



Week: 11 - Friday 7th December 2007  
[www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au)

# Collingwood Little Athletics

## PROGRAM

	Boys and Girls			Boys	Girls
U6	60m	On-Track program			
U7	50m	70m	200m	DIS	LJ
U8	60m	100m	200m	HJ	LJ
U9	70m	100m	800m	DIS	TJ
U10	70m	100m	800m	HJ	TJ
U11	70m	100m	1500W	DIS	TJ
U12	70m	100m	1500W	HJ	LJ
U13	100m	400m	1500W	LJ	SP
U14	100m	400m	1500W	LJ	SP
U15	100m	400m	1500W	LJ	SP

### COLLINGWOOD ATHLETICS TRACK OFFICIALLY OPENED

An edited version of the following article appeared in the MELBOURNE LEADER on December 5, page 11.

Over 150 athletes attending the official opening of the upgraded athletics track at George Knott Athletics Track on Nov. 24

Last Saturday, the track upgrade was officially opened by a delegation of local council members, athletics officials, club Presidents and the son of one of the founders of Collingwood Little Athletics Club (CLAC), Don Francisco. Almost 200 athletes and families, from the inner northern suburbs, suspended their competition to celebrate the new facilities and to express their appreciation of the efforts from current and previous City of Yarra councillors and mayors in providing facilities that are the envy of other athletics clubs.

Dean Cromb, President of CLAC, congratulated the council and club supporters in their foresight and commitment to Little Athletics. Mr Cromb said, "the new facilities clearly show a commitment by everyone to encouraging an active healthy lifestyle

for our children but just as important, the efforts of everybody associated with the club go to continuing the sportsmanship and community feeling that we need to have for a successful future."

The professional grade track, additional lighting, sun-protection shading, landscaping and contemporary canteen amenities have further increased the prominence of the

George Knott Reserve by having it host athletics competitions for schools around the district.

Enthusiasm in Little Athletics ebbs and flows with the public's experience of events such as Olympics and Commonwealth Games but Collingwood Little Athletics and the Harriers have always been strong - strong enough in members and their commitment to warrant a substantial investment by the City of Yarra in upgrading facilities at the George Knott Athletics Track in Clifton Hill.



### EQUIPMENT UPGRADES

The Committee has decided to purchase several new javelins to match the type used by athletes at Region competitions.

## TRACK CHANGES

The Committee is also investigating new markings on the back straight so that it can be used for 50m, 60m & 70m events there, particularly for the U6's and U7's.

## NEXT SEASON'S PROGRAM

The Committee is already working on a revised program for the 2008/09 season to achieve a more even spread of events and a possible reduction in resources required.

Timing gates for the finish of track events are also being investigated.

## TRAINING - TUESDAY EVENINGS

Training sessions are held each Tuesday at CLAC between 5 – 6:15 pm. There were over 20 athletes at last Tuesday's training on javelin, shot put, high jump, long jump and triple jump. So thanks to those athletes and families who attended.

## LAST COMPETITION DAY FOR 2007

Please remember that CLAC's last athletics meet for 2007 will be on Saturday 15 December 2007 (with a special visitor).

## ESPRESSO COFFEE

For some time the Committee has been supported of the call for "real" coffee in the Canteen however the logistics are not so easy. If any members have links with coffee companies please discuss possibilities with a Committee member. Real coffee with a bacon & egg sandwich is a terrific combination.

## PARENTAL PRESENCE

Please note that it is a condition each athlete's membership that children attending a Centre meeting must be in the care of a responsible person at all times.

More information on the regulations is in the Handbook.

## CROSS COUNTRY

Many athletes are unaware that registration with CLAC for Little Athletics also includes registration for cross country events that are conducted during Winter. Cross country is optional but we encourage athletes to participate in order to maintain fitness.

Cross Country is held at a variety of venues in the eastern and inner northern suburbs. See page 25 of the handbook or talk to a Committee member for more details.

## 40th ANNIVERSARY RAFFLE

CLAC's Annual raffle will be drawn at our 40th anniversary celebrations at the Open Day on February 10. Tickets will be available well before Christmas so please don't forget to sell the tickets to your friends and relatives at Christmas.

The raffle will also include a silent auction for a range of items including collectible signed authentic AFL club jumpers.

We are always seeking more donations to our major raffle and would love to have some service providers offer an hour or two of their time as a donation to the raffle. Please discuss this option with one of the CLAC Committee members.

Check newsletters and website for updates.



## CANTEEN UPDATE

On Saturdays come early to enjoy the bacon and egg breakfast, or enjoy a bowl of cornflakes or nutrigrain. Lunch available will be BBQ sausages, pies, pasties, sausage rolls, steamed dim sims and noodles.

Friday nights have dinner at CLAC, the BBQ will be running with sausages, beef burgers, vegie burgers and complimentary salads or enjoy some dim sims or hot noodles.

Canteen staff have asked that members and athletes pay for food and drinks with small notes early in each competition day. It is just not possible to provide change of a \$50 for two curly-wurlies.

Establish a Little Aths coin box, please



## RUBBISH

Please make sure that you place all your rubbish in the bins provided, particularly empty bottles or food wrappers taken to events.

## UNIFORM ISSUES

The official CLAC uniform is...

- Plain black running shorts & club singlet (plain white T-Shirt under the singlet if cold)
- The Registration Tags

Black leggings are NOT part of the official uniform and cannot be worn.

Also registration tags are part of the official uniform and athletes will NOT be allowed to compete without a registration tag.

## OPEN DAY - FEBRUARY 10

In 2007-08 CLAC will run an Open Day on Sunday 10 February 2008. This competition is open to registered Little Athletes from Collingwood and from other clubs, as individuals or in teams. It provides Collingwood athletes with the opportunity to gauge their performances against those of athletes from other clubs.

Competitors may enter up to four events in their age group or in a higher age group. Entry to events will be charged \$6 per event or \$20 for four events. Entry forms may be obtained from the reception desk or the CLAC website, when available.

First, second and third place getters receive awards.

## SPONSORS

Special thanks to our sponsors, THE ATHLETE'S FOOT - Greensborough) for their ongoing support.



MAURO BROS - FAIRFIELD of Station St Fairfield, who supply CLAC with our BBQ meats and with donations of meat for raffles.



## NEWSLETTER

We are always looking for news and information for this newsletter. Items for inclusion should be emailed to Kevin Jones (the man at the barbecue) at [publicity@collingwoodlittleathletics.org.au](mailto:publicity@collingwoodlittleathletics.org.au)