



Mid South Coast Zone

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Zone Meeting Minutes

Date: Monday 18th January 2010

Venue: Bomaderry RSL Club

Present: Zone Co-ordinator: Craig Scott
Zone Treasurer: Stephen Cooke
Zone Secretary: (Vacant Position)

Centre Delegates

Albion Park: Brett White
Kiama: Mitch Terry
Lake Illawarra: Col Anderson
Milton Ulladulla:
Shoalhaven: Tony Hush
St Georges Basin: Paul Joines

Apologies: Howard McGarry

Meeting opened 7:35 pm

Previous Minutes

Moved Paul Joines (SGB), seconded Stephen Cooke (Zone Treasurer), "that the minutes of the meeting held 23rd November 2009 were a true and accurate record." Carried.

Business Arising

There was no business arising from the last meeting.

Correspondence In:

LAANSW BOM Minutes - December
LAANSW December Newsletter

Correspondence Out:

Email Re Region Shirt Photo

Reports

1. Treasurer

As per distributed report.

General account current balance: \$2,008.20

Term deposit: \$10,500.00 @5.10% (Matures 06/06/2010)

Moved Stephen Cooke (Zone Treasurer), seconded Col Anderson (LI) "that the Treasurer's report be accepted. Carried.

2. Zone Co-Ordinator

Zone Championships

My sincerest thanks go to the Shoalhaven Centre for the excellent manner in which they hosted the Zone Championships over the weekend of the 12th and 13th of December 2009. For once Mother Nature was kind to us and we were blessed with two (2) days of brilliant sunshine and a refreshing North Easterly breeze. The track was in good condition, considering the lack of recent rainfall, and we enjoyed a tremendous weekend of competition.

This year Karen Higgison (nee Phillips), silver medallist at the Los Angeles Olympics, officially opened the Zone Championships. It was a real thrill to have Karen in attendance and she appeared to thoroughly enjoy her time with us.

Approximately three hundred and ten (310) athletes competed at the Championships. This represents a 10% decrease on the previous season. The NSW Surf Life Saving Interbranch Championships were conducted at the same time and I believe athletes were lost to this event. I am also aware that some athletes chose not to attend due to their involvement in the Junior State Cup (Touch), which is scheduled for the same weekend as the Region 5 Championships.

Our Southern representatives, Milton Ulladulla, won the March Past. Their decision to wear Cowboy style headwear may have swayed the judge's decision in their favour.

My sincere thanks go to all the Officials, Centre Committee members, Computer Operators and parents who assisted at the Carnival. Everybody did a magnificent job.

Congratulations to the Albion Park Centre who took out the "Dean Blair Trophy" for the third successive year.

The following records were broken during the Carnival:

Age Group	Event	No.	Record	Holder	Centre
U/9 Boys	70m	T156	10.4	Connor Ruse-Kent	Albion Park
U/10 Boys	70m	T154	9.4	Tristan Brazulaitis	Albion Park
	60m/h	T50	10.4	Tristan Brazulaitis	Albion Park
U/13 Boys	80m/h	T168	12.9	Jye Brooker	Albion Park
	200m/h	T10	28.5	Jye Brooker	Albion Park
U/15 Boys	100m	T60	11.5	Brodie Leeson	Albion Park
	200m	T208	23.3	Brodie Leeson	Albion Park
U/17 Boys	100m	T62	11.1	Joshua Prem	Albion Park
	200m	T210	23.2	Joshua Prem	Albion Park
	400m	T84	53.2	Gareth Ryan	Albion Park
	3000m	T142	11-16.3	Gareth Ryan	Albion Park
	200m/h	T16	25.9	Phillip Komninos	Lake Illawarra
	Long Jump	F13	6.11	Joshua Prem	Albion Park
	High Jump	F29	1.60	Joshua Prem	Albion Park
	Triple Jump	F80	12.31	Dean Invernon	Lake Illawarra
	Discus	F63	31.36	Dean Invernon	Lake Illawarra
	110m/h	T174	14.9	Dean Invernon	Lake Illawarra
U/11 Girls	Discus	F54	28.71	Samantha Peace	Shoalhaven
U/12 Girls	60m/h	T43	9.9	Susie Seitaridis	Lake Illawarra
	Long Jump	F21	4.93	Chloe Docker	Albion Park

	Triple Jump	F88	10.52	Chloe Docker	Albion Park
U/13 Girls	3000m	T135	10-58.3	Jessica Hull	Albion Park
U/15 Girls	200M Run	T207	26.3	Skye Ryan	Albion Park
	Shot Put	F84	13.02	Rachelle Grozde	Albion Park
	Discus	F46	38.28	Rachelle Grozde	Albion Park
U/17 Girls	100M Run	T61	12.0	Talissa Scott	Kiama
	200M Run	T209	25.3	Talissa Scott	Kiama
	400M Run	T83	1-03.3	Emily Debrot	Albion Park
	3000M Run	T141	13-01.7	Katie Robinson	Kiama
	100m/h	T173	14.4	Talissa Scott	Kiama
	200m/h	T15	27.5	Talissa Scott	Kiama
	Shot Put	F66	9.15	Emily Debrot	Albion Park
	Discus	F16	30.27	Emily Debrot	Albion Park
	Javelin	F47	31.57	Emily Debrot	Albion Park
Junior Girls	4x100 Relay	T247	57.9	Lake Illawarra	Lake Illawarra

Region 5 Championships

Region will be run on a two (2) day program at Finley Recreation Reserve, Finley, on Saturday 20th and Sunday 21st February 2010.

