.9	93/94	U/8	S Baker	15.2	93/94
U/9	T O'Shea	15.3	2001/02	U/9	D Irvine	15.1	93/94
U/10	T O'Shea	14.8	2002/03	U/10	M Lagos	14.2	94/95
U/11	C Tolhopf	14.0	93/94	U/11	T Brimble	13.8	2004/05
U/12	C Rowe	13.6	97/98	U/12	D Irvine*	12.5	96/97
U/13	G Bright*	13.0	94/95	U/13	D Irvine	12.3	97/98
U/14	G Bright	12.5	95/96	U/14	N Carr* D Laurie*	11.7 11.7	93/94 2001/02
U/15	A Turner	12.7	99/00	U/15	N Carr	11.4	94/95
U/16				U/16	M Banks	12.5	2003/04
U/17				U/17	S Macoun	12.6	2000/01
200 METRES							
U/7	A Cusack A Booth	38.5 38.5	92/93 93/94	U/7	Z Dennis*	38.5	2003/04
U/8	A Booth	35.4	94/95	U/8	L Taylor	33.9	94/95
U/9	A Booth	33.4	95/96	U/9	D Irvine	34.2	93/94
U/10	A Booth*	32.2	96/97	U/10	C Cameron*	31.7	2003/04
U/11	A Booth*	30.8	97/98	U/11	D Francis	29.9	96/97
U/12	C Rowe A Booth*	29.5 29.5	97/98 98/99	U/12	D Irvine*	27.4	96/97
U/13	G Bright*	27.5	94/95	U/13	D Irvine	26.1	97/98
U/14	A Smith*	27.4	94/95	U/14	D Laurie	24.9	2001/02
U/15	A Turner	27.1	99/00	U/15	N Carr*	23.4	94/95
U/16				U/16	S McLeod- Robertson	25.2	2003/04
U/17				U/17	S Macoun	27.0	2000/01

(*recorded at Centre Championships)

U/16 & U/17 included as from 2000/01 season

Event records listed in **bold type** indicate new record set in the last season's Competition.

Centre Best Performances at:

CENTRE COMPETITION (records commencing 1992/1993 Season)**TRACK****GIRLS****Boys****400 METRES**

U/9	T O'Shea*	1.14.0	2001/02	U/9	J Shyu	1.18.5	2002/03
U/10	T O'Shea	1.10.5	2002/03	U/10	S Robertson	1.11.5	93/94
U/11	C Tolhopf	1.07.7	93/94	U/11	C Tonkin	1.09.4	93/94
U/12	C Tolhopf	1.06.7	94/95	U/12	S Robertson	1.00.9	95/96
U/13	C Tolhopf	1.01.7	95/96	U/13	S Robertson	1.00.3	96/97
U/14	C Tolhopf	1.00.7	96/97	U/14	D Laurie	56.4	2001/02
U/15	C Tolhopf	1.01.7	97/98	U/15	D Laurie*	54.6	2002/03
U/16				U/16	M Banks	1.00.1	2003/04
U/17				U/17	S Macoun	1.01.2	2000/01

800 METRES

U/9	K Booth*	3.03.2	97/98	U/9	J Wichgers	2.58.5	93/94
U/10	T O'Shea	2.40.6	2002/03	U/10	R Yates	2.45.2	92/93
U/11	C Tolhopf*	2.37.0	93/94	U/11	R Yates	2.38.2	93/94
U/12	C Tolhopf	2.30.8	94/95	U/12	S Robertson	2.27.2	95/96
U/13	C Tolhopf*	2.25.4	95/96	U/13	S Robertson*	2.23.1	96/97
U/14	C Tolhopf	2.23.6	96/97	U/14	C Buckley*	2.22.0	93/94
U/15	C Tolhopf	2.30.8	97/98	U/15	M Yates	2.10.4	95/96
U/16				U/16	M Banks	2.31.9	2003/04
U/17				U/17	S Macoun	2.45.0	2000/01

