

THE LITTLE ATHLETE

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News in Brief
State Relays

Senior Relays will be held on Sat. 25th Nov. 2006 & **Juniors Relays** Sunday 26th Nov. 2006 at Homebush.

Any athletes wanting to compete or parents willing to help in the organizing of our teams please see Dave Scott or Garry Temple for details.

Noticeboards

On the notice board hanging precariously in front of the canteen, there are various courses, Gala Days, as well as progress in the point score listed

Please check this important information source each week.

Safety Message

For the safety of all, athletes are asked not to play on the high jump bags before the commencement of competition.

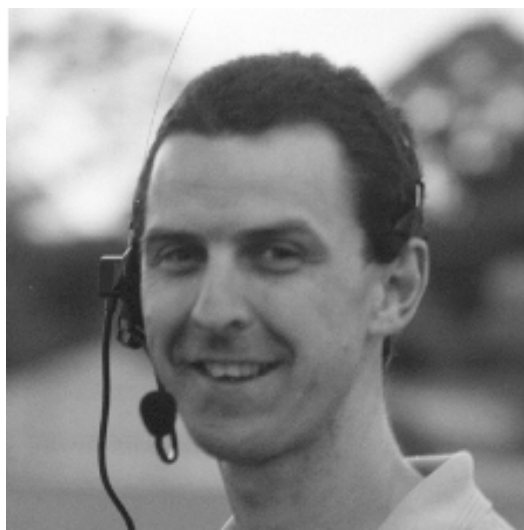
MESSAGE FROM THE PRESIDENT

Welcome all athletes and parents to a new season, our 37th, at Helensburgh Little Athletics. It promises to be another exceptional year with registrations currently at 233. Our season has begun well with plenty of new faces and willing hands to help with the parent helper roster.

I would like to begin by thanking everyone who helped to mark the fields at the start of the season. This task, invisible to most members, is critical to our season and has to be repeated every three weeks. We are always grateful if some parent wishes to help.

We have made some important new purchases in the off season: a new high jump cover and hurdles and they seem to be working very well.

We are also very busy at the moment organizing our relay teams for the state relays and making preparations for our championship night.



Dave Scott in earlier days, but, remove the wires, and he still looks much the same.

The championship night is used to select our team for the Zone championship held early in 2007.

I would encourage all our athletes to put some thoughts now into what events you would like to enter and have a go at the zone in January. I hope you are all enjoying

your Little As and remembering that Little As is about FUN, FITNESS AND FAMILY and achieving your own personal best.

Dave Scott
President

NOTES FROM THE COMMITTEE MEETING

Little Athletics require all athletes to meet the terms of contract to their sponsors. So, can you please ensure that:

- Age patches are fixed correctly with the red border visible

- No board shorts are worn
- Briefs cover the hip bone

Note: that athletes failing to meet the dress requirements will not be allowed to compete at zone level.

Seen an athlete whose performance deserves recognition? Jot down a few notes, hand it to the old graybeard at the track finishing line and we will try to put it in the next newsletter. Got a photo? Even better!

FROM THE CANTEEN

Training Details

Monday

Dave—track 5pm-6pm
Glenn—field 6pm

Wednesday

Garry—relays 4-6pm

New Records!!

Jesse Cobb

U-11 100 metres 13.63

Brinley Trigg

U-12 100 metres 13.76

Congratulations to them both

Special Thanks

Are you seeing your scion more clearly on Friday nights?

You can thank Guy Picken (Rexel Lighting) who donated the new flood light and John Dawes from Coastline Energy who kindly installed the light.

Raffle

Have your money ready for our October raffle.

Prizes include:

Gifts from *Ambience*, vouchers from *Four Quarters and Rebel Sports* and a fruit bowl.

All just in time for Xmas.

T-shirt Pickup

T-shirts are now available for pick up from the canteen.

If you have yet to pay please see Michelle.

Tots Pickup

If you are a tots parent that is not rostered on for the night can you please pick up your child from the field at around 7:15 pm.

Clothing Pool

I am currently trying to establish a second hand clothing pool in the club.

If you have any old uniforms or running shoes at home that you would like to donate please bring them to me, Michelle, in the canteen.

Money raised from the resale of these items goes towards making a better club for us all.

Michelle.

Please Note:

Any Prohibited Person under The Child Protection Act July 2000, is not allowed to work with children at the centre.

If you are unsure of your status in relation to this issue can you see Dave Scott?

Warning!

Areas of Little Athletics can be dangerous especially around the shot put, discus, javelin and track.

Can all age managers please take particular care when crossing the track and passing the junior shot put and discus rings when heading across to the 200 metres start?

Photos

At times there will be a photographer on the grounds taken shots for our newsletter and for publicity purposes.

If you do not wish your child to be included in a photograph can you contact Carol McCaughey and fill out the appropriate form. Athletes names will not be used with photos without their permission.

Early Starters

Helpers are needed who can arrive earlier, say at 5:15pm to help set up the equipment for the night.

At the moment the burden falls on the shoulders of the few.

If you can arrive at the earlier time roll up and see one of the officials. You would be most welcome

HANDY HINTS

1. Track

Athletes, when you finish your event in the track, can you remain standing in your lane until the place judge awards you your placing.

It makes it a lot easier to sort out who finished where, if you are not a moving target.

Remember, to the judges, all athletes look alike.

2. Shot Put

Putters, when you finish your throw, you must exit the circle by the back or your throw will be ruled a foul.

3. Place Judges

Place judges, when judging tight finishes, please ensure you stand on the tiered dais to avoid parallax error.



Putting in the effort

