

Week: 13 Saturday 19 January 2008

www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

	Boys and Girls			Boys		Girls	
U6	On-Track program			LJ		LJ	
U7	60m	100m	200m	LJ	SP	LJ	SP
U8	100m	200m	400m	TJ	DIS	HJ	SP
U9	100m	200m	1100W	TJ	SP	LJ	DIS
U10	100m	200m	1100W	HJ	DIS	HJ	SP
U11	100m	200m	1500m	TJ	JAV	DIS	JAV
U12	100m	200m	1500m	HJ	JAV	SP	JAV
U13	100m	200m	1500m	SP	JAV	DIS	JAV
U14	100m	200m	1500m	HJ	JAV	DIS	JAV
U15	100m	200m	1500m	HJ	JAV	DIS	JAV

Note: Javelin registration 7.30 am

FIRST COMPETITION DAY FOR 2008

Welcome back to all our athletes and family. We hope that had a safe and happy Christmas.

ATHLETICS TRAINING

Training sessions are held on Tuesdays at CLAC between 5 – 6:15 pm. Training will resume on Tuesday February 5.



BARBECUE

You may notice that the Committee has upgraded the barbecue facilities. (Yes it is big) The increasing demand for a variety of foods, particularly, on Friday nights and the increasing number of CLAC members was fast making the old barbecue (and cook) unable to cope with the peaks of demand.

The upgrade was directly funded from your contributions to the Canteen each week.

BUCKET HATS

As an integral part of CLAC's sunsmart policy, hats are vital personal protective equipment. To help athletes and members avoid skin cancer, new CLAC bucket hats are now available for sale at the Reception Desk for \$15 each.

These very functional hats are ideal for athletics and should be left in your Little

Athletics bag for each week's competition with your drink bottle, sunscreen, handbook and, maybe insect repellent.



REDESIGNED WEBSITE

While some of us have been relaxing over the Summer break, our webmaster, Chris Jones, has been redesigning the CLAC website so that it contains all the information members need in an attractive presentable format.

It is a work in progress but even the progress-to-date looks great. The web address is www.collingwoodlittleathletics.org.au

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

Please remember to bring your coins to Little Athletics so that it makes purchasing at the Canteen quick and easy.

COMMUNICATIONS

As a trial this edition of the CLAC newsletter was distributed to members by email in the last couple of days. This will hopefully give you forewarning of any important issues and tell you what events will be on that week. This is particularly useful for weeks like today's when javelin events are scheduled.

If your email has changed since registration at the start of this season or you didn't have one then, please leave your email address at the Reception desk.

The newsletter will be distributed as a PDF file attached to an email.

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 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.

CANTEEN UPDATE

On Saturdays come early to enjoy the bacon and egg breakfast, or enjoy a bowl of cornflakes or nutigrain. 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



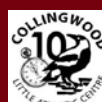
40th ANNIVERSARY RAFFLE

CLAC's Annual raffle will be drawn at our 40th anniversary celebrations at the Open Day on February 10. Tickets are now available.

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.

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)

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.



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