



REGAL RACER

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Winter 2009: Issue 1 Saturday 4th April 2009

Winter Is Here!

Welcome to 'Regal's' first event for the 2009 Winter season. As in previous seasons we will be hosting events throughout the winter season to compliment competition offered by Athletics NSW and Athletics Australia. There are a few changes from previous years which you should be aware of.

1) Athletics NSW is changing the registration period to align with Little Athletics. The 2009 season will run for six (6) months beginning April 1 and concluding September 30 due to proposed changes to By Laws to shift the start of the season to 1 October. Athletes who are registered in the 2009 season (6 months) will be required to re-register to compete after September 30. Please contact your senior athletics club (e.g. Asics West) or Athletics NSW if you have any questions. As we are a specialist club you must be a member of a senior athletics club.

2) Due to construction occurring at our Tempe venue we will be unable to hold an event at this location throughout the winter season. We will continue to monitor the venue and are hopeful we will be back at this venue in the future.

3) After the success of our first event on the Central Coast throughout our summer season, I am pleased to announce that we will be returning to the Central Coast on 9th May. We will also be travelling once again to North Wollongong on 1st August as we continue to cater for as many race walkers as possible throughout NSW.

4) It is the club's turn this year to host 2 of the 3 winter race walking championships on behalf of Athletics NSW. The NSW Teams Walk will be conducted by the club on Sunday 24th May, with the 2nd Championship event, the NSW Long Walks, to be conducted on Sunday 26th July. Both events are to be held at our course at Narellan. We will require as many officials and volunteers as possible to conduct these events successfully so please do your best to make yourself, family or friends available on these days to assist.

Registration forms are available today for you to complete. It would be greatly appreciated if you could ensure you fill out 1 form per person joining. This helps us to ensure we collect everyone's details correctly. For those who join you will receive a detailed winter program which includes information on all Championships events to be conducted throughout the season. If you have any questions or are unsure on anything please do not hesitate to ask.

In Athletics NSW news, officials nominations for Winter 2009 competitions are now being called for. All officials wishing to be considered for selection in the Winter round of nominations in one or more of the Athletics NSW competitions should complete the nomination form before the closing date. Officials are able to



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complete the official's availability form online or via the word document on the webpage. Nominations will close on **Wednesday 8th April 2009** for the competitions during Winter 2009. Below are details on official seminars/exam opportunities over the next couple of weeks.

- Officials Seminar/Exam: Hexham Bowling Club on **Sunday 19th April**. Seminar will be 9am - Midday. B and C Level Examinations to take place from 1pm. To book a place or for more information contact Marilyn Urane 0402 024 954.
- Officials Exams: Tuesday 14th April 2009 at Sports House, Sydney Olympic Park 6:15pm for 6:30pm start. The exams available for both Level B and C are: Track, Walks, Throws, Jumps, Out of Stadium, Administration, Technical. If you are interested in completing one or more of the above exams, please contact Mary Macaluso at ANSW. For ALL Level A exams please contact Mary Macaluso for more details.

The following information has been released by ANSW for coaches and those wishing to become a coach.

- Please read the Athletics Coach Accreditation Framework Summary of information & FAQ from the information session held on Wednesday 25th March 2009. This information can be found in the coaches section of the Athletics NSW website- www.nswathletics.org.au/
- COACH the COACH 2009 May 1-3, 2009, Bathurst NSW - Hosted by Western Region Academy of Sport. We've assembled an incredible lineup of experts with practical real world experience, who will showcase emerging practice, new technologies and trends for sports coaches. Keeping up to date with rapidly changing industry developments in the current climate is vital, and there's no better place you can do that than Coach the Coach 2009. The COACH the COACH conference provides coaches of all levels with a unique development and networking opportunity. For more information visit www.coachthecoach.com.au Register before the 9 April 2009

There are currently a couple of scholarship/grants seeking applications:

- The 2009 Women's Sport Leaders Scholarship Program gives women the skills and confidence to succeed in their sport – on boards, as decision-makers and as coaches, officials and players. If you're a paid or volunteer coach, official or administrator, this scholarship program gives you the training and support to make a big difference in your sport. Scholarships are offered in five categories. Applications close 15th April 2009. For more information please check the Development-Grant section of the Athletics NSW website.
- The Woolworths Community Grant- Applications close 11.59pm Monday April 6th 2009. For details please check the website- <http://www.freshfoodkids.com.au/community/community-grants/>

Congratulations and good luck to the following 'Regal' members who have been named as finalist in the 2009 Athletics NSW Annual Awards. Winners will be announced at the awards dinner on Saturday 18th April.

- Walks Masters - Nancy Lloyd (UTN), Jim Seymon (UTN)
- Walks Open - Luke Adams (BAN), Jane Saville (RBH)
- Richard Coombes Memorial Award for Most Outstanding Male Athlete - Luke Adams (BAN)
- R.H. North/W.Wilson Award for Most Outstanding Female Athlete - Jane Saville (RBH)



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Happy Birthday

A big 'Regal' happy birthday to the following members who celebrate their special day:

- Friday 3rd April- Andrew Smith
- Tuesday 7th April- Maryanne Shaw

A reminder to all walkers that the following events are being held over the next couple of weeks:

- Saturday 11th April– Club event at Leichhardt
- Saturday 18th April– Club event at Narellan
- Saturday 25th April– Club event at Georges Hall
- Saturday 2nd May– Club event at Five Dock
- Saturday 9th May– Club event at Central Coast
- Saturday 16th May– Club event at Chipping Norton– Handicap Start

Quote of the Week: “The optimist sees opportunity in every danger; the pessimist sees danger in every opportunity” Sir Winston Churchill

Renée Cassell
Vice President