

ISSUE 1

ON YOUR MARKS

A Special Edition KLAC Newsletter



Message from John McFadden our KLAC President:

Welcome to the First Edition of **On Your Marks**, the KLAC Special Edition Newsletter. Find out about athletes, age managers, sponsors and other news from the KLAC community. Enter the competition on page 6 to win prizes!

ON YOUR MARKS

Meet Felicity Stewart



Felicity currently attends Turrumurra High School and has been a member of KLAC since the U6 age group. She loves the friendly vibe at Bannockburn and feels the level of competition pushes her but is not too competitive. Felicity loves all throws events and her least favourite event is Long Jump! Felicity has represented KLAC at State Championships on numerous occasions for Shot, Discus and Javelin. As well as an accomplished athlete, Felicity has also Played Cricket for NSW. Through winter, Felicity plays Netball for Kissing Point. Her favourite food is Nachos!! Felicity used to wear her special good luck socks for competitions but has now outgrown them!!

Meet Tim Bennet

Tim is age manager for U8 Boys. He's been managing his sons age group for the past 2 years. Tim was a little athlete himself with particular interest in 100m & 200m. His least favourite events were 400m & 800m. Tim was also a keen swimmer & waterpolo player. As well as being an age manager for KLAC, Tim is also assistant coach for U7 Wahroonga Tigers Rugby Team. Tim's most rewarding sporting support role was assisting swimmers with disabilities.

"The best part of being age manager is seeing the athletes beat their own personal bests and watching the kids develop great friendships".

Tim's favourite food is a KLAC BACON SANDWICH!!!!



ON YOUR MARKS

Recycling Soft plastics



Thanks to the Hooton Family for setting up bins for everyone to recycle their soft plastics!! We get through over 200 Zooper Doopers/Zingers each Saturday, so please look out for the Bins provided!!!

We Embrace Diversity:

KLAC encourages children from all cultures and backgrounds to participate in Athletics. Below U12 Girls age group shows athletes from Australia, Canada/Jamaica, South Africa, Sri Lanka, Australia and Kenya.



ON YOUR MARKS

Calling All Volunteers:

We require parent helpers each week. Please sign up to help where you can!

KU RING GAI LA's PARENT ROSTER 2020/2021

Date	Duty – Boys and Girls				Key Event
	Set-Up @ 7:00am	Pack-Up @ Conclusion of Events	BBQ & Canteen @ 9:00am	Athlete Registration @ 8:00am	
10/10/2020	U7	U11	U9	U113-17	
17/10/2020	U8	U12	U10	U6	
24/10/2020	U9	U13-17	U11	U7	
31/10/2020	U10	U6	U12	U8	
07/11/2020	U11	U7	U13-17	U9	
14/11/2020	U12	U8	U6	U10	
21/11/2020	U13-17	U9	U7	U11	
28/11/2020	U6	U10	U8	U12	
05/12/2020	U7	U11	U9	U13-17	
12/12/2020	U8	U12	U10	U6	
19/12/2020	Christmas Break				
26/12/2020	Christmas Break				
02/01/2021	Christmas Break				
09/01/2021	Christmas Break				
16/01/2021	U9	U13-17	U11	U7	
23/01/2021	U10	U6	U12	U8	
30/01/2021	U11	U7	U13-17	U9	
06/02/2021	U12	U8	U6	U10	
13/02/2021	U13-17	U9	U7	U11	
20/02/2021	U6	U10	U8	U12	
27/02/2021	U7	U11	U9	U13-17	
06/03/2021	U8	U12	U10	U6	
13/03/2021	U9	U13-17	U11	U7	
20/03/2021	State Championships (Scheduled)				

ON YOUR MARKS

Meet Jane Jamieson



Jane joined KLAC at 3 years old and took part in Tiny Tots for 2 years then progressed from U6 through to U17. Jane has fond memories of when she was competing as a little athlete including having Santa come to Bannockburn Oval at Xmas time to hand out ice blocks to all the kids!!!! Getting a 20c lolly bag after Saturday morning competition at the canteen. Catching tadpoles at Narrabeen in the creek between events at Zone, Region and State Championships.

Jane went on to compete in the heptathlon in the Olympic Games, World Championships and Commonwealth Games, finishing with Top-10 results at each level, including a gold medal at the 2002 Commonwealth Games in Manchester. Jane's proudest moments as an athlete include the following: "Being the youngest Australian to be selected at the time to compete at the World Championships (19 years old). Making her first Olympic team at 20 years old. Winning Gold and Silver medals at the Commonwealth Games. Being the Australian Captain at the World University Games (entire team not just athletics)". **Jane had a funny ritual as an athlete: "I always put my right sock on, left sock on, right shoe on, and then left shoe on. I still do it today, everyday!"** As a multi eventer, Jane got many injuries through her athletic career including 4 bulging discs in her lower back which still cause her problems now!

