

THE LITTLE ATHLETE

GOLD, GOLD OUR FIRST EVER STATE RELAYS MEDALS

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Dates to Note:

- ⇒ 2006 Last Night - 15th December . There will be a special set of events and look out for an elderly athlete in a red track-suit
- ⇒ 2006 Resumption- 12th January
- ⇒ Zone Championship 3rd & 4th February 2006

See notice-board for details of events over the holidays.

On Sunday 26 November we took 6 teams to the State Relays at Homebush.

First up were our mighty **U/8 mixed 4x100** team in their heats, which they managed to win (setting the fastest heat time). We thought we might have a chance of a medal in the final but we didn't want to get too excited.

Next were our **U/9 girls 4x100 team**, who all ran to their best, but unfortunately did not make it through to the final .

Our U/10 girls 4x100 were next to the blocks and although they too ran a good race, they also just missed the final.

The U/11 mixed 4x100 were looking good to be our second team into a final when a messy baton change saw them drop back. Fortunately they picked themselves up and just made it through to the final.

Then the **U/10 4x400** team lined up. Running with great heart and a big finish they too made it through to the final

Our first final was the **U/8 's** and it saw our super little team run to their heat form and **WIN OUR FIRST GOLD** .



Gold medal winners at the Little Athletics State Relays

Not to be out done, our **junior boys 4x800 team** came out running perfectly judged races to win a extremely exciting race with the lead changing several times before Brendan produced a blistering last dash to bring home **OUR SECOND GOLD**.

The U/11's ran well in a tough final coming 5th in a very close race; their baton changes were great.

The U/10 4x400 final was our last event with our team showing great spirit and giving their best in a tough race to finish 7th. A great effort which pushed this team to new levels .

A special mention goes to Brendan Curtis who ran 2x 400 and an 800 on the day and yet still produced his dashing finish in all three.

A HUGE THANK YOU to all the kids on their efforts for the day and for the work they put into their training leading up to the event. It was also great to see so much support at the oval with several grandparents there to watch.

For a list of the members of each team see overleaf.

Kathy Scullion

Requests to Athletes. Please:

1. Don't run down the outside of the track while a race is in progress—it messes up the place judging and often means the times are invalid. That is, the athletes efforts are not recorded!

2. Wait until you have an adult with you before attempting the javelin. The consequences of misuse of this, our most dangerous piece of equipment, are well known.

3. Don't jump on the high jump bags unless you are competing in the high jump. Every week we hear of athletes hurting themselves on the bags before the night begins and in the meantime damaging the very expensive bags.

Queries:

Got a good photo of one of our athletes? Or a story? Please pass it on to the distinguished-looking, grey-haired gentleman timing the finishes. He will pass it on to the editor

Reminder

We have starting blocks for your use. Just ask an official at the 100, 200 or 400 metres start if you wish to get in some early practice for the zone.

Successful State Relay Teams

U/8 4x100 Annabell Sullion, Jake Trew, Jane Vodiciar & Tim Burgmann

U/9 4x100 Olivia Salmon, Alexia Zantidies, Jamie Cottrell-Dormer & Brook Mason

U/10 4x100 Mikayla Callaghan, Tori Trigg, Michaela Crane & Madeline Scullion

U/10 4x400 Tori, Mikayla, Reagan McPherson & Brendan Curtis

U/11 4x100 Ashleigh Larkin, Jesse Cobb, Michaela Golds & Jamie Wigley

Junior 4x800 Harry Callaghan, Sam McNaughton, Brendan & Connor Mackne

Stuck for a good Xmas present?

Stuck for a good Xmas present? Want to look smart on the oval on Friday night? Or better still, part of the team at the Zone Championships in January?

Why not duck up and see Tracey Morrison on Friday night and pick up one of the new Little As shirts?

Reasonably priced, the shirts offer a chance to show the world where you stand.

TransTasman

Congratulations to Shane Murray who has been selected in the Trans-Tasman team!

Below, Shane shows he can jump as well as run



Xmas Raffle

Can people please bring in their goodies for the Xmas hamper and any money and ticket butts they still have? Just give them to the canteen. If you haven't received a letter in the mail, stating what gift to bring then you can donate any Xmas item. We should have four

to 5 hampers with great food if all contribute their item.

If you don't have some tickets they can be purchased from the canteen. The prizes will be drawn on the last competition night before Xmas. We still draw it if it rains and winner will be phoned if not there.

Uniforms

We still have a number of uniforms available should anyone need one. Remember, it is essential that competitors in the Zone Carnival have the correct uniform with the centre number on the back, their own number on the front, the red border on the number showing and plain black shorts. Kirsi Benson has more information.

PARENT ROSTER UPDATE

A very big THANK YOU to the vast majority of parents who are fulfilling their commitments on the fortnightly parent roster. The Committee have been working very hard this year to ensure that all parents are meeting their responsibilities and are assisting when required. We are keeping records of parent assistance and are contacting those parents

personally who are not meeting their commitments. Please remember that it is the responsibility of parent to ensure their roster commitments are met. In the event of any difficulties arising meeting this obligation, please see Kathy Scullion or any of the committee members at the sign on table.

Failure to meet your parent roster obligations can re-

result in your children being ineligible to represent Helensburgh i.e. at State Relays, Zone, Region or State Championships and they may be suspended from normal Friday night competition. A special word of thanks to those parents who assist on the roster EVERY week!!!! we really appreciate it and so do the kids.

Kathy Scullion