



Centenary Little Athletics Centre

NEWSLETTER

(Issue 1 – September 2016)

Wow! What an amazing turn out we had for the start of the season.

We had approximately 140 athletes on the field with their families, making it close to 250+ people. It was very exciting to see so many familiar faces and so many new families at the club. I must admit I am really excited as we haven't seen this many new athletes for a number of years. A very big thank you to everyone who helped, including your patience at registrations where we had a few technical hold ups, and all the amazing help on the field from timing, marshalling to amusing our athletes between events.

MASTER CLASSES

With this number of new athletes we could see that a few might also be new to Athletics and rather than wait until the Introduction to Coaching course for parents in October we have decided to run Master Classes in the program for the next 3 meets covering many of the events, this will introduce our new athletes (and parent volunteers) to the new skills and our returning athletes a thorough refresher class on the different events. These Master Classes will be conducted by our coaches Adam & Glen and will include: setting up the event, how to complete the event, how to measure/score and how to marshal. We strongly encourage parents/families to attend these sessions to gain the skills and confidence for when marshalling age groups or volunteering on field events.

Meet 2 MASTER CLASS – High Jump Scissors & Flop

Meet 3 MASTER CLASS – Discuss & Shot Put

Meet 4 MASTER CLASS – Long Jump & Triple Jump

SPECIAL COACHING SESSIONS

We have decided to bring our coaching sessions forward to help all our new and returning families. This will occur on the oval this Thursday and the following Thursday -

Thursday 8TH 5:15-6:15PM

Thursday 15th 5:15-6:15PM

INTRODUCTION TO COACHING – LITTLE ATHLETICS QUEENSLAND

Run by Little Athletics Queensland, Centenary Little Athletics will be hosting this special event and also subsidising most of the costs for our club members. Normally it is \$100.00 per attendee, however you will only need to pay \$5.00 to attend, which will include a light morning tea, lunch and afternoon tea. Make sure to RSVP at the clubhouse on Friday evenings on the RSVP list and make payment to our treasurer.

The aim of Introduction to Coaching courses is to provide parents, teachers and interested sports people who have little or no experience of the sport of track and field with coaching information and activities. Introduction to Coaching courses are designed for beginner coaches to give a sound basic knowledge and are particularly appropriate for people coaching young athletes at the grass roots level. DATES: 16/10/16

WHERE : Jags oval

TIME: more info to come

SMOKIN PIZZA – WOOD FIRED PIZZA \$10.00 EACH

This week's food will be brought to you by "Smokin' Pizza" with their very tasty wood fired pizzas to feed us all. They will be cooking from **5.30pm** – so make sure to get your orders in early on the night. I have



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attached a menu here and will also post on our Facebook page.

FRIDAY NIGHT PROGRAMS

Will be posted by Thursday evening on our Facebook page with all the events for the evening, if you look closely at these forms you will also see information about which age group is setting and packing up which event, along with important information about discuss and shot put weights.

6pm – All athletes and families to marshal for debrief

6:10pm – Athletes to head to warm ups (athletes need to warm up before competition)

6:10-6:25 – Age & field marshals will gather for debrief and secure their position for evening

6:30 – Athletes to gather back and head off with their age marshal to first event

(this week it will be a master class – HJ & HJ Flops with coaches Adam & Glen) U6 will head to their program with Coach – Jasmine, U7 will head to their first field event

PARENT PARTICIPATION

Make sure when you arrive, that you fill your name in and sign the parent participation form for the age or field event that you plan on marshalling for the evening. These forms will be attached to the table outside of the clubhouse. Our master class will be providing everyone with the knowledge how to run these events.

THIS WEEKS TIPS FOR GREAT NIGHT

- Make sure to bring a bottle of water, a jumper (it is still a bit chilly) for yourself and athletes (you can fill bottles up at clubhouse)
- Money for pizza!

IMPORTANT DATES TO REMEMBERS

8/9/16 – Special Coaching Session (5:15-6:15)

15/9/16 – Special Coaching Session

16/9/16 MEET 3– Bring a friend night (your friend will need to sign the trialist form)

23/9/16 – No meet – School Holidays

30/9/16 – No meet – School Holidays

7/10/16 – MEET 4

14/10/16 – MEET 5

16/10/16 – Introduction to Coaching Course - RSVP FORM AT CLUBHOUSE

RAFFLE

Congratulations to our 3 lucky prize winners of the raffle. Here is a picture of 1 of our winners from last week with Dese - a parent, coach and fundraising chief!

