



Week 16 - Saturday, February 21 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

CLAC OPEN DAY

Thanks must be extended to all the parents and members who assisted us in conducting a very successful Open Day on 8 February.

Some photos of that day will be available soon on the CLAC website.

We must also thank sponsors who supported us on the day, Bendigo Bank and Mauro Brothers.

SPECIAL ACHIEVEMENTS

Since last CLAC competition day many of our athletes competed in elsewhere. Below are some of the terrific achievement

State Multi Event Championships.

On the weekend of 31st January/1 February, two Collingwood athletes and their families made the trip to Warrnambool to compete in the State Multi Event Championships. Competitors in the Multis compete in five events - long jump, 100m, hurdles, discus and 800m, and are awarded points according to their performance in each event. Placings are awarded in accordance with points scored.

Our congratulations go to Alexandra Jones, who came 20th out of 30 in the U10 girls event, and Max Maynard who came 14th

out of 22 competitors in the U12 boys. Well done Alexandra and Max!

Congratulations to Team Vic and Collingwood's Zoe McWhinney

The Victorian Little Athletics team won the Asics Australia Cup in Brisbane last weekend defeating NSW and Queensland in a close encounter. The Australia Cup is an U14 event with 10 team members contesting 5 individual events and a relay for both girls and boys. This program is integrated with the Athletics Australia senior event.

Collingwood's Zoe McWhinney was co-captain of the Victorian Team, along with Essendon's Matthew Sholakis. As well as coming third in the High Jump, she was part of the winning Victorian 4x100m relay team. Well done Zoe, we are very proud of you!

More information on the Australia Cup is available at <http://tinyurl.com.au/x.php?1of5>

Region Track and Field Championships

Congratulations to all the athletes who took part in the Eastern Metro Region (EMR) Track and Field Championships last weekend at Nunawading. Every single athlete did their very best

and made us proud. We finished the weekend with a number of medals, with many athletes making the finals, and with even more achieving personal best performances. The top two placegetters in each event have automatically qualified for the State Championships next month. However many others will also be progressed through to State due to their high level performances.

Conditions were warm to hot on the weekend, and the smoke haze from the bushfires made it a bit more difficult than usual for our longer distance runners. On the first day of the event, a minute's silence was held in recognition and remembrance of the bushfire victims. It was a poignant moment. Special mention goes to club members the White family, who live in Kinglake and came to the meet despite having endured a very difficult week. Well done to Lachlan and Ben White who both did very well in their events.

Thanks to all the parent helpers who cheerfully fulfilled their officiating duties over the weekend; the event could not have been run without you. Special mention goes to Bev and Graeme Scott who were there from beginning to end on both days, running the presentation area as Collingwood's Chief officials. Narelle Scott was also there learning how to run the "Meet Manager" software.

Thanks also go to Assistant team managers Sharon Taylor and Colin McWhinney.

And to our great team of young and inspiring athletes. Well Done!

Results and State progressions will be posted on our website as soon as they become available. Photos will also be posted, courtesy the wonderful band of photographers from Knox LAC.

Heather Jarvis
Collingwood Team Manager

HOT WEATHER

Recently CLAC formalised its heat policy along the lines of the VLAA's heat hydration guidelines which can be found at <http://tinyurl.com.au/x.php?1of6>

If you have any concerns about exercising in hot weather during competition please talk with a committee representative at the information desk

BUSHFIRE FUNDRAISING

On the CLAC Open Day, Rebekah Corney & Keely Bradley took the initiative to raise some money for the Bush Fire appeal and raised \$200 Thanks to all those who gave and to Rebekah & Keely for organising it.

CANTEEN

Thanks to all those people who supported the canteen on Open Day

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.

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.



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...

COLLINGWOOD LITTLE ATHLETICS RAFFLE

Congratulations to all those lucky people who won prizes in the CLAC Raffle. Thanks must go to Nancy for organising it..

Results of raffle were:

- 1st Prize - Maria Hatzianestis (Black D8)
- 2nd Prize - Southwood Family (Black F41)
- 3rd Prize - Graham Cross (Blue F5)
- 4th Prize - Peni UN10B (Red B14)
- 5th Prize - Jack Bergin (Blue A 36)
- 6th Prize - Dean Millan (Purple F28)
- 7th Prize - Gemma Whitty (Blue B40)
- 8th Prize - Anastasia Shianis (Orange A89)
- 9th Prize - Tom Cameron (Purple F43)
- 10th Prize - Dave Houghbarn (Orange A71)

Winners who were not at Open day please collect your prize from registration area.

Special thanks to the Bradley, Jones, Dodd-Jarvis, Maynard, Waqairatu family's and our sponsors

The Athletes foot, NATIO, Mauro Bros Butcher & Café2u for your donations.

Nancy Waqairatu
Fundraising Manager

PARENTS' CODE OF CONDUCT

Several issues lately have caused us to reiterate some of the obligations of parents at Little Athletics. The full set of codes will be on the website shortly but are in hard copy on the notice board in the clubrooms. Parents are reminded

- Encourage children to always participate according to the rules.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.