

Week: 15 - Saturday 2 February 2008
www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

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

NEXT COMPETITION DAY

The next competition day is Saturday, February 22 with registration starting at 8.15. Be on time and don't miss an event.

There is NO regular CLAC competition on the Open Day weekend February 9/10 and NO competition on the weekend of 16/17 February 2008 due to Region Track and Field competition



OPEN DAY - SUNDAY FEBRUARY 10

Please remember that Competition on Open Days runs for the whole day and that Registration begins at 8.15am with events beginning at 9.15am and is timetabled to finish 2pm.

Parents who officiate on Open Day generally, and not just on their own child's events, enable the entire day to run very smoothly. Please be prepared to help out wherever you can on the day.

Athletes competing at Open Day receive 50 points towards their season's record.

Medals won on the day can be engraved onsite.

To celebrate CLAC's 40th year of competition, there will be a special hundred yard dash for athletes.

REGION TRACK & FIELD

For those parents who are supporting their athletes at the Region Track & Field on 16 & 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

UNIFORM ISSUES

Please remember that registration tags are part of the official uniform and athletes will NOT be allowed to compete without a registration tag. Replacement tags are available at the Reception Desk at a cost of \$2.00

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.

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.

ATHLETICS TRAINING

Training sessions are held on Tuesdays at CLAC between 5 – 6:15 pm. Recommencing in 2008 from February 5.



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.

SPIKES

Those athletes who are entitled to wear spikes in the track events need to remember that spikes should only be worn on the track and must be removed before leaving the track after events

CROSS COUNTRY

Many athletes are unaware that registration with CLAC for Little Athletics also includes registration for cross country events that are conducted during Winter.

Cross country is optional but we encourage athletes to participate in order to maintain fitness.

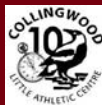
Cross Country is held at a variety of

OPEN DAY CANTEEN

On the Open Day the canteen will be open the whole day with lots of food available.

There will also be a special officials lunch provided for all who officiate on the day, and also complementary lolly pops (perhaps more) for all athletes as part of the 40th anniversary celebrations.

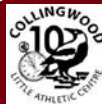
Canteen staff have asked that members and athletes pay for food and drinks with small notes early in each competition day. It is just not possible to provide change of a \$50 for two curly-wurlies.



40th ANNIVERSARY RAFFLE

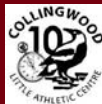
CLAC's Annual raffle will be drawn at our 40th anniversary celebrations at the Open Day on February 10. Tickets are now available.

The raffle will also include a silent auction for a range of items including collectible signed authentic AFL club jumpers.



RUBBISH

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



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)

venues in the eastern and inner northern suburbs. See page 25 of the handbook or talk to a Committee member for more details.

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.

WEATHER NOTIFICATIONS

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



OUT OF BOUNDS

The following areas are OUT OF BOUNDS to athletes:

- Heidelberg Road
- Merri Creek
- The car park
- The equipment room—this includes the climbing rope
- In and around the equipment shed
- The centre of the arena, unless competing, being marshalled for an event, or with parents who are officiating at an event
- The back of the pavilion (around outside toilets)

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.

