



Week 15 - Saturday, January 31 2009
www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

PROGRAM B

| | Boys and Girls | | | Boys | | Girls | |
|-----|------------------|-----|-----|------|----|-------|----|
| U6 | On Track 60 & SP | | | | | | |
| U7 | 50 | 100 | 200 | DISC | LJ | DISC | LJ |
| U8 | 70 | 200 | 100 | SP | TJ | SP | TJ |
| U9 | 70 | 200 | 800 | HJ | LJ | HJ | LJ |
| U10 | 70 | 200 | 800 | DISC | TJ | DISC | TJ |
| U11 | 70 | 200 | 800 | JAV | HJ | JAV | HJ |
| U12 | 70 | 200 | 800 | JAV | SP | JAV | SP |
| U13 | 70 | 200 | 800 | JAV | LJ | JAV | HJ |
| U14 | 70 | 200 | 800 | JAV | LJ | JAV | HJ |
| U15 | 70 | 200 | 800 | JAV | LJ | JAV | HJ |

Javelin will begin promptly at 7.30 am for the U11 - U15 boys and girls

HOT WEATHER

Dear athletes and parents, thanks for attending today after such a hot week.

800m races will be first on the program, and will start at 8.30am sharp. A reminder to athletes in U11 and up, javelin will be held at 7.45am, with javelin registration at 7.30.

Shade tents will be erected for the protection of athletes and officials out at field events, and plenty of cold water will be supplied for officials. Athletes should make sure they wear hats and carry drink bottles out to their events.

In order to avoid the worst of the heat, we would like to get field events up and running as early as possible, so we cannot stress enough the importance of parent volunteers to make this happen.

CLAC heat policy will apply as follows:

- Should the ambient temperature reach or exceed 38°C then all competition will be suspended.
- Another temperature reading will be taken at 15 minute intervals and should the temperature remain at

or above 38°C for a period of 30 minutes, then all further competition for the day will be cancelled.

- Temperature recordings will be taken within the George Knott Reserve.
- Parents and Carers should ensure their children are adequately hydrated and have appropriate sun protection during and between competition.
- VLAA publish exercise and hydration guidelines in extreme weather conditions. Information can be found at the following link... http://www.klac23.org.au/PDF/heat_Hydration_Guidelines.pdf

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.

REGION AND STATE TRACK AND FIELD CHAMPIONSHIPS - ATTENTION ALL COMPETING ATHLETES.

The VLAA has released an amended timetable for the State Track and Field Championships to be held at Olympic Park on March 21/22. These changes will also affect the Region Track and Field timetable, and so it is important that all registered athletes check to see if any of their scheduled event times have changed. The Region Track and Field timetable will be posted when it becomes available, however it will be based upon the amended State timetable which can be found on the CLAC website www.collingwoodlittleathletics.org.au

Heather Jarvis
Region Track and Field Team Manager.

TRAINING

Training will resume on Tuesday 3 February at 5pm to 6pm at the George Knott Reserve.

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

CANTEEN

Due to the expected hot weather this Saturday, the canteen will have an increased amount of cold food, primarily rolls.

Don't forget to get there early and enjoy a cooked breakfast.

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.

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.

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.

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.

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)

Please see Nancy or enquire at the Information Desk

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.

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.

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...