

# LITTLE ATHLETE

www.helensburgh-lac.com

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LAST NIGHT 14TH DEC RESUME 18TH JAN	

## 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

CAN'T WAIT TILL JAN 18

You are more than welcome to go to one of the other centres in our zone as a visitor. Those going to zone may want more competition prior to carnival.

## Success and Disaster at State Relays

### WOW

What a weekend **2 GOLD 1 SILVER AND 2 BRONZE**

From 11 teams not a "bad effort" .


The weekend started off great with our u/8 4x100 team of Alana Coffee, Olivia Marsden, Luke Taylor and Billy Dubiewicz winning **GOLD** . Then not to be out done our u/9 4x100 team of Annabell Scullion, Jane Vodica, Tim Burgmann & Jake Trew backed up from last year to again win gold.

Our u/10 4x100 received silver, and our u/12 and 14 teams picked up Bronze medals. Unfortunately we had our share of bad luck as well with injuries, our junior girls 4x800 team couldn't finish the final with an injury during the race and our u/13 4x100 mixed with an injury in the warm up not being able to compete .

Thank you to all the children who participated on the weekend the club appreciates the effort you put in. Thanks also to the parents who helped out with duty and Marina for her help organizing our teams.

For more information on how teams went see our web site.

**FRIDAY 14TH DEC : OUR LAST NIGHT BEFORE CHRISTMAS COME ALONG, WE'LL HAVE SOME FUN AND YOU MAY SEE SANTA.**



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**WE WISH EVERYONE A SAFE AND HAPPY CHRISTMAS**

## CHAMPIONSHIPS

**ZONE 2ND /3RD FEB**

**ENTRIES DUE 30TH NOV**

**NO LATE ENTRIES WILL BE EXPECTED**

Everyone should have received a mail out during the week with more information on this please return it Marina asap

**WE WOULD LIKE TO SEE AS MANY AS WE CAN PARTICIPATE AT ZONE**

You may surprise your selves as our relay teams did and make it to **REGION** or even **STATE**

## 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.

### UNIFORMS

We have new and second hand uniforms and spike available at canteen

If you have any spikes or uniforms that don't fit anymore there may be someone who could use them .  
PLEASE DROP INTO CLOTHING POOL

## 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. On sale now for \$6.50

### Christmas Hamper

THANK YOU TO THOSE WHO HAVE BROUGHT THEIR HAMPER TICKETS AND ITEMS IN.

If you haven't brought yours back yet please get them back to us by fri 14th

IF YOU HAVE ANY SUGGESTIONS FOR NEWSLETTER PLEASE LET ME KNOW

Dave

**Southern Sports and Physiotherapy**

**SPORTING INJURIES**

**BACK / NECK INJURIES**

**EXERCISE THERAPY**

**ORTHOTICS /GNAWING PAIN**

**Engadine Branch**  
Cnr Caldarra Ave Station St  
Engadine NSW 2233  
**Phone 9520 4953**  
Fax: 9520 6256

**Helensburgh Branch**  
**PARKS st OPPOSITE SHELL SERVO**  
Helensburgh NSW 2508  
**Phone 4294 4953**  
Fax: 4294 4954

### 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**

**Thank you to**

**Benson Conveyancing Services**

**Southern sports and Physiotherapy**

**Supple Muscle**

**Crockers Paint & Wallpaper**

**For your continued support**

CENTRE CHAMPIOHSHIP  
TONIGHT 30TH NOV  
GOOD LUCK TO EVERYONE  
  
LETS HOPE WE DON'T GET  
ANY MORE WASHOUTS

## WHERE YOUR MONEY GOES

So far this season we've spent \$877 dollars on paint (which we get at a good price through CROCKERS PAINT & PAPER )

We have also purchased a new lap top computer to make recording and general running of the centre easier. With that we Have a new point scoring pro-

gram.

**Bensons Conveyancing Services**  
*Kirsi Benson*  
*Licensed Conveyancer & Justice of the Peace*

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As well we have just purchased a new shade shelter for when we go to other competitions.

As well as buying new equipment such as Javelins, high jump bar and posts etc.