1500 METRES

U/11	A Hagan*	5.41.8	99/2000	U/11	M Woods*	5.32.8	2003/04
U/12	A Hagan*	5.32.8	2000/01	U/12	M Woods (e*)	5.11.7	2004/05
U/13	C Tolhopf	5.18.8	95/96	U/13	M Woods*	4.51.5	2005/06
U/14	C Tolhopf	5.22.2	96/97	U/14	C Buckley	4.53.5	93/94
U/15	C Tolhopf	5.30.2	97/98	U/15	M Yates*	4.33.4	95/96
U/16				U/16	M Banks	6.17.0	2003/04
U/17				U/17	S Macoun	6.05.0	2000/01

(*recorded at Centre Championships)

U/16 & U/17 included as from 2000/01 season

Centre Best Performances at:

CENTRE COMPETITION (records commencing 1992/1993 Season)**TRACK****GIRLS****Boys****300 METRE WALK**

U/8	A Macoun*	1.47.2	93/94	U/8	B Cox	1.55.3	92/93
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700 METRE WALK

U/9	S Bishop	4.28.9	95/96	U/9	B Cox	4.25.9	93/94
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1100 METRE WALK

U/10	S Bishop*	6.41.1	96/97	U/10	T Brimble	6.30.9	2003/04
U/11	S Bishop	6.30.1	97/98	U/11	M Woods	6.30.8	2003/04

1500 METRE WALK

U/12	S Bishop	9.18.1	98/99	U/12	K Lacey	8.20.2	94/95
U/13	E Wichgers*	8.16.3	94/95	U/13	D Woods	8.09.9	2003/04
U/14	S Bishop*	8.38.7	2000/01	U/14	D Woods	7.51.5	2004/05
U/15	S Bishop	9.01.8	2001/02	U/15	K Lacey	7.35.1	97/98
U/16				U/16			
U/17				U/17	S Macoun	10.31.0	2000/01

60 METRES HURDLES

U/8	A Cusack	12.0	93/94	U/8	S Baker	11.8	93/94
	A Booth*	12.0	94/95		L Tilney	11.8	2000/01
					Z Dennis*	11.8	2004/05
U/9	A Booth*	10.7	95/96	U/9	Z Dennis*	10.7	2005/06
U/10	A Booth*	10.8	96/97	U/10	C Cameron*	10.6	2003/04
U/11	R Cook*	9.9	2002/03	U/11	T Brimble(e*)	10.1	2004/05
U/12	A Booth	9.9	98/99	U/12	C Cusack	10.2	93/94
					D Porteous*	10.2	95/96
					S Robertson	10.2	95/96
					D Melville	10.2	99/2000

80 METRES HURDLES

U/13	A Booth*	13.2	99/2000	U/13	S McLeod-Robertson	13.7	2000/01
U/14	A Booth	12.8	2000/01				

90 METRES HURDLES

U/15	K Norman*	13.7	94/95	U/14	J McGuigan*	13.3	93/94
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100 METRES HURDLES

				U/15	N Carr*	13.3	94/95
				U/16	J Fraser	15.0	2000/01
				U/17	S Macoun	14.3	2000/01

200 METRES HURDLES

U/13	C Rowe*	32.1	98/99	U/13	J Briggs	30.2	98/99
U/14	H Cook*	31.1	2002/03	U/14	N Morris*	30.0	2003/04
U/15	A Smith	28.2	95/96	U/15	S McLeod-Robertson*	27.6	2002/03
U/16				U/16			
U/17				U/17	S Macoun	29.0	2000/01

(*recorded at Centre Championships)

U/16 & U/17 included as from 2000/01 season

Centre Best Performances at:

CENTRE COMPETITION (records commencing 1992/1993 Season)

