

LITTLE ATHLETE

www.helensburgh-lac .com

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Special points of interest:

• CENTRE TRAINING

5pm Mondays H/burgh

4.30PM Wednesday h/burgh

4.30pm Wednesday Sutherland

Glenn is also doing some training on Friday nights

Or contact Glenn or Dave for other arrangements

• POSITION VACANT

WE NEED A PUBLICITY OFFICER

DUTIES INCLUDE PUBLISH NEWSLETTER, COMPILE ANNUAL REPORT ETC

WELCOME ALL NEW AND OLD MEMBERS

WOW !! The Olympic Spirit has followed through to little A's with record numbers of children participating this season **282** and counting up about 60 on last year. I hope you all enjoy the 2008/09 season and achieve lots of PB's (person bests), what ever the case have fun and remember this is not the Olympics.

Welcome to all our new families if you have any questions please don't hesitate to come and see a committee member who will assist you. It might all seem a little scary but after a short time you will find things are fairly easy and you will find an event /position that suits you and you like.

The committee are open to any suggestions people may have to make the night run more efficiently. Please come and see us or come along to our meetings, or join the committee. We are a easy going group of people always open to new ideas ways of improving the centre.

THE COMMITTEE OF HELENSBURGH LAC WOULD LIKE TO THANK THE LOCAL BUISNESSES WHO ALWAYS SUPPORT SPORT AND CHARITIES IN THE HELENSBURGH AREA YOUR CONTINUED SUPPORT IS WHAT MAKES THIS AREA SUCH A GREAT PLACE TO LIVE.

PLEASE SUPPORT THESE BUISNESSES AS WITHOUT THEM WE WOULD NOT BE ABLE TO RUN OUR CANTRE AS WE DO NOW.

CHAMPIONSHIPS

Trans Tasman enties close this Friday 17th

What is Trans Tasman ? It's a competition for u/11 and u/12 athletes between a nsw team and a team from Auckland NZ which alternates between here and NZ.

This year it is in Sydney in January.

There are requirements to making this team one being you compete in trails on the 2nd of Nov at Barden Ridge, Illawong, from there a team is picked

There are some costs and other requirements involved. If interested please see Dave or Marina on Friday NIGHT

CHAMPIONSHIPS cont

STATE RELAYS

We will be working out relay teams in the next couple of weeks.

If anybody is interested in assisting with this please see Marina or Dave.

- Teams will be picked on the information and results we have available.
- Performances will be noted over the next couple of weeks

SPECIAL MENTION

We would like to Thank the following Businesses and People

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**BROOKSEY—
HELENSBURGH METEL
FABRICATION for making
and installing our senior
discuss fence FREE**

Blackwells Sand and Soil delivering our sand FREE

SPIKES: Please note spikes are only to be worn in events in lanes (hurdles, 70-400m) and high/long Jump

they are to be taken off between events.

**THIS IS FOR THE SAFETY OF ALL ATHLETES.
PLEASE!!**

Keep your children off equipment before and after the nights competition. Especially High jump bags and Hurdles

UNIFORMS

It's good to see athletes in their uniforms.

Once you have your numbers please fix them to your uniform as shown.

RUNNING IN LANES

It is important that you stay in your lane so your results can be recorded correctly

RULES AND REGULATIONS

This is Athletics not football or WWE so please make sure your children behave appropriately.

We want the night to be fun for all the kids.

Punching and pushing /tackling will result in children being removed from the group.

A parent needs to be in attendance every night

SECOND HAND UNIFORMS
IF YOU HAVE ANY OLD
UNIFORMS OR SHOES THAT
YOU WOULD LIKE TO
DONATE TO US PLEASE GIVE
TO MICHELLE IN CANTEN

OFFICIALS
COARSE WILL BE
HELD THIS SUNDAY
19TH OCT
ILLAWONG
PLEASE COME
ALONG AND
HELP OUR CENTRE
AND YOUR KIDS

MORE THANKYOU'S

Thank you to all who helped with our registration days and registrations on the first night, an extra big job this year with so many kids. Jo Cobb for taking on the registrar position at late notice

Also those who helped with marking the track to start the season (we set a new PB) especially Murray Mackne who cleaned up the long jump pits with a broken arm (not done while doing)

Dale Scott (former little athlete) for making up programme for the Tots. Dale and Dave McNaughton completed the level 1 coaching course and are helping with our coaching as well.