



Collingwood Little Athletics

Week 7 - Friday November 7, 2008
www.collingwoodlittleathletics.org.au

Program A

		Boys and Girls		Boys	Girls
U6	On Track	60			
U7	60	70	300	SP	SP
U8	100	200	60	DISC	DISC
U9	400	200	100	TJ	TJ
U10	800	200	100	SP	SP
U11	1500	200	100	TJ	TJ
U12	1500	200	100	TJ	TJ
U13	1500	200	100	HJ	LJ
U14	1500	200	100	HJ	LJ
U15	1500	200	100	HJ	LJ

WELCOME

Welcome to Week 7 of Competition. We hope you have a great evening, and remind you that the key to getting things running smoothly and on time, is for parents and carers to volunteer to help—whether it be out on the track, in the field, helping in the canteen or writing out tickets. No experience is required, and there is always someone to help you learn the ropes. Remember that we are now asking you to **put your name down on the roster a week in advance**—look for it near the registration desk. That's because the quicker we get helpers out on the field, the sooner we can get started, and the earlier we can all be home and tucked up in bed! And finally a BIG thank you to all those parents and carers who volunteer to help—many of you every single week. Without you the program couldn't go ahead.

NEW TIMING SYSTEM

For the past couple of weeks, you may have noticed we've been using a brand

new computerised timing system. This has been the first phase in an effort to streamline the track program, give more accurate results to athletes, and greatly reduce the amount of manual data input that needs to be done by our hard-working Records and Rankings officers, Nick and Ely Tapp. Well we are now extremely pleased to announce that **new timing gates**, which integrate with the new computerised system, have been ordered and should be up and running by December! Not only will the gates produce more accurate results, they will also speed up the program and decrease the number of officials needed at the finish line.

A reminder that the system requires us to enter each athlete's registration number and lane before the start of each race, which is why it's **critical** that every athlete wears their registration patch. No patch—no points.

NEW EQUIPMENT

Apart from the new timing system (which cost \$7,500) a number of other

equipment purchases have been made by the Club over recent weeks. These include: walkie talkies, a lockable fridge for the Canteen, new equipment for use by our OnTrackers, and portable lights for the finish line table, barbecue and ticketing areas.

TUESDAY TRAINING

Due to the Melbourne Cup public holiday, training will **not** be held this coming Tuesday. But we'll be back to normal on Tuesday 11 November.

SPECIAL COACHING MORNING

On Sunday 9 November, our four coaches - Lee, Narelle, Dean and Heather - will be conducting a special coaching rotation morning covering discus, hurdles, triple jump and sprints/starts. The session will run from 9.30am sharp until 12.30, and athletes will rotate through the four skill areas.

If you are interested in attending this morning, you **must** register your interest by emailing Heather at jarvh@bigpond.net.au. We may have to put a limit on the number of available places, so please get in quick - and by Thursday 6th at the latest.

CHRISTMAS RAFFLE COMING SOON!

Tickets for the Christmas raffle will be distributed on Saturday November 8th. Please make sure you drop by the desk to pick up a book or two. Prizes so far include a signed Carlton Football jumper, NATIO beauty products, Athletes Foot sports packs, new release books, a Mauro meats voucher, with more to come. Any parents who are able to make donations please see Nancy, or leave dona-

CANTEEN

Well we have another Friday night competition this week. You will notice that Kevin is not manning the BBQ tonight; however we do have Sam taking over the sausage turning for the evening. Please make her welcome. If there are any parents out there who are able to assist at the BBQ, I'm sure Sam would appreciate your assistance. Many hands make the service so much quicker.

As you will have noticed from having to queue for a while, it can get rather frantic in the Canteen at times. If you have some time to spare please consider helping out even if it is only for the period of reducing that queue.

CLAC has signed up to a healthy menu policy so tonight there are burgers, veggie burgers, sausages (with or without bacon & egg) with salad available. There is also fruit, juice, water, and frozen yoghurts available; not forgetting steamed dim sims (meat and vegetarian varieties).

Cafe2U will be back for those who need the "real" coffee or hot chocolate.

Please remember we cannot change large denomination notes early in the session. The inability to do so may offend and we do wish to avoid that circumstance.

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@collinewoodlittleathletics.org.au

And finally, due to Kevin being away, this week's newsletter has not been emailed, but it will be back in your inboxes next week!

tions at the registration desk. The raffle will be drawn at 10am sharp on Saturday December 13th.

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.

ON-LINE REGISTRATIONS

Please remember that **ALL** registrations need to be completed through our website. This is important to make sure that athletes' details are accurate for track reporting and points allocation. If you think there may be a problem with your registration, please see Anna at the desk.

NO ALCOHOL POLICY

Club members and athletes please remember that the George Knott reserve is a smoke-free and alcohol free zone during Little Athletics meetings. Parents, it may be tempting to have that Friday night glass of wine or beer, but please wait until you get home.

UPCOMING COURSES

Remember to check the club website for details of upcoming officials and coaching courses. The Club is happy to support you however we can.

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.

NATIO—Natural Australian Beauty Products