

# NOVEMBER COLES VOLUNTEER OF THE MONTH

## **Matilda Banks** **Munno Para Little Athletics Club**

The winner of the Coles November Volunteer of the Month Award is Matilda Banks from the Munno Para Little Athletics Centre!

Matilda is in her first year as a committee member following 11 seasons with Little Athletics, demonstrating an exceptional commitment to the club. In her first year, she has stepped confidently into a coaching role, consistently supporting athletes during training sessions and meet days. She has also willingly assumed responsibility for the Tiny Tots group during the coordinator's absence on multiple occasions this season. Matilda provides clear and effective guidance, and athletes respond positively to her approachable and professional manner.

Beyond competition days, Matilda contributes significantly to club operations by assisting with line marking on both the inside and outside tracks, as well as marking field sectors. She shares valuable information and expertise gained from her officiating roles at state events and holiday clinics, helping athletes improve technique and develop skills in new events. In addition, she volunteered at a club sports day on her pupil-free day and actively promotes Munno Para through marketing initiatives such as Bunnings family nights and BBQs.

Matilda is a proudly committed ambassador for the club and demonstrates enthusiasm and reliability whenever opportunities to assist arise.

Please join us in congratulating Matilda for her outstanding dedication and contributions to the sport. Little Athletics sincerely appreciates all your efforts. Thank you, Matilda!



# NOVEMBER COLES ATHLETE OF THE MONTH COMMITMENT

**Sakara Dodd**

**Salisbury Athletics Centre**

The winner of the Coles November Athlete of the Month Commitment Award is Sakara Dodd from the Salisbury Athletics Centre.

Sakara made a remarkable impression on a family visiting the Centre for their meet, demonstrating exceptional kindness and hospitality well beyond what would typically be expected for her age.

She consistently shows strong dedication to refining and developing her athletic skills, contributes actively to club operations, and plays an engaged role in supporting the smooth running of home meets. Sakara offers guidance and encouragement to athletes from both her own club and others, embodying the values of teamwork and sportsmanship.

Additionally, when she observed inappropriate behaviour from an adult, Sakara took the initiative to address the situation directly and responsibly by reporting it to the Salisbury President—without being prompted. Her actions reflect an impressive level of maturity and highlight her potential as a future leader within the club.

Please join us in congratulating Sakara on her commitment, initiative, and positive influence within the athletics community. Congratulations, Sakara!



# NOVEMBER COLES ATHLETE OF THE MONTH ACHIEVEMENT

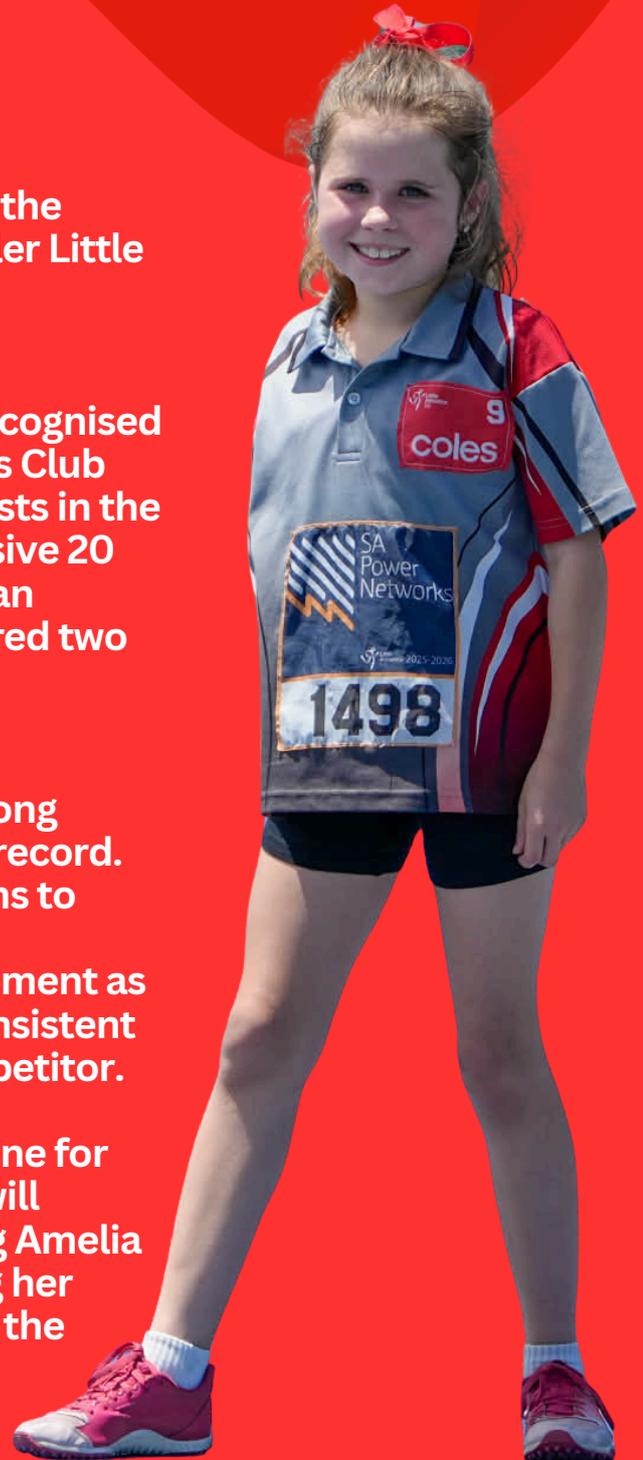
## Amelia Haseldine Gawler Little Athletics Club