FIELD

GIRLS **Boys**

SHOT PUT

U/6	B Horvat	4.29	2003/04	U/6	Z Dennis	5.30	2002/03
U/7	K Rosman	5.83	92/93	U/7	K Hogan*	6.54	2003/04
U/8	K Rosman*	6.53	93/94	U/8	Z Brnabic	7.56	2004/05
U/9	K Rosman	6.40	94/95	U/9	B Lau	7.46	2005/06
U/10	H McArdeil	7.38	2001/02	U/10	M Alexander	9.27	2004/05
U/11	A Booth*	9.27	97/98	U/11	T Brimble	11.60	2004/05
U/12	N Whitmore*	12.40	92/93	U/12	C Cameron	9.55	2005/06
U/13	N Whitmore	10.98	93/94	U/13	J Law	11.51	2000/01
U/14	N Whitmore	11.55	94/95	U/14	T Bradley*	11.32	93/94
U/15	A Booth	11.73	2001/02	U/15	M Whitmore	13.23	92/93
U/16				U/16	S McLeod-Robertson	12.04	2003/04
U/17				U/17	S Macoun	11.88	2000/01

DISCUS

U/6	E Cantwell	10.29	98/99	U/6	Z Dennis*	13.40	2002/03
U/7	J Melville	18.02	2003/04	U/7	Z Brnabic*	18.45	2003/04
U/8	K Rosman	17.76	93/94	U/8	Z Brnabic	20.10	2004/05
U/9	A Booth	22.54	95/96	U/9	S Mavrik	24.10	2001/02
U/10	H McArdeil	26.50	2001/02	U/10	C Cameron	32.02	2003/04
U/11	T O'Shea	23.45	2003/04	U/11	T Brimble	32.90	2004/05
U/12	N Whitmore*	32.38	92/93	U/12	C Cameron*	35.99	2005/06
U/13	A Wakeford	36.29	2001/02	U/13	A Hogan*	33.82	2001/02
U/14	A Wakeford	31.36	2002/03	U/14	S McLeod-Roberston	36.78	2001/02
U/15	N Whitmore	38.46	95/96	U/15	S McLeod-Robertson	44.10	2002/03
U/16				U/16	S McLeod-Robertson	46.04	2003/04
U/17				U/17	S Macoun	36.82	2000/01

JAVELIN

U/11	S Bishop	23.70	97/98	U/11	T Brimble	28.49	2004/05
U/12	N Whitmore*	28.32	92/93	U/12	C Cusack	31.90	93/94
U/13	S Bishop	35.82	99/2000	U/13	J McGuigan	36.34	92/93
U/14	A Booth	33.39	2000/01	U/14	J McGuigan	47.24	93/94
U/15	L Garwood	37.30	94/95	U/15	M Whitmore	47.86	92/93
U/16				U/16	M Banks	44.87	2003/04
U/17				U/17	S Macoun	40.64	2000/01

(*recorded at Centre Championships)

U/16 & U/17 included as from 2000/01 season

Centre Best Performances at:

CENTRE COMPETITION (records commencing 1992/1993 Season)

GIRLS		FIELD		Boys			
HIGH JUMP							
U/9	A Macoun	1.12	94/95	U/9	Z Dennis	1.20*	2005/06
U/10	H Joye *	1.21	2005/06	U/10	C Cameron	1.31	2003/04
U/11	S Horrocks	1.30	92/93	U/11	C Cameron	1.37	2004/05
U/12	S Horrocks	1.45	93/94	U/12	M Bell	1.56	92/93
U/13	S Horrocks	1.48	94/95	U/13	M Bell	1.63	93/94
	R Cook *	1.48	2004/05		D Irvine	1.63	97/98
U/14	V Vrbancic*	1.54	2000/01	U/14	G Trenton	1.80	92/93
U/15	A Macoun	1.55	2000/01	U/15	G Trenton*	1.90	93/94
U/16				U/16	M Banks	1.55	2003/04
U/17				U/17	S Macoun	1.58	2000/01

TRIPLE JUMP

U/10	K Robertson*	8.58	95/96	U/10	R Yates*	8.59	92/93
U/11	S Horrocks	8.92	92/93	U/11	R Yates	8.88	93/94
					T Brimble (T)	9.47	2004/05
U/12	L Allen*	9.67	98/99	U/12	D Irvine*	10.05	96/97
U/13	K Booth	10.02	2001/02	U/13	S McLeod-Robertson	10.24	2000/01
U/14	R Williams*	10.54	2003/04	U/14	G Trenton*	11.90	92/93
U/15	A Turner	10.99	99/00	U/15	S McLeod-Robertson	12.56	2002/03
U/16				U/16	S McLeod-Robertson	12.91	2003/04
U/17				U/17	S Macoun*	10.64	2000/01