Jane now attends Bannockburn Oval each week to watch her daughter Sienna (9) compete who has won State Medals in multi events. Sienna's favourite sport however is Karate where she has already won a Gold Medal at the Australian Championships! Baily (4), Jane's son may join KLAC next season, but Jane doesn't want to push her kids into athletics. She was never pushed, the passion has to come from within. Jane now also coaches Sprints, Hurdles, Middle Distance, High Jump, Long Jump, Shot Put, Discus, Javelin and Triple Jump.

Jane's favourite "food" is CHOCOLATE!! But it has to be Lindt or Cadbury!!

COMPETITION TIME!

Tell us in no more than 50 words who is your favourite athlete (past or present) and why?

Winner receives \$100 Rebel Sports voucher
2 x runner ups receive \$50 vouchers



Please email your entries to sarah_h007@hotmail.com

JOKE TIME!



What do sprinters eat before a race? Nothing, they fast!!

Two girl sprinters are training for the 100 metres race. One says to the other: "You won't believe this, but I've just run 100 metres in 10 seconds." The other says: "But that's impossible, that's the world record." So the other says: "Ah hah, but I took a short cut."

An athlete walks into a bar and gets eliminated from the high jump competition!!

What do you get when you run in front of a car? TIRED!!

What race is never run? Swimming race!!

What kind of running shoes are made from banana skins?
Slippers!!

GRANTS



Our Centre has been given a much-needed funding boost for its upcoming season thanks to a \$4,224 grant from **Coles**, which has provided us with the capacity to purchase three new shade shelters.

We have also received a **Ku-ring-gai Council Community Grant** of \$3000 which has enabled us to undertake programs that will enhance the appeal of Little Athletics to people from a broader range of cultural backgrounds and to athletes who may feel inhibited from participating in sport due to physical or learning difficulties. Also the Ku-ring-gai Council Small Equipment Grant of \$1300 which has gone towards our new bbq and IT equipment .



SPONSORS

KLAC would like to thank the below sponsors for their ongoing support provided to our club.

The contributions of each of these businesses help make it possible for our Centre to offer an outlet for the physical pursuits of our members. Please utilise the services of our Supporters at every opportunity so they can continue to support us! Please take time to learn about our sponsors over the next few pages.



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Our goal is to create your most simply stunning smile.....one that you are delighted with, and proud to wear.

When is the best age to get braces?

Many parents know that their child will need braces but knowing when to start is another matter. Dr Matthew Lewis, one of our registered specialist orthodontists explains: 'We recommend a first assessment for children between 7-9 years of age because some children really benefit from early intervention- although most children will not start orthodontic treatment until about 12-14 years of age. There's a good reason for screening kids at a young age. Some can benefit from starting orthodontic treatment early to take advantage of natural growth or to prevent damage occurring. Wearing certain appliances may reduce a child's time in braces later and may also make treatment more effective.'

Free Review Programme: 'Another advantage of screening your child early is that they will be placed in our free review programme. 'Dr Lewis further explains,' After their initial assessment, we see children annually for a quick check-up. By monitoring their growth and development we can make sure that orthodontic treatment starts at the best possible time for them. We do not charge for these review visits which is great news for families.'

Braces at Any Age: More adults are wearing braces because of the aesthetically pleasing options available today, including clear aligners such as the brand Invisalign™, therefore any age can be the 'right' age if you want to improve your smile, bite and confidence.

Why choose North Shore Orthodontics?

- *Longest established specialist orthodontic practice on the North Shore
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- *Variety of treatment options including expansion, traditional braces, clear or tooth-coloured braces, Invisalign, fixed and removable retainers
- *Flexible, interest-free payment plans
- *Convenient location next to Gordon rail and onsite parking
- *Treating children, teenagers, adults
- *Free review visits each year
- *No referral necessary

EXCLUSIVE SPONSOR OFFER FOR ALL LITTLE ATHLETES AND THEIR FAMILIES!

* Book your orthodontic assessment and receive a no gap assessment, i.e., no out-of-pocket expenses if you have dental cover, or a 50% discount if you do not have private health cover.

***FREE** reviews each year so that treatment can be started at the ideal time.

*Simply call the practice on 9418 1660 to book your appointment and no referral is necessary

*Please mention this offer as it helps Ku-ring-gai Little Athletics too!



NORTH SHORE

 rthodontics

NORTH SHORE ORTHODONTICS

5 Khartoum Avenue, Gordon, NSW 2072

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The logo for JAX Tyres & Auto features the word "JAX" in a large, bold, black sans-serif font. To its right, the words "TYRES" and "AUTO" are stacked vertically in a bold, red, italicized sans-serif font, with an ampersand "&" positioned between them.

