



# Footprint



2016/2017 Season

August Pre-Season Edition

**JOIN US at RYDE LITTLE ATHLETICS**



skill  
development

self-esteem

fun

friendships

family  
interaction

sportsmanship

fitness

*what we offer*

*Did you know?*

**ATHLETICS IS THE FOUNDATION FOR ALL SPORTS**

**SATURDAY MORNINGS - September thru to March - Dunbar Park, Sobraon Rd, Marsfield**

More info at: [www.ryde-athletics.org.au](http://www.ryde-athletics.org.au)

Enquiries at: [registrar@ryde-athletics.org.au](mailto:registrar@ryde-athletics.org.au)

**ONLINE REGISTRATIONS OPEN NOW**

## Thank you for registering with Ryde Athletics.

Ryde Athletics would like to welcome all our new athletes and families. We would also like to welcome back all our previous members. The Ryde Athletics committee is confident that all registered athletes and their families will have a fun season of athletics. The countdown has begun with a few days to go. We look forward to seeing you all down at the track for warm up at 8:15am on Saturday 3rd September. For those athletes participating in the 1500m or discus we will see you earlier at the new time of 7:45am or 8am. We look forward to meeting all of our new members as well as seeing the many familiar faces of our returning members.

If you need to finalise your registration, collect numbers and buy uniforms, please ensure you arrive early and allow enough time for your athlete to get organised. Committee members will be there from 7:45 to assist.

**REMINDER:** To ensure that your child is safe during the morning competition a parent/guardian must remain at Dunbar Park at all times. In case of an injury it is extremely important for a parent or guardian to be present.

### Registration Update

Olympic Fever hit Ryde Athletics this year with registrations filling up fast. At the moment the number of registered athletes is over 600 and it is still rising. Ryde Athletics welcomes all new athletes. **Registrations are still OPEN!** It is not too late to register. In fact, you may register for most of the season. Ryde Athletics encourages you to invite all your friends to register for a season of athletics fun. Many age groups are filling fast and are nearing capacity. To ensure that any athletes don't miss out. **Register NOW!**

Please visit our website <http://ryde-athletics.org.au/> Any enquiries can be made through our contact form on the website or contact Jane 0412433550.

# Dunbar Park Track Improvements



The new Club President, David Sunderland with the help of his hard working and dedicated committee have been ensuring that Ryde Athletics Centre is ready for the influx of athletes expected to participate in this Olympic Year.

Substantial upgrades have occurred to the club's facilities both on and off the track. The clubhouse has been refurbished internally with improvements made to both rooms of the clubhouse. A new results room has been set up. The new results room now overlooks the track making it a much more pleasant experience for the recorders.

Improvements for athletes include the addition of three new permanent shot put rings, a new concreted discus ring as well as an additional long jump pit. Athletes this season will have the use of six long jump run ups, six shot put rings, three discus areas, four high jump areas, two straight tracks and one circular track.

Prior to the long jump pits excavation, volunteers across all age groups turned up to lend a helping hand to turn the first lot of top soil before machinery arrived. Of course, the clubs' unofficial mascot Milo (Dave's dog), much to the delight of the kids, wanted to lend a helping hand as well.

Pictured in the above photo are (L to R) Luka Prizmic, Will Della Vedova, Adriana Prizmic, Isabella Hollins, Justin Sunderland, Portia Amy Wilson (holding Milo), Jay Butler, Eleanor Partridge, Marcus Della Vedova, Kristina Prizmic and Ivan Prizmic.