LONG JUMP

U/6	A Hagan*	2.80	94/95	U/6	Z Dennis	2.94	2002/03
U/7	K Booth	3.03	95/96	U/7	Z Dennis	3.16	2003/04
U/8	A Cusack	3.42	93/94	U/8	S Baker	3.69	93/94
U/9	A Booth	3.70	95/96	U/9	Z Dennis*	3.94	2005/06
U/10	K Robertson	4.02	95/96	U/10	R Yates	4.00	92/93
					C Cameron (T)	4.43	2003/04
U/11	A Booth	4.24	97/98	U/11	C Tonkin	4.34	93/94
					C Cameron (T)*	4.79	2004/05
U/12	G Bright	4.42	93/94	U/12	M Bell	4.85	92/93
U/13	G Bright	4.60	94/95	U/13	J McGuigan*	4.97	92/93
U/14	K Norman	4.82	93/94	U/14	J McGuigan	5.43	93/94
U/15	K Norman*	5.12	94/95	U/15	T Chansisourath	5.83	92/93
					S McLeod-Robertson		2002/03
U/16				U/16	S McLeod-Robertson	6.36	2003/04
U/17				U/17	S Macoun	5.30	2000/01

(*recorded at Centre Championships)

U/16 & U/17 included as from 2000/01 season

Centre Best Performances at:

CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)**TRACK****GIRLS****Boys****400 METRES**

U/9	T O'Shea	1.14.0	2001/02	U/9	B Clegg C Tonkin	1.15.9 1.15.9	83/84 91/92
U/10	T O'Shea	1.12.2	2002/03	U/10	B Clegg	1.11.1	84/85
U/11	C Tolhopf	1.07.9	93/94	U/11	W Chesher	1.09.2	87/88
U/12	C Friend	1.06.8	2000/01	U/12	S Robertson	1.04.7	95/96
U/13	C Tolhopf	1.03.3	95/96	U/13	D Laurie	1.01.3	2000/01
U/14	C Friend	1.03.3	2002/03	U/14	D Laurie	56.6	2001/02
U/15	C Friend	1.02.7	2003/04	U/15	D Laurie	54.6	2002/03
U/16				U/16	M Banks	1.01.7	2003/04
U/17				U/17	S Macoun	1.11.9	2000/01

800 METRES

U/9	K Booth	3.03.2	97/98	U/9	W Chesher	2.48.7	85/86
U/10	C Tolhopf	2.48.4	92/93	U/10	W Chesher	2.42.6	86/87
U/11	C Tolhopf	2.37.0	93/94	U/11	W Chesher	2.36.7	87/88
U/12	C Friend	2.41.2	2000/01	U/12	S Robertson	2.32.5	95/96
U/13	C Tolhopf	2.25.4	95/96	U/13	S Robertson	2.23.1	96/97
U/14	C Tolhopf	2.28.3	96/97	U/14	C Buckley	2.22.0	93/94
U/15	C Friend	2.34.8	2003/04	U/15	M Yates	2.10.4	95/96
U/16				U/16			
U/17				U/17	S Macoun	3.26.6	2000/01

1500 METRES

U/11	A Hagan	5.41.8	99/2000	U/11	J Leighton	5.26.8	91/92
U/12	A Hagan	5.32.8	2000/01	U/12	M Woods	5.11.7	2004/05
U/13	C Tolhopf	5.20.4	95/96	U/13	M Woods	4.51.5	2005/06
U/14	N Brown	5.29.8	95/96	U/14	C Buckley	4.53.5	93/94
U/15	A Yates	5.56.9	92/93	U/15	M Yates	4.33.4	95/96
U/16				U/16	M Banks	7.29.4	2003/04
U/17				U/17			

Centre Best Performances at:

CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)**TRACK****GIRLS****Boys****300 METRE WALK**