PYMBLE

About JAX Pymble - Extensively equipped with the latest state-of-the-art tyre servicing technology, the Pymble store's high tech tyre changing equipment can, for example, handle large wheels and run flat tyres, making it ideal for the latest fitments to performance and four-wheel-drive vehicles. The store on West Street, just off Ryde Road just West of the intersection between the Pacific Highway and Mona Vale Road, provides the right tyres for your vehicle and services those living on the Upper North Shore including Pymble, East Gordon, Barra Brui, West Pymble, East Killara, Gordon, Killara, West Killara, Lindfield, East Lindfield, Marsfield, East Wahroonga, Wahroonga, St Ives, North St Ives, Turramurra and St Ives Chase. Purchase four new tyres from a range of respected brands, and a wheel alignment to qualify for the myjax platinum tyre maintenance plan. The programme includes over \$500 worth of savings for each qualifying vehicle and allows customers to access and track their tyre maintenance online, via myjax.com.au. Following the recommended servicing using the periodical reminders within the programme provides significant discounts and bonuses while prolonging the life and performance of the tyres. JAX Tyres & Auto specialises in tyres, wheels, brakes and suspension servicing. Australian owned and established in 1949, JAX Quickfit Tyres is unique in representing the top global manufacturing giants of the tyre industry. High performance passenger car, light truck and four-wheel drive (4x4) brands BFGoodrich, Bridgestone, Continental, Dunlop, Goodyear, Hankook, Laufenn, Michelin, Mickey Thompson, and Pirelli are available, together with value for money brand options. This provides a comprehensive customer choice through a mix of brands spanning the premium, major and budget market sectors for tyre sales in Australia. JAX Tyres & Auto services over 60,000 of the Australian motoring public each month through a network of 87 stores along the Eastern Seaboard.



Turramurra Veterinary Hospital

Turramurra Veterinary Hospital – family owned, independent and multi award-winning hospital. Your family pet will receive outstanding veterinary care at Turramurra Veterinary Hospital so they can lead a long, happy and healthy life. We provide a full range of health services for preventative health and the diagnosis and treatment of illnesses of your cat, dog, bird or other family pet. If you are new to the area, we are happy to offer advice on serious local health risks like paralysis ticks. You will receive advice – from the heart – about your pets from our enthusiastic vets and nurses who are real animal lovers. All our vets are experienced and Australian trained with a long commitment to the Ku Ring Gai area and their veterinary continuing education. Plus, the clinic employs 6 North Shore Mums! Turramurra Veterinary Hospital is the only vet practice on the North Shore accredited as an ASAV Hospital of Excellence – so you can be confident your furry family is receiving the highest quality care. Our newly-renovated hospital includes human-standard surgical theatres, state-of-the-art treatment rooms and quiet, comfortable animal care wards. We are one of only 10 vet hospitals in NSW outside the University of Sydney accredited by Australian Small Animal Veterinarians, recognising the highest levels of quality health care and practice management. Our standards and leading edge facilities set a benchmark for other companion animal practices. We remain proudly vet and family owned. We also offer dog grooming & cat boarding. Our brand new luxurious cat boarding facility – the Turramurra Cat Hotel. The sound-proofed room features spacious cat condos for single cats. Double and triple suites (which can only be shared if cats are from the same owner) are also available. Conveniently book appointments via our website or give our friendly client care team a call on 9988 0198



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Sheridan Hodges

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My name is Sheridan Hodges and I'm an Independent Consultant with Norwex. I've been sharing Norwex's healthy home solutions for nearly 7 years and I love my job. I love helping people find simple solutions for their families and making their home a Safe Haven. I'm thrilled that Ku Ring Gai Little Athletics has embraced using the Norwex microfibre to assist with the cleaning of sporting equipment, technology and in the canteen. Norwex Microfibre gives a revolutionary clean without harmful chemicals! Our cloths have been tested to remove up to 99% of bacteria using only water when following the proper care and use instructions. The Norwex range can help you by radically reducing the amount of chemicals in your home. Small changes we make at home can make a big impact for our Planet. Norwex is all about sustainable solutions for the home e.g. cleaning without harsh chemicals, personal care products for the whole family (with no nasties), a range to help reduce our single-use plastic consumption. One of the biggest benefits of using Norwex is the amount of money you will save at the supermarket. No more buying loads of paper towel, chemical sprays or kitchen sponges, anti-bacterial wipes. I have saved so much money over the past 6 years....I have not purchased any paper towel! I haven't purchased any face cleanser, toner, throw away makeup removal wipes in 6 years! I used just a Body Cloth or a Make Up Removal Cloth - just add water. Explore my website (www.sheridanhodges.norwexbiz.com.au) to find out about Norwex range. There is something for everyone of all ages and interests. Lovely sustainable and meaningful gift ideas too. Norwex isn't just about cleaning! I'm also available for in-home appointments, small-group demonstrations and online Facebook workshops. Follow me on my social media pages: www.facebook.com/sparklyhome and www.instagram.com/sparkly_home or discover more at www.sheridanhodges.norwexbiz.com.au Sheridan Hodges Norwex Independent Consultant 0429 123 632



