

# CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

## Little Bolters

This is our third Little Bolters event for the season and I am sure the younger athletes are excited about the skills sessions and activities they will participate in this evening.

Please remember to dress up - it is crazy hair and/or crazy socks theme. Just remember to add something a little crazy to your uniform and remember to bring a gold coin for the "Laps for Kids" fundraiser.

It may just be a good excuse not to have to brush your hair for the evening!

Next Saturday is the last competition day before the mid-season break.

### 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!

### TRAINING

Last week's Tuesday night training was the final session for the year, so there will be no training this Tuesday night. Training will resume in the same week that school starts - i.e. on Tuesday 2nd February - and will be targeted at athletes who have entered the Regional Track and Field Championships. For younger athletes, and those older athletes wishing to do some skills training before training resumes, don't forget the final "Little Bolters" session on Friday 22 January.

## This weekend's program

This weekend athletes will be organised into groups based on their Year Level at school.

There are a number of activities or 'stations' set up for our athletes to be involved in. Athletes will spend 20mins with experienced coaches and helpers.

At the next Little Bolters event athletes will participate in the sessions they missed out on this evening.

### TIMETABLE

Coach's Briefing	5:00pm-6:00pm
Welcome and briefing	6.00pm-6:10pm
Rotation 1	6:15pm
Rotation 2	6:35pm
Break	6:55pm
Rotation 3	7:05pm
Rotation 4	7:25pm
Relay	7:45-8:15pm

## REGION TRACK AND FIELD

The Region Track and Field championships will be held on Saturday and Sunday, February 20th and 21st 2010.

### Have you thought about which events you want to compete in?

Time is running out to make your decision.

Each athlete can enter up to four events. You will need to check the entry form to see what events are available to enter for your age group.

Parents also please note that you will need to be available for duty on that weekend. Events are run over a two day competition with heats and finals scheduled for different times of the day. Last year's program is available on the CLAC website.

It is also possible to see the performances for last year's regional competitions on our website to give you an idea of the times and distances other competitors may achieve.

Entry forms will need to be submitted by next week (the last week before the holiday break) Entry forms are available at the information desk.

**NO LATE ENTRIES CAN BE ACCEPTED**

### COACHING

If you have any particular questions about coaching at CLAC, contact details for all the coaches can be found in the handbook.

# 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.

The entry form is available on our website or copies are available at the registration table.

<http://www.collingwoodlittleathletics.org.au/Forms/OpenDayForms.pdf>

## CLUB OPEN DAYS

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

The entry form is available on the Knox website.

<http://www.klac23.org.au/photogallery/PDF/2009-10/2010KnoxOpenTwilight.pdf>

## 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

## CLAC RECORD BREAKERS

Congratulations to the following athletes who have again broken Collingwood Centre records this year.

Zoe McWhinney - U15 girls Triple Jump 10.21m

Zoe McWhinney U15 girls 70m - 9.81s

Lucy Dodd - U13 girls 70m - 9.78s

## Dates to Remember

Fri 11th Dec

Little Bolters 3  
Skills Training

Sun 13th Dec

State Relays  
Good luck to our athletes!

Tues 15th Dec

NO Training

Sat 19th Dec

Competition  
Week 10  
Last week for Region T&F entries

## MID-SEASON BREAK

Fri 22nd Jan

Little Bolters 4  
Skills Training

Sat 23rd Jan

Knox Open Day  
2pm - 9.30pm

Sat 30th &  
Sun 31st Jan

State Multi Event  
Bendigo

Tues 2nd Feb

Training Resumes

Sun 14th Feb

Collingwood Open Day

Sat 20th &  
Sun 21st Feb

Region T & F  
Competition

### 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](mailto: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