The winner of the Coles November Volunteer of the Month Award is Amelia Haseldine from the Gawler Little Athletics Club!

Amelia has demonstrated exceptional athletic performance throughout the season. She was recognised as Athlete of the Month at Gawler Little Athletics Club for achieving the highest number of personal bests in the first month of competition—reaching an impressive 20 PBs at that time. Her progress has continued at an outstanding pace. As of PB Day, where she secured two additional PBs, Amelia has now accumulated 30 personal bests across her events.

Amelia has also shown remarkable potential in long jump, coming very close to breaking the Centre record. She has been attending targeted training sessions to further refine and strengthen her technique, demonstrating strong dedication to her development as an athlete. Her commitment, paired with her consistent results, clearly highlights her as a standout competitor.

Amelia's achievements have set an incredible tone for the season, and we are excited to see what she will accomplish next. Please join us in congratulating Amelia on her outstanding performances and in wishing her continued success throughout the remainder of the season!



# DECEMBER COLES VOLUNTEER OF THE MONTH

**Alex Galanos**  
Coastal Districts Little Athletics Club

Alex is a true doer — a diligent, quietly hardworking member of the Coastal Districts Committee for many years. Alongside her husband Dave, she has supported and encouraged their daughters Isla (U17) and Laci (U16) through their Little Athletics journeys, including their current roles as Coastals Club Captains.

In recent years, Alex has taken on extensive responsibilities including grounds maintenance and line marking, weekly setup and pack-up of track and field equipment, Age Group Manager for U13+ athletes, and this season, Canteen Manager, overseeing provisioning, rosters, and volunteers.

All of this has been carried out while managing an arm injury requiring surgery — a true example of dedication and grit.



# DECEMBER COLES ATHLETE OF THE MONTH ACHIEVEMENT

## **Bailey Seeds** **Golden Grove Little Athletics Club**

The winner of the Coles November Volunteer of the Month Award is Bailey Seeds from the Golden Grove Little Athletics Club!

Bailey has made an exceptional start to the 2025/26 season, which is particularly impressive as this is his very first season of Little Athletics. From the moment he joined the club, Bailey has shown a fantastic attitude, a strong commitment to improvement, and a genuine enthusiasm for the sport.

So far this season, Bailey has competed in 11 events representing Golden Grove. His hard work and dedication have already paid off, with Bailey achieving an outstanding 8 Personal Bests during the month of December—a remarkable accomplishment for any athlete, especially one new to the sport.

Bailey's efforts, determination, and positive approach have not gone unnoticed, and he is a fantastic example of what can be achieved through persistence and passion. Please join us in congratulating Bailey on his outstanding performances so far, and in wishing him success as he continues to develop and enjoy the remainder of the season.