PLANT RESCUE

KU-RING-GAI

Plant Rescue Ku-ring-gai

Plant Rescue are giving plants a second chance by rehoming plants that are typically thrown away when a house is demolished and the block is cleared. They will visit your site and rescue as many as they can at no cost to owner. The plants are then looked after and given away to residents to plant in their own gardens or donated to school gardens.

If you're planning a knock-down, rebuild or a garden makeover, contact the team.

Plant Rescue Ku-ring-gai were a recipient of a Ku-ring-gai Council Environmental Levy Grant in 2019 and are a not for profit incorporated association.

www.plantrescuekuringgai.org.au

info@plantrescuekuringgai.org.au



Get the most out of your warm ups

By David Tan, Sports Chiropractor and Strength & Conditioning Coach

Warm ups – we all know about it. We’ve all heard about how it should be at the start of any exercise routine and everyone should be doing it. But is it really that important? And if the answer is yes, are your little champions doing the best possible warm up routine to prime their body to perform? What happens beneath the skin Let’s take a quick look into the science behind a warm up. A good warm up routine elevates the temperature of your body and muscles. This prepares the muscles to function with optimal flexibility and elasticity. Muscles will then be able to contract and elongate more readily and instantaneously with less strain. This also allows for tendons and joints to experience less load and stress. Blood vessels are also dilated so they can deliver more blood and oxygen to fuel muscles and flush away the metabolites. The heart begins to beat faster, with a gradual increase assisting with its function at a higher level while minimising the strain on it.

With this in mind, it is clear to see that a good warm up routine prepares the body for optimal performance and reducing the risk of injuries (such as strains and sprains) at the same time. Both of these are important factors for training as well as competing. In other words, a good warm up routine primes the body for performance. So, the answer is yes, warm ups are very important and should be an essential part of any athlete’s preparation for training or competition.

Now what?

What makes a warm up routine a good one? It is quite common for sub-optimal warm ups to include some sort of aerobic exercise such as jogging, rowing or even walking for a couple of minutes, followed by some static stretches. Then that’s it, the athlete is off on the track or field already. Does this sound familiar? This unfortunately does not qualify as a good warm up. The heart rate may increase a little, and you may feel a bit warmer, but your body still has a way to go to be fully primed for performance.



A good warm up routine should include exercises that gets the muscles ready to perform at a higher level. Movement based exercises are a great way to increase blood flow and heart rate, elevate internal temperature and activate muscles for performance. They should also be specific exercises to target the muscle groups that will be used for the training or competition (e.g. there is less value in warming up the shoulders as compared to the hamstrings and glutes for a sprint event). Dynamic stretches and mobility exercises are a great way to stretch the muscles while increasing blood flow and elevating temperature and heart rate. These exercises have been shown in research to be more effective to prepare the body to perform than static stretches do. In fact, some research suggests that static stretching prior to exercise may potentially lead to a reduced ability to produce strength and power, which may lower performance. Static stretches are better used in cool downs and recovery sessions to help achieve and maintain flexibility. Strength or activation exercises helps to wake up muscle groups to function optimally. This ensures that the athlete's muscles are primed to contract and relax in a more efficient way (e.g. A sprinter, long distance runner or jumper will benefit from activating their hamstrings, glutes and hip flexors prior to their event). **An example of a good warm up will look more like the following routine:** 1-2 minutes of low-intensity aerobic exercise (eg jogging)· x2-3 different dynamic stretches for the main muscle groups to be used (eg calves, hamstrings, hip adductors, glutes, hip flexors, shoulders)· x1-2 mobility drills to the main body parts to be used (e.g. hips, ankles, spine, shoulders)· Muscle activation exercises for main muscle groups (eg glutes, hamstrings, core, hip flexors, calves)The bottom line Too often warm ups are an underappreciated, underperformed component of a training session or competition. Although including additional exercises in a warm up may take up more time during the warm up, the trade-off is the athlete's body will be optimally primed.

Trinity Health and Performance is a sports chiropractic clinic based in Gordon in Sydney's North Shore. We are passionate in helping you feel, move and perform at your best in everything you do. We are experts in injury diagnosis and management, rehabilitation and performance optimisation. Our variety of treatment modalities is individualised to what you need to help you achieve the best functional outcome.