



Annual Report

1 April 2016 to 31 March 2017



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CALENDAR

2016

19th & 26th August

Registration for 2015/16 Season,
at Barton Park North Parramatta

2nd September

First running night 6 pm at Barton Park

19th & 20th November

State Relays - SOPAC

10th & 11th December

North Met Zone Carnival (U/7-17s) at Barton Park North Parramatta,

2017

13th January

First Running Night after Christmas

15th January

Trans Tasman Challenge – Campbelltown

11th and 12th February

Regional Championships - Narrabeen

4th and 5th March

State Multi Event – Glendale, Newcastle

10th March

Last Running Night and Presentation night (Tiny Tots and U/6)

17th, 18th, 19th March

LA NSW State Championships - SOPAC

24th March

Presentation night (U/7-17s)

PLAC 2016-17 AWARDS

Perpetual Awards	Award Description	2016/17
Parramatta Eels Trophy	<i>An athlete who is both a high achiever and a 'team player'</i>	ETHAN USLU
Life Members Trophy	Most Outstanding Sub Junior Athlete U7&U8	RHYS GEORGE
Dundas United Trophy	Most Outstanding Junior Athlete U9&U10	AZALLIYAH JEFFERY
McDonalds Trophy	Champion U11&U12	EMILY USLU
Advertiser Trophy	Most Outstanding Senior Little Athlete U13-17	DANIEL MENIN
Junior Throws Events		ETHAN HEMAKUMARA
Intermediate Jumping Events	Gwen Gessey Memorial Trophy	ELIANNA HEMAKUMARA
Senior Throwing Events		DANIEL MENIN
Junior Jumping Events	Achievement in Junior Jumping Events	JESSICA LORING
Intermediate Jumping Events		JOSHUA POZZOLUNGO, EMILY USLU
Senior Jumping Events		SEHAN SAMARAGUNARATHNA
Sprint Events		CAITLIN BRENNAN
Distance Running	Achievement in Middle Distance Running	ANTONIA BARONOWSKI
Hurdling Award	Donated by Jana Pittman	EMILY USLU
Walking Events	Achievement in Walking Events	EMMA THOMAS
Relay	Most Outstanding Relay Team	U14 Girls Throws - SOPHIE VAUGHAN, KATE PETERSON, MADISON SLOANE
Club Person of the Year		Volkan Uslu
Life Membership		Angela Shehadie Russell Briggs

PRESIDENT'S REPORT

There is a lot to celebrate about the 2016-17 season which started with some invaluable media exposure when Parramatta Little Athletics Centre was featured on the Channel Ten Eyewitness News with weatherman Tim Bailey. Whether it was due to the media exposure or the Rio Olympics we had a significant increase in registrations, up by 100 athletes from the previous season. The total number of registrations for 2016/17 was 636, just short of our record of 640 following the Sydney Olympics in 2000.

The Centre experienced an amazing financial result thanks largely to both the sponsorship organised by John Polley and the continued success of the canteen on Friday nights and from the Zone Weekend. The positive result is even more impressive given that as part of the season's expenses we purchased a second set of timing gates, a new laptop, a new BBQ and training shirts for all the athletes that competed at the Zone Carnival.

With the expansion in numbers came increased responsibilities on our Age Managers which is already a difficult role. I am very grateful to our Age Managers who undertake the most onerous task each season. Some roles at the Centre are demanding at certain times in the season but the Age Manager's role is intensive, week in, week out. They are the team leader, the referee, the teacher, the peace maker, the record keeper and the motivator. I would like to note that the majority of Age Managers are also Committee Members. We are so very fortunate to have them and I thank them very much.

Most weeks the duty roster system worked well, with the roster being expanded this season to include assisting in the Canteen and on the BBQ. Thank you to all who assisted when their age group was rostered.

Unfortunately, we found during the season that there are still parents who are not staying in attendance at the ground on Friday nights. The requirement for a parent to remain in attendance at the ground is a Little Athletics NSW requirement for safety reasons, in case of emergency or cancellation of the program due to inclement weather. It would be worthwhile for the new Committee to consider how this can be addressed.

During the season we again had athletes representing the Centre at the State Relays, State Multi Event, Zone, Regional and State Championships together with three athletes selected to represent NSW at the Trans-Tasman Challenge in Sydney. The athletes selected for the NSW team were Melissa Blume, Julian Ajaka and Joshua Pozzolungo, with Josh winning the Gold Medal in the Long Jump.