The Mid South Coast Zone will be required to provide officials to cover Triple Jump and Javelin. In addition to these requirements each Zone will be required to provide 2 Timekeepers, 2 Place Judges and 1 Walk Judge as well. As requested I am continuing the policy introduced last season when it comes to Centres supplying officials. Centres will once again be asked to supply officials based upon the number of athletes they have had qualify for Region. This will share the load more equitably. Details relating to Centre obligations for the supply of officials for the Region 5 Championships will be forwarded to Centres in the very near future.

Starting times for Region are as follows:

Saturday		Sunday	
First Call For Officials	7:30am	First Call For Officials	7:30am
First Call For Events	7:45am	First Call For Events	7:45am
First Gun	8:00am	First Gun	8:00am

Please note that the Walks and 70m events may be run at the same time Sunday morning. Listen for announcements on Saturday to confirm this.

3. Delegate Reports

Albion Park

Our congratulations go to Shoalhaven for a job well done at Zone. We would also like to thank you for allowing us to place our gear in your storage shed on Saturday night. Our Centre performed well at State Relays with five teams bringing home medals.

Kiama

Congratulations to the Shoalhaven Centre on a wonderful Zone Championships. The Kiama Centre had twenty five (25) athletes qualify for the Region 5 Championships to be held in Finley in late February.

Our ground is currently in picture perfect condition. The recent rain has resulted in a lush green surface that would be the envy of any Centre. Not only does the track

look good but it is also accurate after being surveyed by Council and marked by Centre volunteers during the Christmas/New Year period. Our new Linemarker and Athletic Boom attachment proved to be a shrewd investment making the job much quicker and easier.

We have had several evenings of competition since the Christmas/New Year break. As is normally the case at this time of year numbers are down but we are confident they will pick up as people return from holidays and school resumes.

Surprisingly the extended break does not appear to have had an adverse effect upon the athletes with no fewer than six (6) records being broken in a wonderful start to the New Year.

Lake Illawarra

No report tabled.

Milton Ulladulla

Not in attendance.

Shoalhaven

The State Multi shirt order form is now available on the LAANSW website under "Competitions", "Championships", "State Multi-Event Championships". Orders close 30th January 2010. Zone was very successful with everything running smoothly. The mezzanine level has been erected in the new storage shed and is ready for use. The minor track upgrade and repairs to the Javelin area for State Multi commence on 31st January. Gala Day organisation is well under way. Competition recommences 19th January followed by a weeks break due to the Australia Day Public Holiday. Club Championships will be run in the first three weeks of February.

St Georges Basin

No report tabled.

General Business

1. Zone Tape Measures

The condition of all Zone tape measures is to be checked. Worn or damaged tape measures are to be replaced.

Attention: Craig Scott

2. State Multi-Event – Shoalhaven

The Shoalhaven Centre reported that preparations are well in hand for the State Multi-Event in March. Delegates are asked to actively promote this event within their Centres. Shoalhaven will borrow a portable Discus net from St Georges Basin and the Zone's supply of flags (Red, White and Yellow) for these Championships.

3. First Aid - St John

Moved Stephen Cooke (Zone Treasurer), seconded Colin Anderson (LI) "that a \$250.00 donation be forwarded to St John as a token of our appreciation for their attendance at the Zone Championships." Carried.

4. McDonald's Scholarship

The following nominations were received for the McDonalds Scholarship:

Albion Park	Rachelle Grozde (U/15G)
Kiama	Larni Cowgill (U/13G)
Lake Illawarra	No nomination
Milton Ulladulla	Gus Frank (U/13B)
Shoalhaven	Lacey Bruce (U/14G)
St Georges Basin	No nomination

Each Centre was given the opportunity to outline their nominee's achievements, training regime and future aspirations. Milton Ulladulla supplied a written submission in support of their nominee, which was read to the meeting by the Zone Co-ordinator. Lengthy discussion ensued followed by a secret ballot by Centre delegates. This resulted in Rachelle Grozde (AP) being selected as the Mid South Coast Zone's nominee for the McDonald's Scholarship. The Albion Park Centre are to provide the Zone Co-ordinator with supporting documentation for Rachelle's nomination by 8th February 2010.

Attention: Albion Park

There being no further business the Zone Co-ordinator closed the meeting at 8:55pm.

Next meeting Monday 22nd March 2010 at Bomaderry RSL.

Craig Scott

27/01/2010

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