

Week: 14 - Friday 25 January 2008

www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

	Boys and Girls			Boys	Girls
U6	On-Track program			100m	100m
U7	50m	70m	300m	LJ	SP
U8	70m	100m	200m	DIS	HJ
U9	70m	100m	200m	SP	DIS
U10	70m	100m	200m	TJ	HJ
U11	70m	100m	800m	SP	HJ
U12	70m	100m	800m	LJ	HJ
U13	100m	200m	800m	LJ	SP
U14	100m	200m	800m	LJ	TJ
U15	100m	200m	800m	LJ	TJ

RAIN

Last week's competition was not washed out as the rain only reappeared in the last few events so even if it looks like rain, remember to come along anyway so you don't miss out.

NEXT COMPETITION DAY

The next competition day is Saturday, February 2 with registration starting at 8.15. Be on time and don't miss an event.



REGION TRACK & FIELD

For those parents who are supporting their athletes at the Region Track & Field on 15 & 17 February must be prepared to assist with the following Region positions on the day: 1 x place Judge, 1 x Track Assembly Marshall, 1 x Start Marshall, 1 x Finish Marshall, 1 x Recorder, 1 x Circular Track. For more information about these roles, please see Bev or Graeme at the Reception Desk

ATHLETICS TRAINING

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

FINISHING GATES

The Committee is investigating the use of electronic timing gates at the finishing line. A trial of some borrowed gates will be conducted on the February 2 competition day.

OPEN DAY - FEBRUARY 10 - LAST CHANCE TO REGISTER

Today is the last opportunity to register athletes for the CLAC Open Day on Sunday February 10.

For those new members, the Open Day is a special day where athletes from other little athletics clubs also enter for competition at CLAC. This is a terrific competitive opportunity for everyone to gauge their performances against their peers.

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 special medals.

Open day athletes receive an additional 50 points toward their season score.

Events are available for the Under 6 athletes.

Special Race - **100 yard dash**

The Open Day is a major fundraiser for the club so all athletes are encouraged to attend.

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

PARENTAL PARTICIPATION

It's about the right time to remind parents that it is possible to increase your child's athletic score by participating in the support

roles for Collingwood Little Athletics. In the handbook there is a reference to a reward system that is applied to you for the benefit of your child.

“One hundred additional points will be allocated to athletes when their families (parents and carers) officiate on at least 8 occasions or pro-rata for those registering after the start of the season.”

Sometimes these “parental” points can make the difference between medals and awards at the end-of-season presentation. So now, in the second half of the season, it is the right time to make sure you can still achieve 8 participations.



ATHLETICS POINTS

On the matter of points, the competitors, in age groups other than Under 6, will score points as follows:

1st placed	-	10 points
2nd placed	-	9 points
3rd placed	-	8 points
4th placed	-	7 points
5th placed	-	6 points
6th placed	-	5 points
7th placed	-	4 points
8th placed	-	3 points
9th placed	-	2 points
10th and beyond-		1 point

Ten additional points will be awarded for a new Centre record, and five additional points will be awarded for equaling a Centre record.

More information is available in the CLAC Handbook.

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.

PARENTAL PRESENCE

Please note that it is a condition of each athlete’s membership that children attending a Centre meeting must be in the

CANTEEN

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



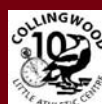
40th ANNIVERSARY RAFFLE

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

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.

WEATHER NOTIFICATIONS

Check the CLAC website (www.collingwoodlittleathletics.org.au) to know whether the competition is on during a possibly rainy day.



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