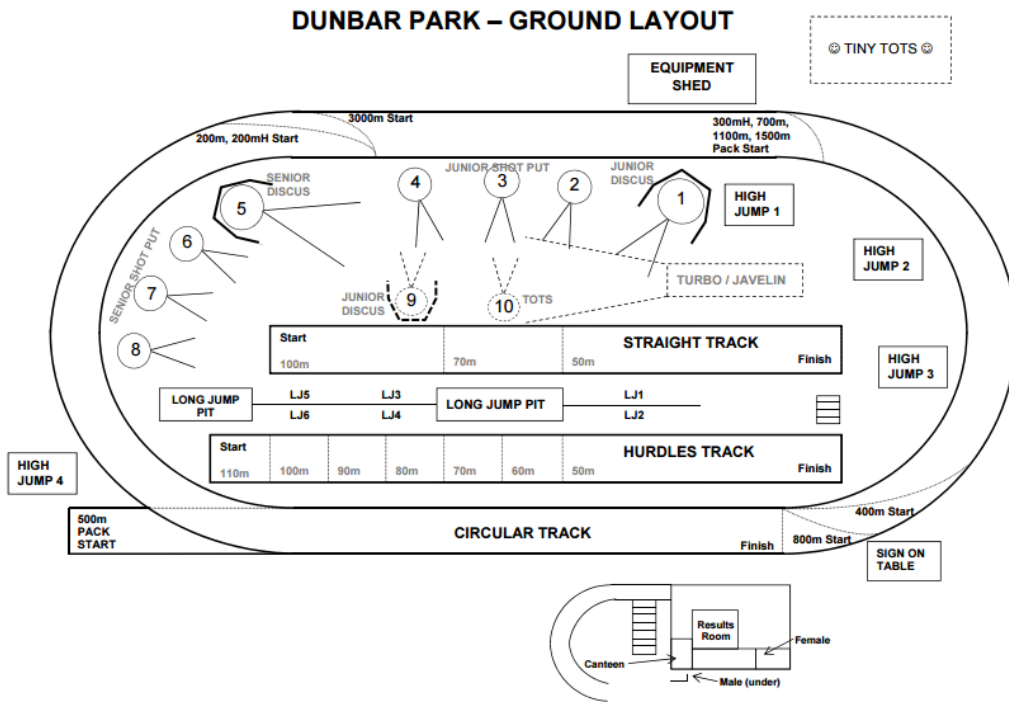


L to R: Isabella Hollins, Adriana Prizmic, Luka Prizmic and Will Della Vedova were keen to turn the first lot of top soil for the long jump pit.



# Dunbar Park Upgrades

Pictured below is the new ground layout for Dunbar Park. It includes all the substantial upgrades made by the new club President David Sunderland and his hardworking helpers.



**Above: Three of the new shot put rings almost ready to go.**



**Above: The newly constructed long jump pit.**



## Collection Day 21st August 2016



Ryde Athletics' held its' annual Collection Day on Sunday, 21<sup>st</sup> August. It was a very successful day. Excited athletes and their families geared up for the season collecting their numbers, buying new uniforms and also enjoying a free sausage sizzle put on by the club. At the same time, athletes and their families checked out the new long jump, the new shot put and discus areas. They were also able to see the great new improvements and upgrades to the clubhouse organised by new Club President David Sunderland and his team of hardworking volunteers.

Ex Ryde Athlete, Len Pearce (pictured below) from Justice Crew made a surprise appearance in the long jump pit. Inspired by the Olympics he decided to revisit his other talent, athletics at his old club. His young fans were both excited and surprised to see him training in the long jump pit at Dunbar Park. He was even seen raking the pit for his young fans.

One committee member, Tonia Amy summed up the atmosphere at Dunbar Park on Collection Day, 'It was a fantastic start to the season with a bumper Rego/Collection day. We were blessed with a glorious day and the vibe around the place was both happy and positive.'



# Ryde Little Athletics Club Uniform

Ryde athletes must compete in the Ryde Centre uniform each Saturday and at all LANSW competition events. Dual registered athletes must compete in the Ryde uniform at ANSW events. Shirts/singlets can only be purchased from the club. Black shorts are also sold at the club but can be purchased at the usual sporting outlets. Please ensure that shorts have no logos or stripes – they must be plain black.

