



Week 16 - Friday 22 February 2008  
[www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au)

# Collingwood Little Athletics

	Boys and Girls			Boys	Girls
U6	200m	On-Track program			
U7	60m	100m	200m	SP	DIS
U8	60m	100m	200m	HJ	LJ
U9	100m	400m	1100W	DIS	TJ
U10	100m	400m	1100W	SP	LJ
U11	100m	400m	800m	HJ	LJ
U12	100m	400m	800m	SP	DIS
U13	100m	400m	800m	TJ	DIS
U14	100m	400m	800m	SP	LJ
U15	100m	400m	800m	SP	DIS

### COMPETITION DAY

This week's competition day is Friday, February 22 with registration starting at 5.00pm. Please be on time and don't miss an event.

The next competition day is Saturday March 1. Registrations are open at 8.15am. Javelin begins at 7.30am

### OPEN DAY PHOTOS

Photos of Open Day athletes, taken by the official photographer, will be uploaded to the CLAC website shortly. Please visit the site regularly for the most up-to-date club information.

### REGION RESULTS

Collingwood athletes had a huge weekend at the Regional Track and Field Championships at Knox last weekend. There were loads of personal bests and a substantial medal haul. It was a very friendly and fun competition, and our athletes did themselves proud with excellent performances and great sportsmanship. At least 8 athletes have automatically qualified to compete in the State Championships in Bendigo in a month's time, and many more are likely to gain progression through to State due to the high standard of their results.

Some highlights of the weekend included Sean O'Neill's [pictured right] winning jump of 1.60m in the U13 boys high jump, which broke his

previous Club record. Miles Leyden (whose picture appeared on the front of the Official Program) broke the Club record for U9 Boys in his silver medal winning 400m run. Rebekah Corney achieved a jumps double winning the gold in the U11 Girls Long and Triple Jumps.

Thanks to all the athletes for acquitting themselves so well, and also to the parents who helped out by officiating, and making sure that the athletes got to their events on time.

A more detailed report of the day, along with photos from the weekend, can be found on the CLAC website.

Heather Jarvis & Andrew McAdam  
 Team Managers.

### NEXT SEASON'S CANTEEN

Nancy has been running the CLAC canteen for several years now but this is very



## 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, veggie 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



## 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)

likely her last season here. Nancy has made the canteen an important part of the club's fundraising and her contribution should never be underestimated. BUT, it means that we need someone to takeover the canteen for the 2008-09 season.

Now is the time to come and talk with Nancy or help out to get a clearer understanding of how the canteen operates.

We are looking for interested parents who may be interested in taking on this role. Please come and talk with Nancy about this chance to have a crucial role in the viability of the club.

## ATHLETICS TRAINING

Training sessions are held on Tuesdays at CLAC between 5 – 6:15 pm.

## 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.

## 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.

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## 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 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](http://www.collingwoodlittleathletics.org.au)) to know whether the competition is on during a possibly rainy day.

## SPONSORS

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

**New store open at 109 Upper Heidelberg Rd Ivanhoe**

MAURO BROS – FAIRFIELD of Station St Fairfield, who supply CLAC with our BBQ meats and with donations of meat for raffles.



## THANKS

The Open Day was a huge success. We thank all the athletes for competing in a fair and sporting manner. We also greatly appreciated all the parents and visitors who helped out. One visitor, an athlete's grandfather, Barry, offered to look after the urn and the drinks. As the canteen was short-staffed his input was invaluable.

There was a considerable amount of behind-the-scenes preparation by the Committee for this important showcase event. Thanks to everyone who worked so hard and so long.

Although the number of CLAC athletes at Region Track & Field was smaller than Open Day, a big effort is needed

to coordinate the registrations, events, athletes and parent helpers. Of particular note were the efforts of Heather Jarvis and Andrew McAdam for managing the Region team.

Also, thanks to Bev and Graeme who were there both days from beginning to end running the Presentations area.

Lee Bradley spent hours arranging the roster for officiating. It's a big job trying to ensure (as much as possible) that parents were able to see their kids compete whilst fulfilling their officiating responsibilities. Lee's efforts on the day were also considerable.