

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Week 11

This weekend we are competing Saturday morning.

Next weekend is our third Little Bolters event. (See below right)

LAPS FOR KIDS

Our annual "Laps for Kids" fundraiser will be held on Friday 11 December at our Little Bolters skills session. All athletes and their parents/carers are encouraged to run a lap of the track and donate a gold coin to the Royal Children's Hospital. To make it just a bit more fun, we encourage you to come wearing crazy hair and/or socks. So come along for lots of fun and "dress up" your club uniform with some crazy accessories!

WEBSITE RESULTS

Website results are now on their own page. Follow the link from the front of the webpage or click the link here. www.collingwoodlittleathletics.org.au/Results.html

TRAINING

We train at the track on Tuesday evenings 5.00pm onwards.

REGISTRATION TAGS

Thanks to all of the athletes who are wearing their bibs. It has made it a lot easier to enter numbers for results when bibs are worn.

No tag - No points!!

SUPERVISION OF ATHLETES

Children must be in the care of a responsible person at all times. The adult/s responsible for the supervision of the children at each meeting must stay for the duration of the meeting. If the meeting is abandoned due to inclement weather or completed before the scheduled time, unsupervised children could be left waiting alone.

Age Group	TRACK			FIELD			
				GIRLS		BOYS	
U/6	100			SHOT		SHOT	
U/7	100	200	60	DISC	LJ	DISC	LJ
U/8	100	200	60	SHOT	HJ	SHOT	LJ
U/9	100	200	800	SHOT	HJ	SHOT	HJ
U/10	100	200	800	LJ	DISC	LJ	DISC
U/11	100	200	800	TJ	DISC	TJ	SHOT
U/12	100	200	800	TJ	HJ	TJ	HJ
U/13.14.15	100	200	800	HJ	SHOT	DISC	TJ

This weekend's program

This weekend athletes will compete in two field events and three track events.

Thank-you to all of the parents who have been offering their help early on competition days. It has helped us get started as close as possible to starting time and meant that we have not been finishing late.

Remember that it is great if you help out even if you are unsure of what to do. Someone more experienced will be more than happy to help you are only expected to do a job you are comfortable with.

Now is a great time to study up on an event to help officiate on Open Day!

LITTLE BOLTERS

Our next Little Bolters session will be held next Friday night.

Friday 11th December;
Arrive 5.30pm.

You do not have to be a member of the club to participate, so invite your friends down to join in as well. It is free for CLAC members and a small charge for non-members and families.

Athletes will be organised into their respective age groups and will participate in a number of skill development activities to improve their fitness and performance.

Athletes will participate in four 20 minute sessions and the evening will conclude with parents and athletes all joining in for some fun relay events.

A few more messages....

COLLINGWOOD OPEN DAY

Collingwood Open Day will be held on Sunday 14th February. It is a great opportunity to compete against athletes from other clubs before the Region competitions.

Last week's mailout included the entry form. It is available on our website or copies are available at the registration table.

CLUB OPEN DAYS

Doncaster LAC Open Day is a Day/night meeting starting at 1.30pm on Saturday 5th December.

Waverley LAC Open Day will be held on Sunday 6 December between 10am and 4pm.

Knox LAC Open Day is on Saturday 23rd January, 2010. Entries close on 11th January, 2010.

All of the entry forms are available on the website.

STATE MULTI EVENT

The State Multi Event is a great opportunity for athletes who compete consistently across a range of events.

Athletes compete in discus, 100m, long jump, 800m & hurdles. There is no qualifying competition so all athletes are welcome to enter. Entry is online form the VLAA website: <http://www.vlaa.com.au>

This season the event will be held in Bendigo on the 30th & 31st January

REGION TRACK AND FIELD

The Region Track and Field championships will be held in February. Each athlete can enter up to four events.

Entry forms will need to be submitted by the last week before the holiday break. Entry forms were attached to the mailout last week and are also available at the information desk.

Dates to Remember

Sat 5th Dec Competition Week 9

Sat 5th Dec Doncaster Open Day 1.30pm-late

Sun 6th Dec Waverley Open Day 10am-4pm

Tues 8th Dec Training 5.00-6.00pm

Thurs 10th Dec Zatopec 10 Warm up event for Little Athletes

Fri 11th Dec Little Bolters 3 Skills Training

Sun 13th Dec State Relays

Sat 19th Dec Competition Week 10

MID-SEASON BREAK

FROM THE EDITOR

Do you have anything you want to put in the newsletter?

Feel free to email me anything you want added by Wednesday evening. You can email me at:

clac@unihigh.vic.edu.au

ATHLETES FOOT

Now Open at Northland!!

John Edney is the man to talk to.



MAURO BROS MEATS

Fairfield



GRILL'D

