



Week 8 - Saturday, November 8 2008
www.collingwoodlittleathletics.org.au

Collingwood Little Athletics

Program D

	Boys and Girls			Boys		Girls	
U6	On Track LJ						
U7	50	70	200	LJ	DISC	LJ	DISC
U8	60H	80H	400	SP	HJ	SP	HJ
U9	60H	80H	1100W	HJ	SP	HJ	SP
U10	60H	80H	1100W	LJ	TJ	LJ	TJ
U11	60H	80H	1500W	DISC	SP	DISC	SP
U12	60H	80H	1500W	LJ	HJ	LJ	HJ
U13	300H	80H	1500W	DISC	TJ	DISC	TJ
U14G	300H	80H	1500W	DISC	TJ	DISC	TJ
U14B	300H	90H	1500W	DISC	TJ	DISC	TJ
U15G	300H	90H	1500W	DISC	TJ	DISC	TJ
U15B	300H	100H	1500W	DISC	TJ	DISC	TJ

SPECIAL COACHING MORNING

Three of our coaches - Narelle, Dean and Heather - will be here at the track tomorrow (Sunday) morning for a special coaching session covering discus, triple jump, hurdles and sprints.

If you are interested in coming along, please register your name and age group at the desk.

It is planned for all athletes to rotate through either three or four events.

To ensure that we can give all athletes a sufficient amount of individual attention, numbers will be limited to 40 participants - so get in quick! If you can't make it this time around, we will try to hold another session in the near future.

And remember that general training (including relay training), is held every Tuesday from 5-6pm at the George Knott Reserve. All are welcome.

Registrations for this FREE event are essential.

WINDY WEATHER

This weeks program is D, which includes Hurdles, however windy weather is predicted. This may mean Hurdles are not possible, in which case a substitute program will be used.

CAR PARKING

Several families have been caught parking

illegally on Heidelberg Rd recently. The CLAC Committee will free up some spaces in the car park this weekend but athletes and families are encouraged to consider parking across Heidelberg Rd in Clifton Hill proper if the George Knott Reserve car park is full. Often there are spots along the parkland.

The committee has begun discussing a better use of car park space with Yarra Council.

VOLUNTEERS

Little Athletics is a program that has always relied on volunteers to provide the extra comforts for athletes and members and to officiate at events. It is important that young athletes learn to work within rules and for some it is really interesting to see their parents in a different role.

To help the club stay within our allocated times and so little athletics doesn't take up all our weekends, the club has a noticeboard for volunteers near the Information Desk. We encourage people to put their names against tasks so that we have a better idea of the resources we have to find on the next competition day.

All tasks are undertaken by volunteers and if we don't have enough volunteers the program can become unnecessarily long.

NEW EQUIPMENT

Over the last few weeks, CLAC has upgraded communications with new walkie-talkies. There is a new ticket-writing system, a new fridge for the canteen and, soon, some new timing gates. This is all intended to make the work of the volunteers easier and the experience of competition more enjoyable.

UPCOMING ATHLETIC EVENTS

Over the next few months there are three major regional and state athletics competitions. These are listed in the Handbook.

If you are interested in competing at any of these events, it may be necessary to check your eligibility with the Club Secretary, Bev Scott, at the information desk this week.

REGION RELAY UPDATE

On Sunday 16th Nov. 2008 Eastern Metropolitan Region Relay Championships will be conducted at Proclamation Park, Ringwood. Collingwood LAC has 19 teams participating.

Team Managers will need to finalise names for their squads prior to the day and hand them to me at the Registration desk. Last minute changes will have to be submitted by 8.00am on the day of event. Any teams entered who fail to attend will be required to reimburse CLAC. Training will be this Tuesday at 5.00pm.

Good luck to all our Relay athletes.

Angela Craig, Relay Team Manager.
Ph. 0417465571.

WEATHER

Over the last few weeks CLAC has experienced a couple of washouts due to rain but we have also been able to complete a competition when bad weather threatens, as we saw last week.

The handbook has a wet weather procedure but athletes and members are encouraged to attend if the weather is not too bad as some events may still occur and we will try to have the canteen open for, at least, part of the time.

TOILET UPGRADE

The Men's toilet and change room will be upgraded with work scheduled to commence the week of the 10th November.

Council expects this work to take approximately 5 weeks to complete and will be providing temporary 'porta-loo's' whilst the toilets are unavailable.

The Women's toilet and change room will also be upgraded, however this is expected to be in the next Council financial year.

GATES

The handbook lists the out-of-bounds

CANTEEN

As part of the Victorian Little Athletics Association's commitment to a healthy food policy, the canteen has purchased icy poles which are 90% fruit juice. The Quelch icy poles are quite a change from Zooper-Doopers and do cost more for the canteen to purchase.

From this week, the only icy poles to be sold will be Quelches at the same price of 50 cents.

SUN SMART

Today is forecast to be a hot day with a high UV rating. It is very important 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

CHRISTMAS RAFFLE

Tickets available today at the registration desk.

Raffle Drawn 13 December 2008 10am Sharp!

All raffle tickets to be returned by Saturday 6th December 2008.

1st, 2nd, 3rd & 4th Prizes available!!

Signed Carlton Football Jumper, NATIO hamper, Mauro Bros meat voucher, Athletes Foot packs, best-selling novels, coffee merchandise from Cafe2U and much more....

\$2 a Ticket (10 Tickets per booklet)

Donations still being accepted.

Please see Nancy or enquire at the Information Desk

areas but recently we have had several small children wander into the car park through the narrow entrance gate. It is a minor inconvenience but it would ease parental worry if you could shut the gate once you have entered or exited.

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

Also registration tags are part of the official uniform and athletes will **NOT** be allowed to compete without a registration tag or they will not be allocated points.

These rules will be **strictly** enforced

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.

LUCKY NUMBERS

Choose a number for \$1 for your chance to win. Nancy will be walking around the club this morning selling lucky numbers. Please support this fundraising activity.

CHRISTMAS RAFFLE

Nancy is completing the Christmas Raffle and is still looking for contributions from club members and parents.

At the moment, we have a hamper from Natio, sports packs from Athlete's Foot in Greensborough and Ivanhoe, a signed Carlton football jumper, a meat voucher from Mauro Brothers butchers in Fairfield, several new release books and coffee merchandise from Cafe2U.

If you have anything suitable please give it to Nancy or leave it at the Information Desk.

NATIO
NATURAL AUSTRALIAN BEAUTY

SUPERVISION OF CHILDREN

Children attending Collingwood Little Athletics must be in the care of a responsible person at all times. The adult responsible for the supervision of the children at each meeting must stay for the duration of the meeting.