**Girls:** Centre T shirt, singlet or crop top with black shorts or bike pants.

**Boys:** Centre T shirt or singlet with black running shorts.

The athlete's individual registration number is to be sewn on to the front of the shirt, singlet or crop top with the red border fully visible. The age group number needs to be sewn on the front left hand side of the shirt and the Jetstar patch is sewn on the front right hand side (see the photo below).



Dual registered athletes (U12 and above) will receive three registration numbers. If Ryde is also your seniors club, the second number is to be sewn onto the back of your shirt. If Ryde is not your Senior Club, attach the other two numbers to your senior club shirt (front and back).

Centre numbers are no longer required for any age group.

Uniform Prices for 2016-17 Season	
Unisex T-Shirts (Size 6-22)	\$45
Ladies' Singlets (G6-10, L8-18)	\$40
Men's Singlets (Size 10-20)	\$40
Ladies' Crop Tops	\$40
Boys'/Men's Shorts (6-22)	\$20
Club Polo Shirt (10-14,XS-XL)	\$35
Caps (one size fits all)	\$15



# Volunteering at Ryde Athletics

**Parental assistance is needed and appreciated to ensure that Saturday mornings are a success.**

Please remember that voluntary help is a critical factor in the success of Ryde Little Athletics. Therefore, it is essential that all available parents volunteer and assist with the running of events. The more helpers we have, then the morning runs faster and in turn everybody gets to go home earlier. It is a great way to get involved and to be on the track while watching and assisting many of our talented athletes.

There are many ways in which you can assist - track, throws, jumps, canteen, BBQ, set up and pack up. When registering parents were asked to nominate an area in which they are willing to help. Please ensure that you commit to volunteering. There will be an experienced volunteer in charge of these groups and they will supervise and train all volunteers. They will be happy to help you out if you are unsure of anything. It is a great opportunity to meet other parents and form some lasting friendships.

It is essential that when your age group is rostered on for set up and pack up that you help out. Any help will be greatly appreciated. This year all volunteers will be entered into a weekly raffle. Please read the following details about how the raffle will operate.

## Ryde Athletics Helpers Raffles Every Saturday

### Prizes

Meat Tray

Meat Tray

\$30 "Athletes Foot" voucher

\$70 "Gladesville Sporties" voucher



### Raffle Instructions

Sign on to assist at Little Athletics.

Matt our "Officer for Officials" will give you a raffle ticket.

Write your child's registration number and your name on the raffle ticket and put it in the box.

Raffles will be drawn at 10am and 11am. You must be on site at Dunbar to collect your raffle. If not we will redraw.

**A huge thank you to all those parents and friends who already volunteer and assist in making Little Athletics at Ryde a success. Without your assistance there would be no Little Athletics.**

# 2016/2017 Set Up/ Pack Up Roster

**Set Up :** Please ensure that you arrive by 7:15am.

**Pack Up :** If your age group is rostered on please ensure that you stay to help pack up.

**Duty roster** - Please take note of your age groups rostered week. The dates are set and the roster will not change if a week is cancelled due to wet weather. Reminders will be sent out each week to the rostered age groups.

