



Week: 12 Saturday 15 December 2007  
[www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au)

# Collingwood Little Athletics

	Boys and Girls			Boys		Girls	
U6	100m	On-Track program					
U7	50m	70m	300m	SP	DIS	DIS	SP
U8	60m	60H	80H	HJ	LJ	TJ	SP
U9	400m	60H	80H	DIS	LJ	HJ	SP
U10	400m	60H	80H	LJ	DIS	LJ	DIS
U11	400m	60H	80H	HJ	TJ	LJ	HJ
U12	400m	60H	80H	SP	LJ	DIS	SP
U13	400m	80H	300H	SP	LJ	HJ	TJ
U14G	400m	80H	300H			HJ	TJ
U14B	400m	90H	300H	SP	LJ		
U15G	400m	90H	300H			HJ	TJ
U15B	400m	100H	300H	SP	LJ		

## FIRST COMPETITION DAY FOR 2008

Please remember that today is the last athletics meet for 2007. Little Athletics will resume on Saturday 19 January 2008 with javelin being held at 7.30am.

We look forward to having you all attend in January.

Please have a safe and happy Christmas.

## ATHLETICS TRAINING

Training sessions are held on Tuesdays at CLAC between 5 – 6:15 pm. There will be no more training before Christmas. Training will resume on Tuesday February 5.

## PARENTAL PRESENCE

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

The Committee feels that there are two main reasons for this. One is that Little Athletics is fun and children want to show their parents and friends what they can do. In a world where work/life balance is an

increasing concern, we see Little Athletics as quality family time.

The other concern is less glamorous and is in case athletes get injured. We don't want to fumble through our records to find contact numbers for parents. We need a parent present and, more importantly, injured children want their parents to be there.

More information on the regulations and parental obligations is in the Handbook.

## 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.



## CANTEEN

The canteen staff would like to thank those athletes and members who are now purchasing items with coins and small denomination notes. Although it takes time to count everything at the end of the session, the small notes are a great advantage at the start of sessions, in particular.

As the man of the barbecue, I would also like to thank those athletes who have improved their manners over this season. We all volunteer our time to CLAC, and often miss out on chances to see our own children compete, so basic courtesy is very welcome.

## COMMUNICATIONS

The Committee is considering distributing the CLAC newsletter electronically a day or two before competition by email. In this way you will have forewarning of any important issues and also know what events will be on that week. This is particularly useful for javelin events.

The newsletter is likely to be emailed as a PDF attachment and this will occur in the new year.

## WEATHER NOTIFICATIONS

In wet weather conditions a decision regarding competition will generally be made at the scheduled start of competition: 8.45 am for a Saturday morning competition and 5.45 pm for a Friday twilight competition. Once made, this decision will be promptly posted on the Centre website ([www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au))

Please remember that you can access the Bureau of Meteorology website through the CLAC website. This allows you the most up-to-date forecasts and radar images of impending storms. However please do not rely on this information in deciding whether to attend, only in what equipment and clothing to bring. Frequently bad weather passes CLAC by or it only lasts for a short time.

## ESPRESSO COFFEE

For some time the Committee has been supportive of the call for "real" coffee in the Canteen however the logistics are not so

## 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



## 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.

## RUBBISH

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

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.

## SUN PROTECTION

CLAC is committed to the safety of all athletes, parents, officials and coaches. It is vital that all athletes, parents and officials are protected from the sun.

Parents, athletes and individuals need to be responsible for protecting themselves from the sun during CLAC meets and training. This includes, wearing protective clothing, wearing a hat, applying and reapplying sun cream, and drinking plenty of water. Please make sure you are protected from the sun.



## 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.

## 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)