U/8	A Macoun	1.47.2	93/94	U/8	B Cox	2.01.4	92/93
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700 METRE WALK

U/9	A Alaia	4.00.6	91/92	U/9	G Sutherland	3.55.7	91/92
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1100 METRE WALK

U/10	S Bishop	6.41.1	96/97	U/10	J Shyu	6.40.9	2003/04
U/11	S Bishop	6.32.3	97/98	U/11	L Robinson	6.59.9	2001/02

1500 METRE WALK

U/12	A Alaia	9.22.2	94/95	U/12	R Cottle	8.02.1	89/90
U/13	S Bishop	8.23.3	99/00	U/13	B Cox	8.13.4	97/98
U/14	S Bishop	8.38.7	2000/01	U/14	R Cottle	7.59.8	93/94
U/15	L Weier	9.28.3	2002/03	U/15	K Lacey	7.49.9	97/98
U/16				U/16			
U/17				U/17			

60 METRES HURDLES

U/8	A Booth	12.0	94/95	U/8	Z Dennis	11.8	2004/2005
U/9	A Booth	10.7	95/96	U/9	Z Dennis	10.7	2005/06
U/10	A Booth	10.8	96/97	U/10	C Cameron	10.6	2003/04
U/11	R Cook	9.9	2002/03	U/11	T Brimble	10.1	2004/05
U/12	A Booth	10.0	98/99	U/12	D Porteous	10.2	95/96
					S Robertson	10.2	95/96
					D Melville	10.2	99/2000

80 METRES HURDLES

U/13	A Booth	13.2	99/2000	U/13	S McLeod-Robertson	13.7	2000/01
U/14	K Norman	13.2	93/94				

90 METRES HURDLES

U/15	K Norman	13.7	94/95	U/14	J McGuigan	13.3	93/94
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100 METRES HURDLES

				U/15	N Carr	13.3	94/95
				U/16			
				U/17	S Macoun	15.3	2000/01

200 METRES HURDLES

U/13	C Rowe	32.1	98/99	U/13	J Law	30.3	2000/01
U/14	H Cook	31.1	2002/03	U/14	N Morris	30.0	2003/04
U/15	A Smith	31.3	95/96	U/15	S McLeod-Robertson	27.6	2002/03
U/16				U/16			
U/17				U/17			

Centre Best Performances at:

CENTRE CHAMPIONSHIPS (records commencing 1983/1984 Season)

FIELD

GIRLS **Boys**

HIGH JUMP

U/9	A Hagan	1.08	97/98	U/9	Z Dennis	1.120	2005/06
U/10	S Horrocks	1.28	91/92	U/10	C Tonkin	1.26	92/93
U/11	K Robertson	1.23	96/97	U/11	M Bell	1.39	91/92
U/12	R Cook	1.41	2003/04	U/12	B Foat	1.54	89/90
U/13	R Cook	1.48	2004/05	U/13	B Foat	1.51	90/91
U/14	V Vrbancic	1.54	2000/01	U/14	J McGuigan	1.71	93/94
U/15	A Macoun	1.55	2000/01	U/15	G Trenton	1.90	93/94
U/16				U/16			
U/17				U/17	S Macoun	1.50	2000/01

TRIPLE JUMP

U/10	S Horrocks	8.69	91/92	U/10	R Yates	8.59	92/93
U/11	K Robertson	8.83	96/97	U/11	B Foat (G) T Brimble (T)	9.40 9.44	88/89 2004/05
U/12	L Allen	9.67	98/99	U/12	D Irvine	10.05	96/97
U/13	K Booth	10.02	2001/02	U/13	B Foat	10.49	90/91
U/14	R Williams	10.54	2003/04	U/14	G Trenton	11.90	92/93
U/15	K Norman	10.30	94/95	U/15	S McLeod- Robertson	12.45	2002/03
U/16				U/16			
U/17				U/17	S Macoun	10.64	2000/01

