

Helensburgh and Districts Little Athletics



www.helensburgh-lac.com

CHAMPIONSHIP NIGHT

21st November

Athletes can enter four events of their choice.

All parent helpers required please.
(Both rosters.) Register your name with the Officer of Officials by 5.45pm.

STATE RELAYS

12 teams have been chosen for the State Relays being held at Campbelltown on 22 and 23 November.

- *4 x 100 mixed 8,9,10,11,12,14 and 15 years.*
- *U/13 - 4 x 100 girls*
- *Junior boy and girl -4 x 800*
- *And senior girl and boy - 4 x 800*

GOOD LUCK TO ALL COMPETITORS

SECOND HAND UNIFORMS ARE AVAILABLE FROM MICHELLE IN THE CANTEEN.

Trans Tasman Trials

We had four athletes compete in the Trans Tasman trials on 2 November.

Congratulations and well done

*Sarah Walsh
Nathaniel Gaffney
Blake Charman
Regan McPherson*

Uniforms

Please ensure your child has the correct uniform each week, with age patch and numbers and IGA patch in correct position.

ZONE ENTRIES

Zone championships will be held on 31st January and 1st February 2009 at Sylvania Waters. A cost of \$5.00 per family will cover program printing.

ENTRIES CLOSE 28 NOVEMBER 2008.

THANKYOU

Lea Larkin will be stepping down in the position of Records and Rankings officer due to family reasons. Thankyou Lea for your time and effort in this role. Thankyou Melissa Bell who has kindly put her hand up to fill this position.

Thankyou also to Marina and Glenn who have each completed an Officials Course which will help our centre run smoother.



Christmas Raffle

Christmas raffle tickets and letters will be sent out shortly. The Christmas raffle will be drawn on our last competition night, 19 December. Tickets are \$10 per booklet (10 tickets).

Hamper goodies, money and tickets must be returned by 12 December.

CENTRE RECORDS

Congratulations to the following athletes for their record breaking efforts.

Sarah Bowden

*Under 15 girls - Javelin 26.34 metres

James Barnes

*Under 14 boys – Hurdles 26/9 – 15.11 sec
and again on 24/10 – 15.02 seconds

* Under 14 boys – Long Jump – 5.4 metres

Tim Burgmann

*Under 10 boys – 100m – 14.33 seconds

SMS MESSAGING SERVICE AVAILABLE,
ADVISING IF LITTLE A'S IS OFF. GREAT
FOR FAMILIES WHO TRAVEL DOWN
FROM THE SHIRE. ONLY \$2 – DETAILS
AT CANTEEN.

PIE DRIVE

Pie drive forms are being sent out by mail. Money must be returned by 5 December. Delivery will be approximately 16 December.

Pies can be collected on the last competition night at the ovals, or Tracey can have them ready prior to this date, for collection from her home.

Email Tracy on tracey.murraym@bigpond.com

Our last competition night for 2008 will be December 19 and Santa will make an appearance on the night. Parents get together and make up a relay team to compete against the kids on this night too!!!! Last year's parent relay teams were unbelievably fast and should be hard to beat again this year!!!!.

Little A's resumes on 16 January 2009 with both parent rosters required to help please.