All sports these days face the shortage of recruiting and retaining Officials and athletics is no different. It is imperative that we continue to recruit for Officials so that we can provide Zone and Regional Championships of the highest standard. It is a simple process of learning the rules and going through the steps to be able to officiate at Zone and Region Carnivals and I ask that all members give this consideration.

I would like to thank all our generous sponsors who have contributed to the success of the season including; Gold Sponsors: Parramatta Leagues Club and 7 Eleven; Silver Sponsor: S-International Group and Bronze Sponsors: Sublime Air Conditioning, North Parra Physiotherapy, Supercheap Storage Rydalmere, TEN Eyewitness New – First at Five, JETTS Northmead and Wave Logic Broadcast and AV. Thanks again to John Polley for organising and managing the relationships with our Sponsors.

For those who were not able attend the Presentation Evening, it gave me great pleasure on the night to award Life Membership to the Parramatta Little Athletics Centre to both Angela Shehadie and Russell Briggs. Both Angela and Russell thoroughly deserve this accolade for all that they have done for the Centre and the sport of athletics over a number of years. Congratulations to our two latest Life Members.

I hope that you have enjoyed the season as much as I have and look forward to seeing you all again next season.

Andrew Murray
PLAC President



Gold Sponsors

SECRETARY'S REPORT

As Secretary for the 3rd year on the PLAC Committee I feel the club has improved year on year and Friday nights, athlete results, canteen operation and the core group of volunteers make it a great club to be at. We are looking to make improvements in running of the club administration, events, ground use, coaching, training, finances and member benefits. It takes a lot of work to run the club and I found that I didn't have the hours I would have liked to progress a number of things. The timing gates, still had teething issues and need a core group of volunteers to run them, along with the results upload and checking. I've learnt a lot over this season in trying to figure out and troubleshoot, but it is going to take more volunteers to make this work smoothly. We again like the season before were troubled with a fair amount of wet weather and ran only 18 from 24 Friday night meetings, we also had a couple of unusual issues the committee had to deal with, however on the whole I feel a successful season.

This season in particular, massive thanks to President Andrew Murray and his family, as the committee had new ideas and dealing with weekly events, Andrew was kept busy. We bounced a lot of stuff off each other and his guidance was invaluable for me. Major thanks to Volkan (equipment) as usual did an outstanding amount of work to put out equipment, and bring it in and made the Zone carnival a massive success. Rita looking after the finances and canteen did an amazing job, and I hope had a lot of fun working with Izzy. Registrar Leanne, thanks for a lot of years on the committee and keeping great records and organising the change over with duel/seniors numbers in a tricky year with a few new processes, a great year with over 635 registrations. Thanks Isabella for running the canteen and looking for opportunities to order items and keep the canteen well stocked at the right times, a superb job and made a massive difference to know it was under control. James Foye, as Vice President, helped out in learning the ropes and fixing things when needed, Kylie Luksic for stepping in as webmaster, learning the timing solutions program and helping out when asked and John Polley for the huge success of sponsorship and training shirts which was a fantastic initiative.

Congrats to Angela and Russell as well deserved new life members, lots done behind the scenes by both and always happy to help and cover where needed. Thanks to Bella, Kevin, Jenny L along with all the coaches, all the Team managers, Age Managers, Parent helpers who without the club would not be able to run events on a Friday night. Hopefully more people can be involved but it takes the word of mouth from those helping to ask others to help and pass on knowledge for times when the usual people can't be there.

As Secretary, age manager and in the end timing gates/results, I again felt I didn't have the time to do everything well this season. I'd like to thank Chris for filling in Age manager whilst I couldn't be with my age group. Although we had a few teething issues with the timing gates, the upload results into the recording system was better and made end of season awards and results easier. I have set up a register of club award winners and will look to build on that over the next year. The timing gates next season will need a few dedicated people to know how to set them up, trouble shoot and operate them on competition nights. Finding an IT savvy person to look at getting the most out of the results system and possibly able to do some publicity would benefit the club.

I thoroughly enjoyed the committee and people involved and look forward to continuing to build in the future.