LONG JUMP

U/6	A Hagan	2.80	94/95	U/6	Z Dennis	2.77	2002/03
U/7	C Shipp	3.06	84/85	U/7	M Meizer	3.30	89/90
U/8	L McLachlan	3.31	84/85	U/8	W Chesher (G) Z Dennis (T)	3.52 3.68	84/85 2004/05
U/9	T O'Shea	3.69	2001/02	U/9	Z Dennis	3.94	2005/06
U/10	S Horrocks	4.09	91/92	U/10	G Miskowycz	4.27	88/89
U/11	R Bielak-King	4.33	89/90	U/11	B Foat (G) C Cameron (T)	4.72 4.79	88/89 2004/05
U/12	K Norman	4.60	91/92	U/12	B Foat	4.87	89/90
U/13	L McLachlan	4.83	89/90	U/13	J McGuigan	4.97	92/93
U/14	L McLachlan	4.93	90/91	U/14	M Whitmore T Chansisourath	5.67 5.67	91/92 91/92
U/15	K Norman	5.12	94/95	U/15	N Morris	5.82	2004/05
U/16				U/16			
U/17				U/17			

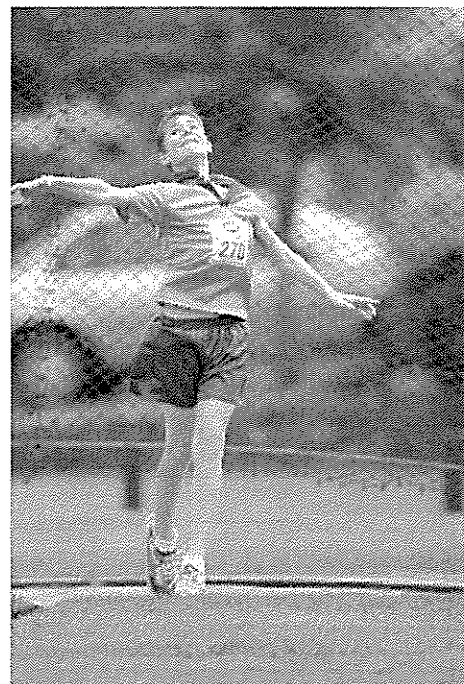
State / National Achievements

Current Queensland Best Performances held by Present or Past Alqester Athletes

<u>Age Group</u>	<u>Athlete</u>	<u>Events</u>	<u>Year</u>	<u>Performance</u>
U/13 Girls	Aleta Booth	80m Hurdles	2000	12.85
U/15 Boys	Scott McLeod-Robertson	Triple Jump	2003	13.27m
U/15 Girls	Kathleen Norman	Long Jump	1995	5.74m

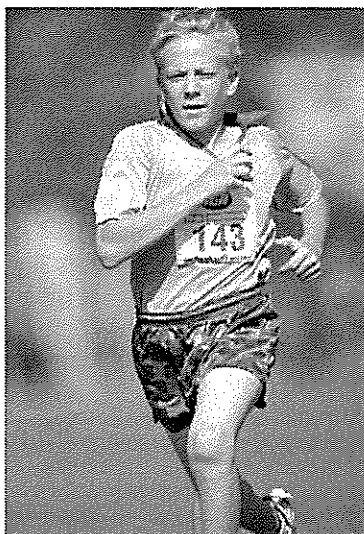
State Relay Queensland Best Performances

<u>Age Group</u>	<u>Athletes</u>	<u>Events</u>	<u>Year</u>	<u>Performance</u>
U/9 Girls	Stacey Rosman, Nicole Whitmore	Shot Put	1989	12.71
U/10 Boys	Michael Slater, Ben Foat	High Jump	1989	2.56
U/11 Boys	Clay Cameron, Tyrone Brimble	Discus	2004	58.17m
U/14 Girls	Leanne McLachlan , Renee Varney	Long Jump	1990	10.23



Algester Athletes who have represented Queensland at the Australian Little Athletics Championships

