



Week 2 - Friday, September 12 2008
www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

PROGRAM C

U6	Boys and Girls		50	Boys	Girls
	OnTrack				
U7	60	100	300	SP	SP
U8	60	100	400	LJ	LJ
U9	70	100	60	DISC	DISC
U10	70	100	400	HJ	HJ
U11	70	100	400	LJ	LJ
U12	70	100	400	DISC	DISC
U13	800	100	400	SP	SP
U14	800	100	400	SP	SP
U15	800	100	400	SP	SP

FRIDAY COMPETITION

There are a lot of different events and processes for Friday evening competition. The most important one in many ways is for athletes to bring warm clothing. Once the sun goes down early in the season, the nights get cold quite quickly

ATHLETES' CAMP

The Eastern Metropolitan Region offers a terrific coaching camp for athletes. It is located at Crystal Creek in Alexandra and athletes from Under 10 up are welcome to attend.

Children invariably have a wonderful time and coaching is available on a range of athletics activities.

More information is available from our coordinator Graeme Scott who you should find at the registration desk

but pamphlets are available and more information is on the CLAC website.

COACHING LESSONS

The Region also conducts training clinics for officials. These clinics to be held in October and November in Ringwood and Nunawading are a fantastic way to participate with Little Athletics in a confident way.

The clinics are designed for those with little or no experience.

There is no cost involved but you must book a place.

More information is at the registration desk or from the CLAC secretary, Bev Scott.

10% OFF VOUCHER



10% OFF VOUCHER for Little Athletes

Proud supporter of Little Athletics

The Athlete's Foot Ivanhoe invites you to use this
10% OFF voucher towards the purchase of any
pair of shoes.

Offer Expires: 20th December 2008

Valid at The Athlete's Foot
109 Upper Heidelberg Rd. Ivanhoe Ph: 9497 4371

Not redeemable for cash. Excludes items already on sale. Redeemable towards shoe purchases only. Limit one (1) coupon redemption per shoe pair purchased



RUBBISH

A lot of rubbish was left in the reserve last Saturday. Please make sure that you place all rubbish in the wheelie bins at the side of the pavilion or in the bins within the pavilion.

Your help is greatly appreciated on this issue.

Also, we are discussing with Yarra Council for the provision of recycling bins.

RECORDS

Several records were broken by athletes in last Saturday's competition. Well done. The winter break has certainly helped some maintain their fitness. Details will be in the newsletter when available.

ATHLETE'S FOOT

Athlete's Foot is a longtime sponsor of CLAC. Athlete's are encouraged to present the discount voucher on this newsletter at the Ivanhoe store if new shoes are purchased.

Athlete's Foot will be present on next week's competition day so if you need new track shoes, there will be no more convenient way to purchase

REGISTRATIONS

For the 2008/09 season all registrations need to be undertaken online through the CLAC website. We are not encouraging people to pay online at the moment.

Payments can be received at the CLAC registration desk for the next few weeks but the process will be considerably quickened if registration is done on line prior.

BIRTH CERTIFICATES

A reminder to parents of all new athletes, if you haven't already done, so could you please remember to bring birth certificates so that they can be sighted by someone at the registration desk.

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

TRAINING

Training will begin on Tuesday 16 September from 5pm to 6pm at the George Knott Reserve. Events covered will be crouch starts using starting blocks and running technique and throws technique.

CANTEEN

Thanks to Chris and Elizabeth who volunteered to help out last Saturday. Their help was invaluable and assisted the canteen to keep everybody fed and happy.

We plan to offer slightly more substantial meal options on Friday evenings. This will require at least one more helper at the barbecue and more in the canteen itself. Please talk with Kevin or Anne if you can help.

On Friday evenings the canteen makes available hamburgers and veggie burgers as well as sausages. We realise that many families want something more substantial in the evenings.

The coffee van from Cafe2U was very popular and this week we will, hopefully, have it located within the George Knott Reserve.

Some people have asked whether the van supports CLAC. Yep, we thought a coffee van was worth trying and we are negotiating with Cafe2U about sponsorship opportunities.

Please remember to use coins or small denomination notes for your purchases early in the session. 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.

CLAC has recently signed on to a healthy eating program. As we obtain more details, there may be some changes (or improvements) to the canteen menu, but we will keep you informed through the website and newsletter.

REGISTRATION NUMBERS

Thanks to all those athletes who registered last week. Registration numbers have reached 163, providing good levels of competition at all age levels.

Please tell your friends about the fun you are having.

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

Black leggings are **NOT** part of the official uniform and cannot be worn.

Also registration tags are part of the official uniform and athletes will NOT be allowed to compete without a registration tag.

CLAC HANDBOOK

Please spend some time reading the Handbook thoroughly. Rules and obligations are clearly set out.

Of particular importance is the schedule of competition days. Note that CLAC has a combination of Saturday mornings and Friday evenings so get these into your calendars early.

Also remember that there is NO competition on the grand final weekend.

NEWSLETTER DISTRIBUTION

Usually we try to email members the newsletter a couple of days before competition days. Please make sure that your current email address is included on your registration.

PARENTAL PRESENCE

Please note that it is a condition of each athlete's membership that children attending a competition event must be in the care of a responsible person at all times. More information on the regulations is in the Handbook.

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.