# DECEMBER COLES ATHLETE OF THE MONTH COMMITMENT

## Alicia Jones

### Golden Grove Little Athletics Club

Alicia has been a dedicated member of Golden Grove Little Athletics Club for 13 years, beginning in Tiny Tots and finishing her Little Athletics journey this year in the Under 17s. In December, she surpassed 200 meets, becoming just the 12th athlete in the club's history to reach this milestone

Alicia has competed at all levels, from home and interclub meets to state and national competitions, while also giving back to the club through leadership, mentoring younger athletes, volunteering as a Junior Official, and supporting club activities.

Alongside her service, Alicia continues to excel athletically, achieving 20 personal bests this year, including five from five events at PB Day, and setting a new Centre Record in Javelin (30.64m).

Alicia's commitment, sportsmanship, and performance truly reflect the spirit of this award.



# JANUARY COLES VOLUNTEER OF THE MONTH

## **Amy Cobb** Golden Grove LAC

Amy has served as Golden Grove LAC's dedicated Tiny Tots Coordinator since the 2002/2003 season, making this her 24th consecutive year in the role. She attends meets every Saturday morning, rain or shine, and the committee can only recall one occasion during this period where Amy missed a home meet. During her long service, she has helped nurture the foundational skills of countless young athletes, many of whom have gone on to compete at state and national levels.

Remarkably, Amy has never competed in Little Athletics herself, nor does she have children of her own involved in the sport. She originally came along simply to help a friend—and from that moment, she became an irreplaceable part of the Golden Grove community. As a dedicated primary school teacher, Amy brings a deep commitment to the health, wellbeing, and development of young children. Her Tiny Tots programs are engaging, inclusive, and thoughtfully designed to encourage participation and confidence in every child, regardless of ability. She has also played a key role, assisting SALAA in the development of the Tiny Tots program and its associated coaching clinics.

Parent feedback is consistently positive, frequently highlighting Amy's exceptional ability to connect with the athletes and create a welcoming, supportive environment. Her warm, enthusiastic, and playful approach fosters a genuine love of Little Athletics among the youngest participants, many of whom continue on to become passionate and committed athletes within the club.

While Golden Grove is fortunate to benefit from many dedicated volunteers, Amy stands apart—not only as the club's longest-serving volunteer, but as one of the most committed and highly valued contributors.



# JANUARY COLES ATHLETE OF THE MONTH ACHIEVEMENT

**Seth Measday**

**Golden Grove LAC**

Seth joined the Golden Grove Little Athletics Club in late December as an U14 athlete and has made an outstanding start to his athletics journey. In just his first full month of Little Athletics, Seth has already achieved 12 personal bests from 24 events, highlighting his strong work ethic and natural ability. His performances show consistent improvement across a wide range of disciplines, demonstrating versatility, determination, and a positive approach to competition. Seth's commitment to training and willingness to challenge himself have quickly set him apart, and his early progress suggests a very promising future within the club and the sport.



# JANUARY COLES ATHLETE OF THE MONTH COMMITMENT

## Isla Galanos Coastal Districts LAC

Isla is an impressive, caring young woman and a highly dedicated athlete.

She is currently in her final year of Little Athletics and has been an active member of Coastals for the past 10 years, competing in approximately 200 meets. Isla is now in her third year as a Club Captain, during which time she has taken on increasing leadership responsibilities. These include assisting with coaching, prioritising event safety, and fostering an inclusive and enjoyable environment for all participants.

At meets, Isla provides guidance to athletes in the Under 13 and older age groups, supporting officiating duties, recording results, and offering instruction on technique. She consistently encourages younger athletes, particularly those who appear anxious or disappointed. Isla reliably arrives early and stays late to ensure equipment is properly set up and packed away.

Beyond the club level, Isla has completed the SA Little Athletics training courses for Tiny Tots and officiating. This has led to her becoming a state official at SALAA events held at the SA Little Athletics Stadium when she is not competing.

