



NEWSLETTER

(Issue 2 – September 2016)

Well a little bit of rain might of modified our program but it certainly didn't stop us. It is always a hard decision and one that is not taken lightly when deciding if a meet should be cancelled due to weather. We must consider foremost the safety our athletes and families on the oval. If the meet is going to be cancelled we will post on the Facebook page at 5pm of the cancellation, otherwise expect the meet to be on.

In amongst the rain there were lots and lots of smiling faces on the field from both parents and children. To compensate for the rain we modified the program and instead of the High Jumps Master Classes we ran Shot Put with Adam and Discuss with Glen.

Our U6 athletes had the company of our Centre Manager showing them the ropes and they had their first run on the sprint track!

The Met West Regional's were on last week and quite a few of our athletes had been there competing. Congratulations to all these athletes and their families and please make sure you share with us your results.

MASTER CLASSES

Due to the rain last week we could not run the High Jump Master classes, so this week we will be conducting High Jump Scissors for our U8-U10. The Flop class will be run in one of the upcoming meets.

Meet 3 MASTER CLASS – High Jump U8-U10

Meet 4 MASTER CLASS – Long Jump & Triple Jump

Master Class – Flops - TBA

COACHING SESSIONS

We had a fantastic turn out for our first coaching session of the season with plenty of new faces there.

Adam conducted the High Jump flops for our U11 and up and our U6-U10 ran through a series of drills with Glen & Aiden.

This week Glen will be running this Thursdays session from 5.15-6.15pm

Upcoming sessions -

Thursday 15th 5:15-6:15PM

Thursday 6/10/16 – 5:15:16PM

**** Please note there will be no coaching during the school holidays.**

INTRODUCTION TO COACHING – LITTLE ATHLETICS QUEENSLAND

With all the excitement of the rain last week we didn't get a chance to put out the RSVP forms for this. They will be on the programming table this week.

Make sure to mark it in your diary and fill out the RSVP form.

You can pay our treasurer the \$5.00 RSVP fee at the clubhouse.

DATES: 16/10/16

WHERE : Jags oval

TIME: 8am-2:30pm (*Light lunch, morning tea included*)

SMOKIN PIZZA – WOOD FIRED PIZZA \$10.00 EACH

"Smokin' Pizza" will be back again this week to tempt your taste buds. They will be cooking from **5.30pm** – so get your orders in early on the night.



Centenary Little Athletics Centre

FRIDAY NIGHT PROGRAMS

Will be posted on the Facebook page by Thursday. The weather is looking good with forecast 27 degrees this Friday.

Included on the program is the nominated field event for each age group to **set up and pack up**.

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

FIELD SET UP & PACK UP

The field set up and pack up is the responsibility of each age group as nominated on the program.

Normally, for pack up, your age group will be nominated to pack up the last event you are on. But before bringing back to the shed – please check the program to make sure.

There are several events that take a little bit more to master and this will come with time including the discuss nets and high jump mats, so in the meantime make sure to ask one our committee out on the field for help.

The more hands on helping set up the quicker it is done and the athletes can start getting through each of the stations.

If you don't get a chance to set up the event prior to the debrief it can be done straight after.

PARENT PARTICIPATION

It is so fantastic to see so many volunteers out on the field helping our athletes. Little A's is unique in that it is a full family sport where everyone gets to participate.

Don't forget to sign your name of the parent participation forms on your field or age marshal event – this is very important for insurance purposes and it helps us gauge how much you have helped out. ***As a Reminder – a refund of the Parent Participant Fee at the end of season is dependent upon you participating at least 66% of the meets or "working bee" (e.g. 12 of 18 meets or "working bees").***

HOUSEKEEPING

Just a reminder to families that all children aged 12 and under must have an adult in attendance at the field for the entire club meet. If you are unable to be there, it is your responsibility to ensure that a responsible guardian has been arranged during this time. This is for your child's safety.

THIS WEEKS TIPS FOR GREAT NIGHT

- Come prepared for mozzies – they can get a bit hungry over by the creek especially after rain.
- Money for pizza!

IMPORTANT DATES TO REMEMBERS

15/9/16 –Coaching Session 5:15-6:15pm

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