<u>Venue</u>	<u>Year</u>	<u>Age Group</u>	<u>Athletes</u>	<u>Events</u>
Launceston	1990	U/12 Boys	Ben Foat	High Jump, Triple Jump, Discus
Perth	1992	U/12 Boys	Ross Cottle	1500m, 1500m Walk
		U/12 Girls	Lisa Garwood	Shotput, Discus, Javelin
Melbourne	1993	U/13 Boys	Clinton Buckley	800m, 1500m
		U/13 Girls	Kathleen Norman	High Jump, Triple Jump, 1500m Walk
			Lisa Garwood	Shotput, Discus, Javelin, Relay
Adelaide	1994	U/15 Girls	Kelly Urwin	Pentathlon
		U/13 Girls	Nicole Whitmore	Shotput, Discus, Javelin
			Alana Smith	200m, 400m, Relay
Darwin	1995	U/13 Girls	Emma Wichgers ©	800m, 1500m
			Gemma Bright	100m, 200m, Relay
		U/15 Girls	Kathleen Norman	Pentathlon
Brisbane	1996	U/13 Boys	Kevin Lacey	1500m, 1500m Walk
		U/13 Girls	Carla Tolhopf	400m, 800m
Hobart	1998	U/13 Boys	David Irvine	100m, 200m, High Jump, Relay
Perth	2000	U/13 Girls	Linda Allen	Long Jump, Triple Jump, 200m, Relay
			Samantha Bishop	Javelin, 1500m Walk
			Aleta Booth	Javelin, 80m Hurdles, 100m, Relay
Adelaide	2002	U/13 Girls	Angela Hagan	Javelin, 1500m
Gold Coast	2003	U/13 Girls	Rebecca Williams	200m, 400m, Triple Jump, Relay
Sydney	2004	U/15 Girls	Hayley Cook	Pentathlon
Hobart	2005	U/13 Girls	Renee Cook	80m Hurdles, Javelin, Relay
Canberra	2006	U/13 Boys	Matthew Woods	1500m Walk, 1500m



**Performance by Algester Athletes representing Queensland at the
Australian Little Athletics Championships.**

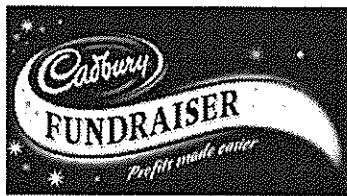
U/12 Boys	1990	Launceston	Benjamin Foat	Discus High Jump Triple Jump	23.64m 1.50m 8.31m	
U/12 Boys	1992	Perth	Ross Cottle	1500m	5.26.6	
U/12 Girls			Lisa Garwood	Shotput Discus Javelin	10.52m 25.76m 24.10m	
U/13 Boys	1993	Melbourne	Clinton Buckley	800m 1500m	2.21.0 4.39.8	
U/13 Girls			Lisa Garwood	Javelin	34.34m	Silver
			Kathleen Norman	Triple Jump High Jump 1500m Walk	9.96m 1.45m 10.37.5	
U/13 Girls	1994	Adelaide	Nicole Whitmore	Shotput Discus	11.33m 32.42m	
			Alana Smith	200m 4 x 100m Relay	26.5 51.0	Silver
U/13 Girls	1995	Darwin	Emma Wichgers ©	1500m	5.22.8	
			Gemma Bright	100m	12.7	
U/15 Girls			Kathleen Norman	Pentathlon	3429 points	Silver
U/13 Boys	1996	Brisbane	Kevin Lacey	1500m Walk	8.12.3	
U/13 Girls			Carla Tolhopf	400m 800m	59.8 2.25.7	Silver
U/13 Boys	1998	Hobart	David Irvine	100m 200m High Jump 4 x 100m Relay	12.2 25.9 1.61m	Bronze
U/13 Girls	2000	Perth	Linda Allen	200m Long Jump Triple Jump 4 x 100m Relay	27.7 4.30m 10.55m 52.5	
			Samantha Bishop	1500m Walk Javelin	8.38.8 34.72m	
			Aleta Booth	100m 80m Hurdles Javelin 4 x 100m Relay	13.0 12.6 29.85m 52.5	Gold
U/13 Girls	2002	Adelaide	Angela Hagan	1500m Javelin	5.40.9 34.06m	
U/13 Girls	2003	Gold Coast	Rebecca Williams "Girls Most Valuable Performer 2003"	200m 400m Triple Jump 4 x 100m Relay	28.2 1.04.8 10.40m 52.3	=Bronze
U/15 Girls	2004	Sydney	Hayley Cook	Pentathlon	3052 pts	8
U/13 Girls	2005	Hobart	Renee Cook	80m Hurdles Javelin 4 x 100m Relay	13.48 23.40m 53.05	(6) (11) (4)
U/13Boys	2006	Canberra	Matthew Woods	1500m Walk 1500m	8.30.1 4.43.0	(6) (6)