Isla also trains with a private coach and competes in Athletics SA events as well as SALAA State Competitions. She competes fairly, ethically, and respectfully, and is gracious in both victory and defeat. Isla measures her success through personal bests and individual goals rather than event placings.



# FEBRUARY COLES VOLUNTEER OF THE MONTH

## Owen Gillingham Golden Grove LAC

Owen has been involved with GGLAC since 2008 when his children first joined the club. In 2010 he joined the Committee, stepping into the role of President in 2013, and served in that position for several years before returning to a general committee role which continue even after his youngest child completed Under 17's.

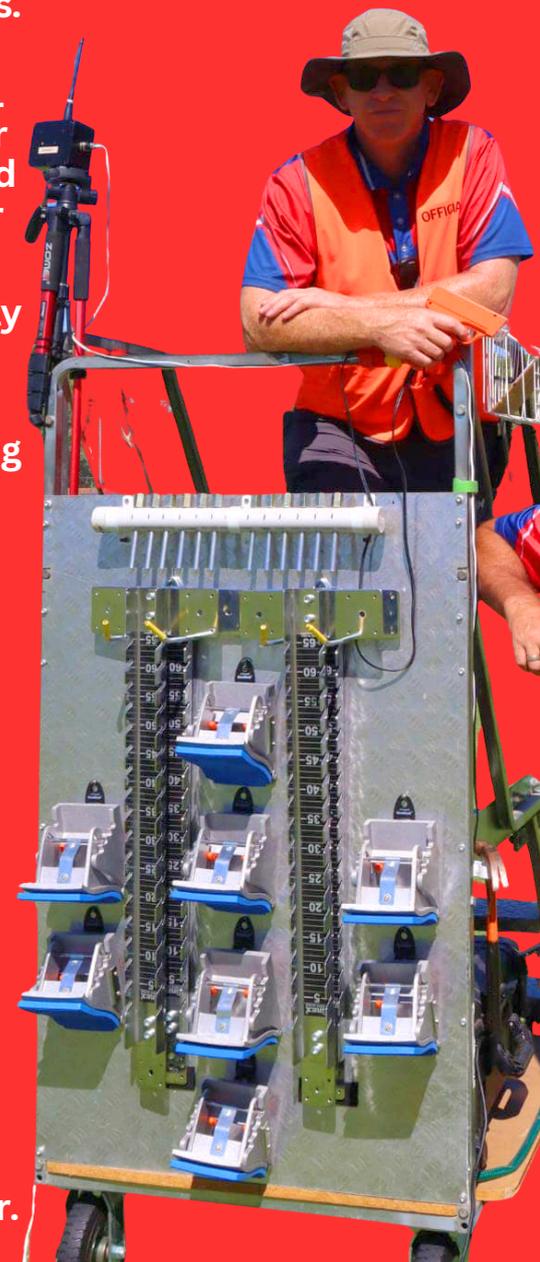
Owen's contribution as a volunteer extends far beyond his formal titles. Whilst he resigned from the committee in 2021 after 11 years of service, he remains a highly valued member of GGLAC, continuing to serve as our dedicated Grounds and Maintenance Coordinator — and resident Bunnings shopper extraordinaire.

Owen is our go-to person for maintenance matters. Regularly sourcing materials to keep the club organised, and liaises closely with council to advocate for improvements.

Throughout winter, Owen works behind the scenes preparing the shed, organising equipment, developing programs, and playing a key role in coordinating our Cross Country Meet. During the season, he is on the grounds each week — rain or shine — ensuring the track is expertly line-marked and the grounds are ready for competition. During meets you can find him out on the track timing, starting, or helping out wherever he is needed.

His commitment to Little Athletics extends well beyond GGLAC. Owen has served on the Northern Region Committee, supporting the organisation and officiating of numerous meets. He is a regular official at state events and has officiated at ALAC, demonstrating his dedication to the broader little athletics community.

While GGLAC is fortunate to have a number of long-serving volunteers, Owen truly stands out. He is often the first to arrive and the last to leave — a testament to his unwavering dedication. It is volunteers like Owen who ensure our club continues to run efficiently week in, week out year after year.



