

LITTLE ATHLETE

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Welcome to 07/08 season

Welcome back/new members to little A's. Things should start to settle down a bit now with the holidays over and registrations done. To all parents please come and ask a committee member if there is something you're not sure about in relation to events (how they run, what to do, etc) and we will help you. If you look in event folders we have information on how events work.


PARENT ROSTERS

By now everyone should know if they are on the blue or yellow roster please help out on your night to help the competition run as smoothly as possible. We may need some people to do extra as our numbers are down on last season.

We would like to have the same people fill certain positions so if you can help out come and see us at sign on desk

AGE MANAGERS we would like to have the same people in charge so kids know who to go to and we can find if there is a problem.

STARTERS/ TIMEKEEPERS If we can get the same people doing these jobs we will get more consistency .



Dave Carter
Dip RM • ATMS Accredited

Sports massage	• Sport + work injuries
Deep tissue massage	• Stress + headaches
Remedial massage	• Muscular aches + pains
Advanced remedial techniques	• Medical + insurance referrals welcome
Trigger point therapy	• Health fund rebates
Chinese cupping	• Gift certificates

Comprehensive treatments, specific to our body's requirements and well being.
Enquiries and appointments
P 9520-6653 M 0417 655 495

Special points of interest:

• CENTRE TRAINING

Track training will commence at 5pm from Monday

With field to follow 6.15pm

• EVENT HELP

We have made up new sheets to assist in the running of field events please take time to look at in folder or on our web site

• POSITION VACANT

WE NEED A PUBLICITY OFFICER

DUTIES INCLUDE PUBLISH NEWS-LETTER, COMPILER ANNUAL REPORT ETC

CHAMPIONSHIPS

Our **centre championship** is on the **30th Nov** this year we have a closing date for entries of the **23rd Nov** to try and make the night run more smoothly. We will have entry details next week so you can enter your events early

STATE RELAYS 24th/25th Nov This year we have 11 teams entered our most yet. Mixed 4x100 in 8'9'10'11'12'13'14 plus long /high 12 and middle distance junior boy and girl and senior girl.

We will be going around in the next few weeks picking these teams and organizing training

CHAMPIONSHIPS cont

STATE MULTI'S 1/2 MARCH

If interested in going to Orange for this see Michelle(uniform lady) in the canteen, it may seem early but accommodation will fill fast so we need to book.



Vanessa and Sarah have both been in little a's from the tots till now in the 14's

ATHLETE PROFILE

VANESSA U/14 GIRL

D.O.B 2/11/1993

HOW LONG BEEN DOING LITTLE A'S 10 YEAR

FAV EVENT 800M

LEAST FAV HURDLES

FAV FOOD PAVALOVA

FAV ANIMAL FROGS

FAV PERSONALITY DREW BARRYMORE

FAV TV SHOW SUMMER HEIGHTS HIGH

IF I GAVE YOU \$20 WHAT YOU SPEND ON

CLOTHES & FOOD

Fundraising

SUN SENSOR PATCHES

We will be selling sun sensor patches at the canteen as a fundraiser for the centre so please support us while being sun smart over summer.

Christmas Hamper

Notes will be sent to you shortly for our Christmas hamper raffles again please support us.

SPONSORS

If your business would like support us by advertising here as well as on our web site and annual report etc please contact Tracey our fundraising Officer

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

APPOLOGIES

Our apologies to the following Athletes whose records from last year were left out of the yellow information booklet

Jesse Cobb u/11 boys 100

Brinley Trigg u/12 girl 100

Brinley Trigg u/12 girl 200

Sarah Bowden u/13 girl javelin

RESULTS

Please be patient your results will come we have a new registrar of records (Lea) as well as changing the system to a more modern one. We have also purchased a new timing system which once we get up and running should improve things

Wet weather

Phone 42941345 or 0417062294

Or check web site
www.helensburgh-lac.com

Please wait till after 4.30pm as we usually don't make a decision till then.