2016-17 Committee	
President:	Andrew Murray
Vice President:	James Foye
Secretary:	Ron White
Treasurer:	Rita McVey
Registrar:	Leanne Rodriguez

Officers for Championships and Officials:	Angela Shehadie
Officer for Records/Rankings:	Managed by Leonie/Kylie/Ron
Officer for Coaching:	Bella Blume
Officer for Equipment and Grounds:	Volkan Uslu
Officer for Canteen:	Izabella Rosolinski
Officer for Age Managers:	currently vacant
Officer for Publicity and Fundraising:	John Polley
Officer for Uniforms:	Helen Gosper
Officer for Website Administration:	Kylie Luksic
Delegate to LAANSW:	James Foye
Delegate to LAANSW:	George Ajaka
Council Liaison:	Kevin Fisher

AGE MANAGERS 2016-17		
	Boys	Girls
Tots	Susan Tulloch	
Under 6	Rob Sassen / Pedro Sampalo	Paul Guirrerri
Under 7	Judy Proctor	Kerri-Anne Loring
Under 8	Russell Briggs	Ron White / Chris Appleby
Under 9	John Polley	Jennie Duncan
Under 10	George Ajaka	Mike Blume
Under 11	Mel Sassen	Volkan Uslu
Under 12	Anne Doring	Bella Blume / Kylie Luksic
Under 13	Andrew Jackson	Angela Shehadie
Under 14	James Foye	
Under 15	Louise John	
Under 17	Paul Menin / Richard Thomas	

The Committee met generally on the last Monday of the month on the following (10) dates.
Copies of minutes of each of these meetings are available by contacting the Secretary.

- 16 May 2016 – including Annual General Meeting
- 20 June 2016
- 25 July 2016
- 29 August 2016
- 26 September 2016
- 31 October 2016
- 28 November 2016
- 30 January 2017
- 20 February 2017 (Uniforms Meeting)
- 27 February 2017
- 22 May 2017 (AGM)

Ron White
PLAC Secretary



2017 State Multi Parra representatives

TREASURER'S REPORT

Our centre's financial position continues to remain strong and members should be pleased with the results.

Parramatta Little Athletics Centre's income of \$99,390 has increased by \$17,998 from last season primarily due to increased registrations, canteen takings, sponsorship and donations used for raffle ticket sales. Although overall expenditure increased by 8.8% to \$75,156, this was offset by the 22% increase in income.

The cash book increased by \$15,433 and includes the float, a fundraising account, a term deposit of \$40,000 and the cheque account for a total of \$81,576.

The canteen margin of 43.6% has increased from last season and the canteen manager continues to buy in bulk to keep costs low. New items have been added which have been well received. The butcher that had been used for a number of seasons retired and the difficult task of finding a new butcher began. A new butcher has been found and the sales from the bar-b-que continue to be strong. Unfortunately there was a larger than desired amount of obsolete stock left at the end of the season due to cancelled running nights as a result of bad weather after the Christmas break (5 out of 9 nights were cancelled) which reduced the profit due to unsold stock.

Income from registrations was up by 16.6% from last season. The majority of registrations continues to be done online either at home or assisted at our centre.

Uniform sales remained the same from last season, however purchases decreased by 57.7% due to excess stock from the previous year. The value of the stock at the end of the season was \$9,363, for a decrease of 36.5% from the end of the previous season. Discussions continued on changing the singlet to a new, more modern design and the uniform manager kept purchasing at a minimum to minimize loss should a new design be approved/implemented.

Equipment expenses of \$2,981 were up by 26% from last season. Equipment purchased during the season included starting caps, throwing equipment (shot puts, discuses & javelins), a high jump cross bar, and a lap counter. Major purchases made during the year included a new bar-b-que, an 8 lane electronic timing gate and a new laptop and printer for use with the timing gates.

Ground expenses remain high at \$13,436, although a little lower than last season at 14% of income. Competition fees of \$2,073 were almost double from last season due to increase zone levy due to increased number of athletes competing at zone and implementation of entry fees for State Relays. Expenses for trophies & medals were up by 16.6% from last season due to an increase in the number of registered athletes.

Athlete reimbursements totalling \$660 were made to three (3) athletes who trailed and competed at the Trans-Tasman Challenge in Sydney. Reimbursement was made for entry fees and uniform costs.

A new expense category of Athlete Gifts was added this season. Expenses included the cost training shirts given to all athletes who competed at zone and gifts (jackets, hoodies, sports bags, backpacks and gift vouchers) given to those athletes who qualified for the state championships. The training shirts were printed with the names of all our sponsors for the season and were funded with the sponsorship monies we received. The athletes looked great in their shirts and gave them a sense of camaraderie and club pride.

Detailed financial statements are attached to this report and are due to be audited.

Overall the centre remains financially strong. The value of all cash assets increased over \$15,000 even though there were significant equipment purchases (timing gates, laptop, printer, throwing equipment, and a lap counter -for a total of \$15,700) were made. A big thank you goes to the Officer for Publicity and Fundraising who increased our sponsorship by \$8,500/188%. The uniform manager is commended for keeping purchases of the singlet to a minimum in order to minimize wastage should a new design be implemented. The canteen manager continued to provide a wide and varying range of menu items that resulted in increased sales and well fed athletes and their families.

