



Week 13 - Saturday, December 13 2008
www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

PROGRAM G

	Boys and Girls			Boys		Girls	
U6	On Track 70 & DISC						
U7	60	100	300	SP	DISC	SP	DISC
U8	70	100	200	LJ	DISC	LJ	DISC
U9	70	100	400	DISC	TJ	DISC	TJ
U10	70	100	400	HJ	LJ	HJ	LJ
U11	70	100	400	LJ	SP	LJ	SP
U12	1500	100	400	DISC	HJ	DISC	HJ
U13	1500	100	400	SP	TJ	SP	TJ
U14	1500	100	400	SP	TJ	SP	TJ
U15	1500	100	400	SP	TJ	SP	TJ

HAPPY NEW YEAR AND A MERRY CHRISTMAS

COLLINGWOOD OPEN DAY - 8 FEBRUARY 2008

Collingwood Open Day will be held on Sunday 8 February 2009. This great annual event is a major fundraiser for the Club, and also gives us the chance to play host to athletes from right around Victoria.

In order to make this a successful event, we need parent volunteers to volunteer in the usual range of track and field duties. Look for the Open Day volunteers sheet and put down your name this Saturday.

We are especially looking for volunteers who are willing to take on the role of Chief Official in each particular event. If you are interested in taking on one of these roles, we will ensure that you are given the proper training and background

notes to do the job with confidence. It's a great way to gain more experience, so please see Clare Garganis or Andrew Dodd to find out more.

Please note that because it is our yearly showcase event, Open Day runs until about 2pm in the afternoon. We know it can seem like a long day, but it is only once a year, and lunch and refreshments will be provided for all officials.

There is no normal CLAC competition on the Open Day weekend.

TIMING GATES

Last Saturday we took full delivery of new electronic timing gates and despite some initial teething problem, successfully ran our track program using this new technology. This is phase 2 of the track timing program (Phase 1 being the

10% OFF VOUCHER



10% OFF VOUCHER for Little Athletes

Proud supporter of Little Athletics

The Athlete's Foot Ivanhoe invites you to use this **10% OFF** voucher towards the purchase of any pair of shoes.

Offer Expires: 20th December 2008

Valid at **The Athlete's Foot**
 109 Upper Heidelberg Rd. Ivanhoe Ph: 9497 4371

Not redeemable for cash. Excludes items already on sale. Redeemable towards shoe purchases only. Limit one (1) coupon redemption per shoe pair purchased



purchase of new the new electronic timing devices, which we have been operating manually) and involved a significant financial investment by CLAC to fund.

This program delivers 2 key benefits to CLAC; improving the timing accuracy of track events and significantly reducing the number of volunteer helper's required to manually time track events.

We will continue to tweak the system to further improve the programming and timing of events to help speed the program on competition days.

WEATHER, WASHOUTS AND CATCH-UPS

Over the last few weeks CLAC has experienced a couple of washouts due to rain but we have also been able to complete a competition when bad weather threatens.

The handbook has a wet weather procedure but athletes and members are encouraged to attend if the weather is not too bad as some events may still occur and we will try to have the canteen open for, at least, part of the time.

2009 STATE MULTI EVENT CHAMPIONSHIPS

Do you enjoy competing in a wide range of events? Fancy a trip out to the countryside? Then the 2009 State Multi Event Championships may be just the thing for you!

How it works: Athletes compete in five events – 100m, long jump, discus, hurdles and 800m - over the course of one day. Points are awarded according to your performance in each event. At the end of the day your points for each event are added together and your place is ranked accordingly.

Where: Brauerander Park, Caramut Rd., Warrnambool

When: Saturday 31 January 2009:

All U9 - U11 & U12 Girls

Sunday 1 February 2009: U12 Boys & All U13-U15

How Do I Enter?

Entry forms must be filled out on line at the VLAA website – www.vlaa.com.au. Entry cost is \$10, payable to our Centre Secretary, Bev Scott. See her at the front desk on Saturday or post your cheque to Collingwood Little Athletics Centre, PO Box 1624, Preston South, Vic, 3072. Entries close Wednesday 31 December 2008.

TWILIGHT OPEN DAY

Knox Centre is having its 40th Anniversary Twilight Open Day on Sat 24th January. This is an excellent, well run event (we go every year) and entry forms can be found

COLLINGWOOD LITTLE ATHLETICS RAFFLE

The drawing of the raffle has been postponed until Open Day in February 2009. This is principally due to number of washed-out competition days that we have experienced recently.

Tickets are still available at the registration desk and members are strongly encouraged to sell heaps of tickets to your families and friends over the Christmas break..

Raffle Drawn 13 December 2008 10am Sharp!

All raffle tickets to be returned by Saturday 6th December 2008.

1st, 2nd, 3rd & 4th Prizes available!!

Signed Carlton Football Jumper, NATIO hamper, \$50 Mauro Bros meat voucher, Athletes Foot packs, best-selling novels, coffee merchandise from Cafe2U and much more....

\$2 a Ticket (10 Tickets per booklet)

Donations still being accepted.

Please see Nancy or enquire at the Information Desk

FIRST COMPETITION DAY FOR 2009 -

FRIDAY, 23 JANUARY

Collingwood Little Athletics Centre has had a terrific 2008/09 season so far with a record number of registered athletes, continuing equipment upgrades, real coffee and hot chocolate from the coffee van and a lot of food from the canteen.

The season continues from Friday evening on 24 January 2008. It will be the height of Summer and the evening competitions are usually relaxed and a great excuse for an evening in the park.

Please put this in your diaries or set the alarms on your mobile phones.

on our website under "Open Days". Entries close on Monday 12 January.

SUPERVISION OF CHILDREN

Children attending Collingwood Little Athletics must be in the care of a responsible person at all times. The adult responsible for the supervision of the children at each meeting must stay for the duration of the meeting.

REGIONAL TRACK AND FIELD CHAMPIONSHIPS

For those of you who are new to Little Athletics, you may not know Victorian Little Athletics is divided into eight different regions – four metropolitan and four country. Collingwood is a member of the Eastern Metropolitan Region (EMR), and each season there are two major competitions where Collingwood athletes have the chance to compete against others from our Region.

The EMR Track and Field Championships is one such opportunity, and this season it will be held at the Nunawading Athletics Centre on Saturday 14th and Sunday 15th February 2009. Athletes from U9 up are allowed to enter up to four events at a cost of \$5 each. Most events – apart from the walk and high jump - have no qualifying standards, and athletes across a wide range of ability take part. It is a great experience for all athletes, and we urge everyone to consider entering.

All athletes who place first or second at these Championships qualify to compete at the State Track and Field Championships on Sat 21-Sun 22 June. Many others also progress through to the State Championships by achieving sufficiently good times, jumps or throws.

Entries for this event close soon – so if you want to take part, please see Bev Scott at the front desk on Saturday and fill out an entry form.

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 jonesk99@gmail.com

SPONSORS

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

MAURO BROS – FAIRFIELD of Station St Fairfield, who supply CLAC with our BBQ meats and

