



# Centenary Little Athletics Centre

## NEWSLETTER

3 MEETS IN!

It will be all hands on deck when we return from the holidays, if you are new to Athletics you will now become more familiar with each event and how an athletics night runs. It is a very hands on sport for all involved and it does take time to learn all the ins and outs - and the biggest tip I can offer is just get in there and give it go, attend the master classes, the training sessions and definitely come along to the Introduction to Coaching Course.

Our U6 age groups will start the with the scheduled athletics program when we return from the holiday break and will do between 3-4 events each night and be led with their parent marshals. These include runs, jumps (long jump), and throws (shot put, discuss)

The master classes will continue each week with the inclusion of Flops, Javelin, Triple Jump and Long Jump to our age groups. To really get time to develop and learn the skills, it is important to attend training held on Thursday nights at 5:15pm on the oval. It is also a great opportunity for families to learn these skills too and very advantageous when marshalling our athletes.

### Canteen

We are very excited to welcome Kaye back at the club and to take on the role of canteen coordinator!

Our canteen will officially open at Club Meet 5 (14/10/16). Kaye will need a volunteer each week to help in the canteen – so if you are looking for a way to help but not so keen on age or field marshalling, make sure you speak with Kaye about the canteen volunteer roster.

### SAUSAGE SIZZLE

Ifeelgood24/7 Middle Park will be back at our Club Meet 4 and cooking up a storm on the Barbie.

### SMOKIN PIZZA

Smokin Pizza will continue to come to the club once a month and spoil us with the delicious pizza. We are currently discussing dates with them and will be able to post the schedule in the next few weeks.

## INTRODUCTION TO COACHING – LITTLE ATHLETICS QUEENSLAND

This is the event to attend!

It is a fun hands on day presented by Little Athletics Queensland for parents and guardians of our athletes. You will learn the skills required to marshal age groups and how to offer basic level of coaching in events such as shot put, long jump, discuss etc.

Food will be provided during the breaks.

**DATE:** 16/10/16 **RSVP:** 7/10/16

**WHERE :** Jags oval

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

**Cost:** \$5.00 per attendee (Normally \$100)

RSVP forms are attached and can be emailed back to [centenarylittleaths@hotmail.com](mailto:centenarylittleaths@hotmail.com).

## AGE GROUPS

There will still be a few changes to several of our age groups over the next couple of meets while many families finish off other sports and register for athletics. We may split a few of the groups and combine some others – changes will be on the Friday night program which will be posted on the Thursday evening to our facebook page.

## TINY TOTS

The Tiny Tots season starts week 4 - this is a great introduction to athletics and a fun way for our younger athletes to be involved. Tiny tots is a fully play based program designed for 3-4 year olds. It runs every Friday night alongside the main program and starts at 6pm for approximately 60 minutes. Jasmine is our coordinator and coach who will coordinate this program but a parent must also accompany their tiny tots and be ready to jump on in and have some fun! If you have not yet registered there are still some spaces available – so make sure to jump online and register them now!



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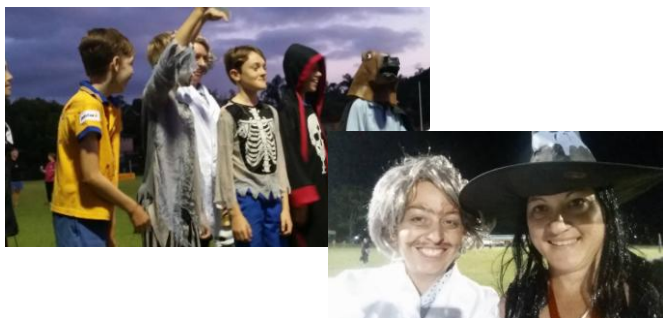
## COACHING SESSIONS

Every Thursday evening at **5:15pm – 6:15pm** during school terms. During these sessions coaches will take athletes through events so that they can both learn and develop their skills.

Parents - you are very welcome to join in and help – just make sure to make yourself known and that you are keen to help to the coaches at the beginning of the session.

## HALLOWEEN MEET (28/10/16)

We will be having a special guest and announcement at this meet. Make sure to come dressed in your spookiest costume – there will be prizes for both best dressed athlete and best dressed parent. When deciding on costume for athletes – make sure they are still practical for them to compete in.



## FIELD SET UP & PACK UP

Great work everyone on the field set up and pack up at our last meet. All the extra help made a huge impact and all our volunteers were able to go home before 9pm.

Most events do not take long to set up and if a few families from the rostered age group help it is done in no time.

## EVENT HANDY HINTS

LAQ have published fantastic information sheets on the different events run at the centre. Each week we will share these on Facebook for you. This week both High Jump and Timekeeping have been posted.

## THIS WEEKS TIPS FOR GREAT NIGHT

To ensure a smooth running and fun night for all – help amuse and manage yours and other children in between events and when waiting on turns.

Help the age marshals have the children lined up and ready for their turn – if age marshals are having to call children who have wandered off whilst waiting their turn it can lead to a very slow night. Get in and help measure, right down measurements and coordinate some games in between the events.

Games such as “duck duck goose”, “mingle mingle” are great ways to fill in the time when waiting for an event to start. If you are looking for ideas we are currently developing some cards to go into the boxes each night – however in the meantime Youtube has a variety of games you can search ready for Friday nights.

Remember the committee and marshals are volunteering to help run events. Ensuring children are doing the right thing is the responsibility of the parents or guardians.

## IMPORTANT DATES TO REMEMBERS

**7/10/16 – MEET 4**

**14/10/16 – MEET 5**

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

**21/10/16** – Meet 6 (Nominations close for Jetstar Senior carnival & Junior Pentathlon)

**25/10/16** – Committee Meeting 7pm Mt Ommaney Library – all welcome

**28/10/16** – Meet 7 (**Halloween Dress up – prizes for best dressed athlete & parent**)

**30/10/16** – Jetstar Senior Carnival & Junior Pentathlon

**4/11/16** – Meet 8

Our newsletter will now be issued monthly, the next issue will be due in the first week of November.