This will be my last year as treasurer. I wish to thank all the committee members for their support and friendship over the last three years. I have enjoyed being a part of the committee and watching the club grow in financial strength while at the same time being able to continue to give back to our increasing number of athletes.

Rita McVey
PLAC Treasurer



2017 State Relay Parra representatives

REGISTRAR'S REPORT

This season we finished with a total of 636 registrations, which was up by 99 registrations, from 537 last season.

Continuing on from the large group of last year's Under 9's, the largest age group this year was the Under 10's, with 47 girls and 44 boys registered. The teenage groups were the smallest, with registrations dropping as the athletes get older. Our smallest age group was the Under 17's, with only 19 athletes in total.

As this was my last year as Registrar, I'd like to take this opportunity to thank everyone on the committee for their help and support over the past 5 years, and also to thank everyone who helped out with our registrations nights in August.

Registrations by Age Group

Age Group	Girls	Boys	Total
Tots		12	18
Under 6	31	44	75
Under 7	39	35	74
Under 8	32	35	67
Under 9	33	37	70
Under 10	47	44	91
Under 11	33	30	63
Under 12	24	27	51
Under 13	24	13	37
Under 14	17	16	33
Under 15	10	16	26
Under 17	9	10	19
Total	311	325	636

Leanne Rodriguez
PLAC Registrar

OFFICER FOR COACHING'S REPORT

This season has been a successful season for so many of our athletes and as well as the effort from the athletes, a lot of this success comes from the hard work and dedication of all our coaches, so thank you very much to Kevin Fisher(throws), Jenny Lingley (walks and middle distance), Phil Barry (high jump), Justin Tarrabine (sprints and long jump), Andrew Jackson (sprints, middle distance and long jump), and our all round junior coaches Kylie Luksic, Helen Falzon and George Ajaka.

Once again junior coaching was limited to Tuesday evenings this season and ran from the start of term 4 up to Region 5 in February, while numbers were generally lower than previous years, the enthusiasm and hard work of the athletes ensured improvements in technique and ultimately new personal bests.

Other training sessions continued to be well attended with some squads operating at near full capacity, and additional sessions being considered by some of the coaches to cater for demand.

Tragically we lost Helen Falzon, our very hard working long and triple jump coach in a car accident during the Easter school holidays. Our sincere condolences to Imogen and her family. Helen's hard work and dedication to all the athletes she coached will be remembered for many years to come.

Bella Blume
Officer for Coaching

EQUIPMENT MANAGER'S REPORT

The season started off with our annual working bee before the first running night, thanks to the committee for cleaning out the shed and ordering new equipment. We again hosted the North Met Zone Carnival and needed help with the setup of the ground on the Friday night and packing up on Sunday afternoon, I'd like to thank all those that helped over the weekend. The hire of the cart was a big success for being able to deliver the food and water to officials and to pack up equipment.

I'd also like to thank all for helping me out during the season, setting up and packing up is a big job and would be good to have more helpers from the Age groups requested each week.

As for equipment, we will need to organise someone to weld the Hurdles trolley. We will require strips of metal to support arms. I can get a welding machine, we just need someone with experience (Emilo and I tried to give it a go, but would like someone with more experience to help). Same issues with ongoing condition of truck, will need to be addressed next season.

Volkan Uslu
PLAC Equipment Officer

OFFICER FOR RECORDS AND RANKINGS' REPORT

We had no Officer for Records and Ranking again this Season, but thanks to the efforts of many we transitioned over to Timing Solutions Recording System efficiently.

All straight track results are being entered automatically from the timing gates with only a few mistakes which are detected easily.

Thanks to everyone who helped with the entering all the other results. A special thanks to Ron White who liaised with Timing Solutions Help Desk to have our End of Season points system up and running so accurately that I didn't need to do any manual calculations.

We really need to have a Recording Officer to oversee all these activities for the coming Season.

Leonie Simon

Acting Officer for Records and Rankings

CHAMPIONSHIP OFFICER'S REPORT

Another busy year for all our athletes at PLAC, as always we were strongly represented at all major external carnivals for the 2016/17 season.

LANSW State Cross Country & Road Walks – Nowra 26 June 2016

With the carnival taking place a little earlier this season our numbers were down compared to previous years. Despite this we still managed some outstanding results, most notably 2 silver and 1 gold medal.

