



Week 18 - Friday 7 March 2008

[www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au)

# Collingwood Little Athletics

	BOYS AND GIRLS			BOYS	GIRLS
U6	On-Track Program			DIS	DIS
U7	60m	100m	200m	LJ	SP
U8	70m	100m	200m	LJ	HJ
U9	70m	100m	200m	DIS	DIS
U10	70m	100m	200m	TJ	HJ
U11	100m	200m	1500W	SP	SP
U12	100m	200m	1500W	LJ	HJ
U13	100m	200m	1500W	LJ	TJ
U14	100m	200m	1500W	LJ	TJ
U15	100m	200m	1500W	LJ	TJ

### END OF SEASON

Tonight is the last competition of the season. The Committee heartily thanks all athletes and parents for their participation and support throughout that time.

We look forward to having you all rejoin us next season.

### PRESENTATION DAY - Saturday, 5 April

Please don't forget to attend Presentation Day. That is the time when medals and special awards are provided to athletes. It is a terrific event and one that fosters the athletes' enthusiasm for next season.

There has been some confusion about the date of Presentation Day. It has now been finalised for April 5 at 10am

### 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.

### NEXT SEASON'S COMMITTEE

Each season the CLAC Committee positions become vacant (at the Annual General Meeting) and we are currently

### COACH'S CORNER

Training as usual last Tuesday, with specialist HJ and Running coaches available. Reminder to all athletes and particularly those who will be doing Cross Country this season, that we have Frances Lipscombe (ATFCA Level 3 qualified) available for running technique and running training on Tuesday nights at the track. Frances has offered her services free of charge to CLAC athletes which we greatly appreciate.

We need to make use of this opportunity to work on fundamental running technique to improve all aspects of our Athletic endeavours. Continuation of this training

will depend on attendance levels. Frances plans to have a short break following season end and then resume for the Cross Country season. Training is available to all, not just Cross country athletes. Frances is also flexible (to some degree) on the nights training is conducted, so if Tuesday doesn't suit the majority then we can change. Please see Dean for more details.

P.S: Good luck to all athletes competing at VLAA State Champs in Bendigo

Dean Cromb  
President

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](http://www.collingwoodlittleathletics.org.au)

### STATE TRACK AND FIELD - 2008

19 Collingwood athletes have qualified to compete in a total of 37 events at the 2008 VLAA State Track and Field Championships. We congratulate the following athletes and wish them good 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.

### OFF-SEASON INFORMATION

Many clubs lose track of members during the off-season and members don't receive information about the club. During winter, the CLAC website will continue to be updated with news and relevant information about next season. We also intend to email members mid-winter, reminding you about season start dates and other important information.

### 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, 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.

### 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.

So it is important that you visit the website regularly to make sure you don't miss any opportunities and important dates.

### 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 Registration 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.



### BARBECUE NOTES

As the person behind the newsletter, committee member and sausage turner, I am taking the liberty to write something personal.

I don't think people realise how well-organised the Collingwood Little Athletics Club is. I turn up for barbecue duty and committee meetings but there are many more who attend every training session, arrange for competitions at Region and are involved with State. They talk with counterparts at the Box Hill, Doncaster and Knox clubs in their private time to find out how to do things better.

The email communications this year amongst the committee members has been significant (3-4 each day) and very productive.

I have been associated with a few committees and

professional associations and none have run better than CLAC.

I also need to thank those athletes who have learnt their manners when purchasing things from the canteen. There are only a few that we still need to work on. Your courtesies make our jobs much easier and more pleasant.

Because of my involvement with the canteen, I wish to thank Nancy for organising and staffing the canteen each week. Food has improved, facilities have been upgraded and we have a big barbecue that is the envy of the footy clubs.

**Kevin Jones**  
Publicity Officer and  
Sausage Turner