



Week 14 - Friday, January 23 2009
www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

PROGRAM A

	Boys and Girls			Boys	Girls
U6	100m	On-Track program			
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

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 23 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.

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 against 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. If your child is entered in Open Day, you are required to help on the day. Look for the Open Day volunteers sheet

and put down your name this Friday.

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.



RESTRICTIONS

Club members and athletes please remember that the George Knott reserve is a smoke-free and alcohol free zone whilst Little Athletics is present.

Recently, we have had to move smokers outside the fenceline and to advise people that drinking alcohol in front of the athletes is not permitted. The relevant policies are posted in the club rooms.

TRAINING

Training will resume on Tuesday 27 January 5pm to 6pm at the George Knott Reserve. Training will cover throws

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 8 February 2009 10am Sharp!

All raffle tickets to be returned by Saturday 31 January 2009.

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



CAR PARKING

Prior to Christmas families have been caught parking illegally on Heidelberg Rd recently. If the George Knott Reserve car park is full families are encouraged to consider parking across Heidelberg Rd in Clifton Hill proper. Often there are spots along the parkland and it is only a short walk.

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.

CANTEEN

Remember that for Friday night competitions, the canteen staff provide burgers with bacon and egg, veggie burgers, and sausages with cheese and onion.

There will also be dim sims and those sour straps for the addicts.

Please consider helping out at the canteen even if it is only for 30 minutes. Even if you could pop in for ten minutes when you see a long queue, your help is greatly appreciated.

Participation does accrue points for your children in the same way as being an official.

Cafe2U will be back for those who need the "real" coffee or hot chocolate.

Please remember to use coins or small denomination notes for your purchases early in the session as it is impossible for us to change \$20 or \$50 notes first thing. Try setting up a Little Aths money jar for coins, it helps us enormously.

As part of the Victorian Little Athletics Association's commitment to a healthy food policy, the canteen has purchased icy poles which are 90% fruit juice.

The only icy poles to be sold will be Quelches at the same price of 50 cents.



OPEN DAY ASSISTANCE

On the morning of February 8 the canteen will be producing fresh sandwiches for those members who officiate on the day. This is a large quantity of sandwiches and additional helpers will be needed for a short while at the start of competition.

UNIFORM UPDATE

The official CLAC uniform is...

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

Also registration tags are part of the official uniform and athletes will **NOT** be allowed to compete without a registration tag or they will not be allocated points.

These rules are now being strictly enforced.

SUN SMART

For the long term health of athletes please make sure that athletes wear hats as much as possible and that sunscreen is applied.

Remember when you are out in the sun,

Slip...,

Slop...,

Slap...

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 with donations of meat for raffles.