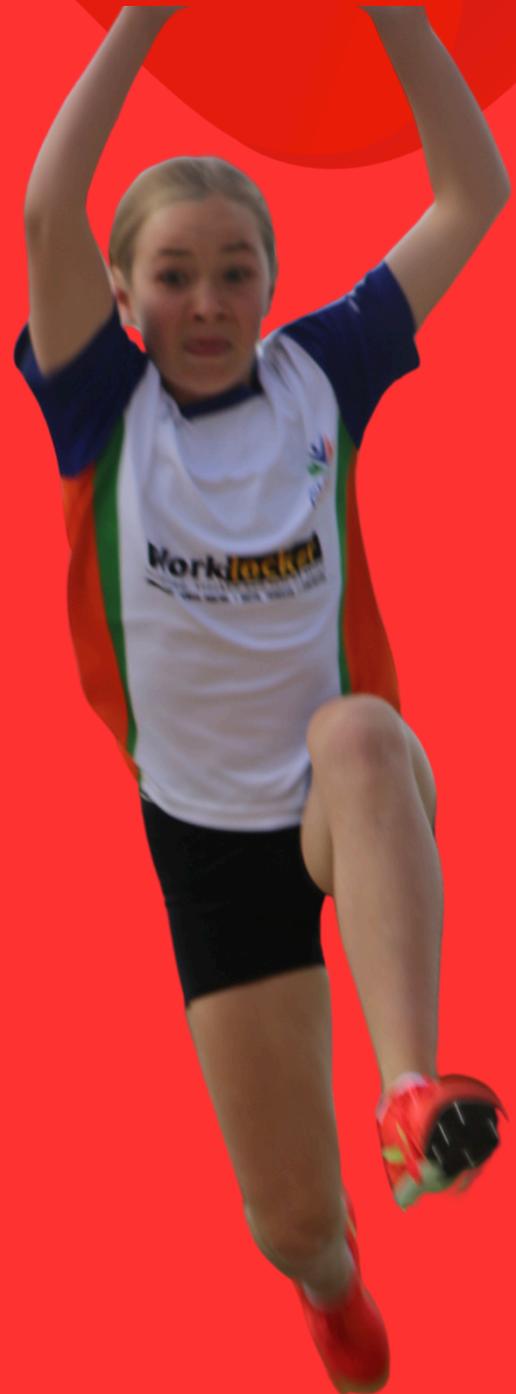
# FEBRUARY COLES ATHLETE OF THE MONTH ACHIEVEMENT

## **Addison Strange** Mount Barker & Districts LAC

Addison has competed consistently throughout the season, demonstrating not only impressive athletic ability but also outstanding dedication and perseverance.

This season has been particularly remarkable, as Addison has broken an incredible nine Centre Records — a testament to her hard work, determination, and natural talent. Her achievements span multiple events, highlighting her versatility as an athlete. Most notably, she set a new Centre Record in the Triple Jump during her very first time ever competing in the event.

Addison's continued growth and success make her season one to be truly proud of.



# FEBRUARY

# COLES ATHLETE

# OF THE MONTH

# COMMITMENT

## Aurora Templer

### Hallett Cove Little Athletics

Aurora has been a dedicated member of Hallett Cove Little Athletics since joining as a Tiny Tot in 2014. In twelve seasons she has missed just one SALAA event, attended over 250 meets, and averages nearly 60 personal bests each year.

She has won medals at State Challenge, State Championships and State Relays, while consistently demonstrating outstanding sportsmanship and club spirit. A proud leader, her willingness to wear crazy costumes and lead the clubs performances has helped Hallett Cove win 4 prizes over the years!

Aurora generously gives back through assisting with set up and pack up, supporting new families, helping in the canteen, promoting memberships, and coaching younger athletes, often competing alongside them to build confidence. A four-time Athlete of the Year, current club captain, and record holder in discus and race walk, she truly embodies the commitment and values of Hallett Cove.

As she nears the end of her Little Athletics journey, Aurora continues to contribute, completing the Tiny Tots course, stepping in to help run the program, and proposing new fundraising initiatives.

We look forward to seeing what Aurora achieves next.