Date	Set Up	Pack Up	Program/Meet
3/9/2016	U17 Boys	U17 Girls	1— No Points
10/9/2016	U15 B	U15 G	2— No Points
17/9/2016	U14B	U14 G	1— First week of Points
24/9/2016	U13B	U13G	2
1/10/2016	U12B	U12G	1
8/10/2016	U11B	U11G	2
15/10/2016	U10B	U10G	1
22/10/2016	U9B	U9G	2
29/10/2016	U8B	U8G	1
5/11/2016	U7B	U7G	2
12/11/2016	U6B	U6G	1
19/11/2016	All Parents	All Parents	State Relays Modified Program No Points TBC
26/11/2016	U17 Girls	U17Boys	2
3/12/2016	U15G	U15B	1
10/12/2016	NO COMPETITION	NO COMPETITION	Zone Carnival
17/12/2016	U14 G	U14B	2
CHRISTMAS		BREAK	
14/1/2017	U13G	U13B	1
21/1/2017	U12G	U12B	2
28/1/2017	U11G	U11B	Ryde Multi-Event
4/2/2017	U10G	U10B	1
11/2/2017	All Parents	All Parents	LANSW Region 5 Championships Modified Program No Points TBC
18/2/2017	U9G	U9B	2
25/2/2017	U8G	U8B	1
4/3/2017	U7G	U7B	2
11/3/2017	U6G	U6B	1
18/3/2017	All Parents	All Parents	LANSW State Championships Modified Program No Points TBC
25/3/2017	All Parents	All Parents	Fun Day/Age Group Trophies TBC

# Ryde Girls Shine at the NSW Road Walk Championships

Under 10 Girls Team - Silver Medal

Rachel Fairhall - Bronze Medal

Five Ryde Little Athletes competed at the NSW Road Walk Championships on Sunday 10<sup>th</sup> July. The Championships were held at the Sydney International Regatta Centre in Penrith. The Ryde girls competed with some fantastic results.

**Rachel Fairhall** (Under 13 Girls) received a bronze medal in the 3km race. A fantastic result for Rachel as she had to compete in the U15 race due to a merger between the Little Athletics NSW Road Walk Championship and the Athletics NSW Short Walk Championship. These two races merged to form a single championship.

**Lucy Proszenko** (Under 9 Girls) came 5<sup>th</sup> in the 1.2 km.

The Under 10 Girls had 3 competitors in the 1.2km race. **Natasha Fairhall** came 8<sup>th</sup>, **Isabella Hollins** came 15<sup>th</sup> and **Aliana Moala** came 16<sup>th</sup>. As a team the girls received an overall 2<sup>nd</sup> placing, receiving a silver medal.

Thank you to Darren Fairhall for sharing this story and for his fantastic photos.



L to R : Isabella Hollins, Lucy Proszenko, Natasha Fairhall, Aliana Moala and Rachel Fairhall excited about their achievements.



Natasha Fairhall extremely proud with her well earned Bronze Medal.



L to R: Natasha Fairhall, Isabella Hollins, Aliana Moala and Natasha Fairhall extremely proud of their medal win.



## Thank you from the Moala Family

The Moala family has asked me to thank the Ryde Little Athletics community for all their support, donations and well wishes over the last couple of months. They were totally overwhelmed and touched by the generosity of so many in the Ryde community. The Moala family has informed me that Mark's surgery was successful and he has been recovering well so far.

The Ryde Little Athletics Community looks forward to seeing Mark and all of his family down at the track on a Saturday morning.

## Farewell to Harry and Jo Houssenlodge and Fiona Court

Harry and Jo have spent many years as our BBQ Coordinators. They continued working on the BBQ even after their son Hayden had finished competing at Ryde Athletics. They have spent many, many hours of their own time ordering food, cutting up onions and cooking the best BBQ ever. We will miss them at Ryde and we recognise their amazing efforts.

Fiona has worked hard in the canteen as the Canteen Coordinator for the past few seasons. She has kept the canteen well stocked with drinks, treats and ice blocks.

Thank you Harry, Jo and Fiona for all you have contributed to the Ryde Little Athletics Community.



Some of the 2015/2016 BBQ Crew Fiona Court (centre), Harry Houssenlodge (2nd from left) and Jo Houssenlodge (end right)

Finally, please send through any photos and reports of your child's participation at school, Zone, Regional or State Athletics carnivals or any other Championships your child may participate in. These may be sent through to [rydelapublicity@gmail.com](mailto:rydelapublicity@gmail.com)

**May you and your Little Athlete enjoy the 2016/2017 Athletics season!**