



Congratulations Sarah Walsh – Sarah recently competed in the Australian Youth Paralympic Games in Melbourne and won 2 silver medals and 1 bronze on the track and 2 silver medals in the pool. What a huge achievement considering Sarah is only 11 and she competed in the U14s.

ROSTER

Thankyou to all parents who have fulfilled their roster duties and also to those parents who step forward and help every week or when they are not rostered on. Your help is greatly appreciated. By signing on at the parent helper table, you automatically go into the draw for a chance to win the weekly raffle. If you are not signed on as a helper you should not be on the field.

If you are interested in becoming a permanent helper as a starter or timekeeper please see a committee member. The committee is also looking for new volunteers and ideas, so come along and join us. We don't usually bite.

Uniforms

All athletes are required to be in full uniform by the 30 October.

Do you have any second hand uniforms or shoes your child no longer wears or fits into? Why not consider donating them to Helensburgh Little A's. Please see Michelle in the Canteen for all uniform enquiries.

WET WEATHER TEXT SERVICE

In the event of inclement weather, a decision will be made at approximately 4pm and a message will be left on the wet weather hotline.

If you have paid to receive the wet weather text message service (\$2.00) and haven't received it, please see a committee member.

TRAINING

This Friday 23 October at 5.15pm Dave will be conducting Shot Put training.

**NO CHILDREN ALLOWED IN THE CANTEEN.
ONLY COMMITTEE MEMBERS ARE PERMITTED IN THE CANTEEN.
PLEASE LEAVE/STACK BASKETS OUTSIDE. THANKYOU.**