Centre Best Performances for Centre Championship Events No Longer Completed

Track						
BOYS				GIRLS		
	70 Metres					
U 11	J Kliver	10.9	83/94	K Duffy	10.7	83/84
U 12	S Duffy	10.5	83/84	G Ferguson	10.8	83/84
	80 Metres					
U 7	G Miskowycz	13.4	85/86	J Ward	13.9	85/86
				L Blackmore	13.9	86/87
U 8	M Whitmore	12.5	85/86	C Shipp	13.1	85/86
U 9	M Whitmore	12.1	86/87	K Urwin	13.0	86/87
U 10	D Blackmore	11.5	86/87	T Miskowycz	12.8	85/86
	400 Metres					
U 8	W Chesher	1.20.6	84/85	L McLachlan	1.24.0	84/85
	300m Walk					
U 6	S Burns	2.50.8	92/93	C Wichgers	2.07.6	93/94
U 7	C Clout	2.18.3	93/94	C Wichgers	1.52.7	94/95
	400m Walk					
U 7	B Cox	2.49.0	91/92	A Cusack	2.52.2	91/92
U 8	S Cusack	3.00.5	91/92			
	800m Walk					
U 9	D Duffy	5.14.9	85/86	K Johnston	5.15.3	85/86
U 10	C Gell	5.30.5	84/85	P Stevens	5.32.4	87/88
	A Gardiner*	5.30.5	84/85			
	60m Hurdles (5 Flights)					
U 6				L Hall	16.0	92/93
U 7	T Urwin	12.9	91/92	S Bishop	12.3	93/94
				V Vrbancic	12.3	93/94
U 8	C Bougoure	11.2	86/87	L McLachlan	11.5	84/85
U 9	D Blackmore	10.2	85/86	R Varney	11.5	85/86
U 10	C Cusack	9.9	91/92	R Varney	10.4	86/87
U 11	B Foat	9.9	88/89	S Horrocks	10.3	92/93
U 12	J McGuigan	9.3	91/92	R Varney	9.9	88/89
	80m Hurdles (8 Flights)					
U 13	S Duffy	13.4	84/85	G Ferguson	14.1	84/85
U 14				G Ferguson	14.8	85/86
	90m Hurdles (8 Flights)					
U 13	M Whitmore	14.1	90/91	R Varney	15.2	89/90
U 14	G Trenton	13.5	92/93	K Urwin	13.9	91/92
U 15	M Whitmore	13.7	92/93	K Urwin	14.1	92/93
	200m Hurdles (6 Flights)					
U 13	B Foat	33.0	90/91	K Urwin	30.8	90/91
U 14	G Trenton	29.0	92/93	K Urwin	31.0	91/92
U 15	M Whitmore	29.4	92/93	K Urwin	32.3	92/93
	Field					
	Shot Put					
U 8	M Meizer (1kg)	8.98	90/91	N Whitmore (1kg)	8.37	88/89
U 11	C Cusack (3kg)	6.92	92/93			
	Discus					
U 7	M Meizer (500gm)	16.06	89/90	N Whitmore (500gm)	17.30	87/88
U 8	S Cusack (350gm)	16.74	91/92	K Rosman (350gm)	15.98	93/94
U 13				N Whitmore (1kg)	29.0	93/94
	High Jump					
U 8	W Chesher	0.98	84/85	E Pursey	0.98	84/85
	Javelin					
U 13				S Rosman (600gm)	27.94	93/94

Queensland Little Athletics Association

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Centre Year Book*



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Family

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Fitness