

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

We're back!!

I hope that you have had a safe, enjoyable and relaxing break!

This Friday evening will be our return to competition. At the start of the season we thought that we would run a Little Bolters session this weekend to start us back into the season, however, due to other commitments many of our coaches were not available. As a result we will now be running a regular competition evening. (5.30pm Warm Up)

Thank-you to all of our Little Bolters' coaches who have given their time to help out our athletes this season!

Next weekend is our Javelin / Walks program so all of the U11s or older who want to compete in the Javelin will need to be up early. It is a great chance to practise getting up early before returning to school the week after!!

STATE MULTI EVENT

We wish all of the athletes who are competing in the State Multi Event at Bendigo next weekend the best of luck.

TRAINING

There will be no training during the school holidays. 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.

Age Group	TRACK		FIELD	
U/6	100			
U/7	100	70	DISC	LJ
U/8	100	70	DISC	SHOT
U/9	100	400	TJ	DISC
U/10	100	400	TJ	SHOT
U/11	100	400	LJ	TJ
U/12	100	400	LJ	HJ
U/13.14.15	100	400	HJ	SHOT

This weekend's program

This weekend is a relatively simple program. There will be no circular track (middle distance) events. Athletes will compete in two field events and two track events.

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! If there is a particular event you enjoy or want to learn more about officiating, let Andrew or Clare know and we can make sure there is someone who can answer all of your queries.

Don't forget the early start next week for Javelin for all athletes U11 and older!

COLLINGWOOD OPEN DAY

SUNDAY FEBRUARY 14TH

ENTRIES CLOSE FRIDAY 29TH JANUARY

This great annual event is a major fundraiser for the Club, and also gives us the chance to play host to athletes from right around Victoria.

In order to make this a successful event, we need parent volunteers to volunteer in the usual range of track and field duties. We are especially looking for volunteers who are willing to take on the role of Chief Official in each particular event. If you are interested in taking on one of these roles please see Andrew Dodd or Clare Garganis to find out more information.

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

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