



Week 17 - Saturday 1 March 2008

www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

	Boys and Girls			Boys		Girls	
U6	On-Track program			LJ		LJ	
U7	60m	100m	200m	LJ	DIS	LJ	SP
U8	70m	200m	400m	TJ	DIS	HJ	SP
U9	70m	200m	1100W	HJ	SP	LJ	DIS
U10	70m	200m	1100W	HJ	SP	DIS	SP
U11	70m	200m	1500m	TJ	JAV	DIS	JAV
U12	70m	200m	1500m	HJ	JAV	SP	JAV
U13	70m	200m	1500m	SP	JAV	DIS	JAV
U14	70m	200m	1500m	HJ	JAV	DIS	JAV
U15	70m	200m	1500m	HJ	JAV	DIS	JAV

Note: Javelin registration 7.30 am

COMPETITION DAY

This week's competition day is Saturday March 1. Registrations are open at 8.15am. Javelin begins at 7.30am

PRESENTATION DAY - Saturday, 12 April

The date for Presentation Day has changed from the date in the Handbook to Saturday 12 April at 10am

NEXT SEASON'S COMMITTEE

Each season the CLAC Committee positions become vacant (at the Annual General Meeting) and we are currently looking for nominations for the following positions, in no particular order:

- President Vice President
- Secretary Assistant Secretary
- Records & Rankings Officer
- Publicity Officer
- Treasurer Fundraising Officer
- Registrar Canteen Manager
- Track & Field Manager
- Assistant Track & Field Manager

If you want more information about the tasks involved with these positions please talk to one of the Committee members at the Registration desk

Committee registration forms are available at the Registration desk and online at www.collingwoodlittleathletics.org.au

NEXT SEASON'S CANTEEN

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

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.

COACH'S CORNER

Possibly our best training night ever. Last Tuesday evening the George Knott track was littered with coaches and activity covering every discipline of track and field. A sight to behold, with fine weather and eager little athletes ready to listen, learn and practise. We had 4 coaches on hand covering HJ, LJ, TJ, Running and Hurdles.

In addition, the Harriers and Veterans club provided support for walkers and Javelin throwing. If you want to improve, get down to training Tuesday evenings 5:00-06:15pm. See you at training.

Dean Cromb
President

ATHLETICS TRAINING

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



VLAA JUNIOR DEVELOPMENT SQUAD

The VLAA Junior Development Squad (JDS) is a program open to all registered athletes from U12 to U15 who achieve the required qualifying standards.

Membership of the squad gives athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational, and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills, and improving existing ones, is in a friendly and supportive environment. The program consists of numerous activities including coaching days, education sessions, role model sessions with elite athletes, presentation ceremonies and a coaching camp. This year's squad fee was \$30 (camp costs extra)

For more information on the JDS, including qualifying standards and registration form, go to the VLAA website (www.littleathletics.com.au) and the section named "Training and Development"

Here you will find a brochure and entry form, which needs to be signed by a member of the CLAC Executive Committee. U11 athletes can qualify for the following year's JDS if they meet specific U11 qualifying standards.

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.

STATE TRACK AND FIELD - 2008

The 2008 VLAA State Track and Field Championships will be held on 15 & 16 March 2008 at La Trobe University Athletics Track, Bendigo.

19 Collingwood athletes have qualified to compete in a total of 37 events at the Championships. We congratulate the following athletes and wish them good

CANTEEN

On Saturdays come early to enjoy the bacon and egg breakfast, or enjoy a bowl of cornflakes or nutrirain. 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, vegie 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.



CORRECTION

In last week's newsletter Miles Leyden was listed as breaking the U9 boys 400m. It should be U10. Sorry Miles

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

luck and great performances in Bendigo:

Rebekah Corney, Charlie Cromb, Lucy Dodd, Adam Garganis, Amy Hogan, Rachel King, Aidan Lambert, Declan Lambert, Myles Leyden, Fraser Maynard, Max Maynard, Hilary McAdam, Jacob McCormack, Zoe McWhinney, Jessica Neale, Jack Neale, Sean O'Neill, David Worthington and Lauren Wright.

For parents who have children competing in Bendigo, there will be a short meeting this morning to talk about requirements for the weekend.

If your child has qualified but will not be competing in Bendigo, please let Bev Scott, Heather Jarvis or Lee Bradley know as soon as possible.

The timetable for the State Championships can be found on the VLAA website: www.littleathletics.com.au

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.

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.

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.