Cross Country

7G Carla Bragg 10th

8G Antonia Baranowski 2nd Silver Medal

8B Rocco Bragg 13th

11G Emma Thomas 9th Naomi Baranowski 19th

Road Walks

11G Emma Thomas 2nd Silver Medal

14G Haley Mills 4th

17G Samantha Brown 1st Gold Medal

Trans Tasman Challenge- Campbelltown Jan 2017

We had three athletes who were selected to represent NSW in this seasons Trans Tasman Challenge. A great effort as it is always difficult to make it into a home team. Melissa Blume(12G) competed in the HJ and Discus, Julian Ajaka(12B) in the Shot and Discus and Joshua Pozzolungo in the 100m, 200m, HJ and LJ. Joshua was 1st in the LJ which saw him come home with a Gold Medal. Well done to all three on a fantastic effort.

LANSW State Relays 19-20 Nov 2016 SOPAC

This year saw some major changes to the format of the field at the State Relay carnival with clubs allowed to enter multiple teams in an age group but each team now only consisting of three athletes. The teams also now consisted of a triple jumper and a Javelin thrower. A challenge for selection but overall PLAC managed to field 31 teams over the 2 days.

The PLAC athletes won 7 medals and had another 9 top 8 finishes.

Gold Medals

9B Long/Shot/Discus

14G Shot/Discus/Jav

15B Shot/Discus/Jav

Silver Medals

13B High/Long/Triple

17B Shot/Discus/Jav

Bronze Medals

13B Shot/Discus/Jav

Senior Girls 4x800m

Northern Met Zone Carnival 10-11 Dec 2016 Barton Park

Parramatta had 190 athletes compete with 120 of those qualifying through to Region.

7G Medal Winners

Ruby Kernaghan – **Gold** 50m, **Gold** 70m, **Silver** 200m

Alana O'Donovan – **Bronze** 100m, **Bronze** 200m

Jessica Loring – **Gold** LJ, **Silver** pack start

7B Medal Winners

Samuel Proctor – **Gold** pack start, **Gold** Shot

Region 5 Championships 11-12 Feb 2017 Sydney Academy, Narrabeen

Under some very trying conditions, extreme heat and stoppages a very successful carnival was completed when it seemed like an impossible task. Due to weather and other circumstances there were a high number of athletes who pulled out. We managed to get 43 athletes through to State.

U8 Medal Winners

Katie Bowrey – **Silver** 700m, **Bronze** 400m

Simon Forsyth – **Bronze** Shot put

LANSW State Multi 4-5 March 2017, Glendale

There were 10 athletes who competed this year, while we did not manage to win a medal we had some very strong performances, most notably 8B Rhys George 7th and 11G Emily Uslu 4th, just narrowly missing a medal.

State Championships 18-19 March 2017, SOPAC

As usual PLAC had some very strong results in the field over the state carnival, with 40 athletes competing. They won 23 medals in total.

Medal Winners

Antonia Baranowski - 9G 800m Bronze
Summer Giddings - 13-14G LJ Para Gold, Discus Para Silver, 800m Para Bronze
Elianna Hemakumara – 11G Javelin Silver
Brendan John – 13-14B Discus Para Silver
Daniel Menin – 14B Javelin Gold, Shot Gold, Discus Silver
Cameron Murray – 13-14B 100m Para Gold, LJ Para Gold, Discus Para Gold, 800m Para Silver
Donald Ohmer – 17B Javelin Bronze
Kate Peterson – 14G Discus Silver, Javelin Bronze
Joshua Pozzolungo – 11B Long Jump Bronze
Sehan Samaragunaratna – 13B Triple Jump Bronze
Alexander Shahla – 13B Shot Bronze
Anthony Shahla – 15B Discus Bronze
George Shahla – 11B Shot Silver
Emma Thomas – 12G 1500m walk Silver
Emily Uslu – 11G Triple jump Bronze

As you can see from the above results as well as many strong performances throughout the year our athletes have again made us proud and as always compete in the true spirit of Little Athletics.

A special mention must go to Daniel Menin and Kate Peterson who have been asked to attend the AIS later in the year as two of the top performing athletes in their event throughout Australia. Congratulations to both.

Finally, a big thank you must go to all who have acted as team manager, coaches and officials throughout the season. Your time and dedication is much appreciated.

Angela Shehadie
Championships Committee

SENIOR CLUB REPORT

There was no official report from the Seniors Club for 2016/2017.

Parramatta City Track and Field had athletes competing at various Seniors events throughout the season including: State Relays, NSW Junior Youth Championships, NSW Masters, Australian Youth Championships and Walks events.