

# CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

## Week 19

This Saturday is our final week of Competition (Week 16). It is our Javelin/Walks program so we will be having an early start for all of the U11s and older who wish to compete in the final Javelin event of the season. Warm Up starts at 8.30am for our younger athletes.

### PRESENTATION EVENING

Our Presentation Evening will be held at the clubrooms at 6.30pm on Friday 26th March. Athletes are asked to wear their Collingwood uniform and to be on time.

### ANNUAL GENERAL MEETING

The annual general meeting will be held on Monday 3rd May at the Clubrooms.

All members are welcome, especially those that wish to be committee members for the 2010/2011 season. (See plug next page!)

### CROSS-COUNTRY

Cross country season commences on 28th March (pre-season training) and is already included in your annual membership.

Races are run on Sunday mornings and the distance varies from 500m for the U6s, 1000m for the U7s and U8s, 1500m for U9s and U10s, 2000m for U11s and U12s and up to 3,000m for the older age groups.

Feel free to compete in as many competitions as you wish. It is a great way to keep your fitness up over the winter.

More information is available in the handbook and on the website.

<http://www.collingwoodlittleathletics.org.au/CrossCountry.html>

Age Group	TRACK			FIELD	
U/6	100			LJ	
U/7	100	50	60	Discus	Shotput
U/8	100	80H	60	HJ	Shotput
U/9	100	80H	1100W	LJ	Shotput
U/10	100	80H	1100W	LJ	Discus
U/11	100	80H	1500W	Javelin	Discus
U/12	100	80H	1500W	Javelin	HJ
U/13.14.15	100	80H/ 90H/ 100H	1500W	Javelin	TJ

## This weekend's program

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

Thank-you to all of the parents who have offered to help nearly every week of the season. Your contribution is appreciated!

Remember that this week is our early start for Javelin:  
7.30 am Registration  
7.45 am First Event  
Athletes who are late will not be able to join in.

## STATE TRACK AND FIELD

Congratulations and good luck to the following athletes who will be representing our Centre at the Victorian Little Athletics Track and Field Championships next weekend:

Rebekah Corney  
Lucy Dodd  
Timothy Dodd  
Sean Ellis  
Zarah Garbrah  
Adam Garganis  
Alexandra Jones  
Jason King  
Rachel King

Miles Leyden  
Matilda Maynard  
Max Maynard  
Hilary McAdam  
Jacob McCormack  
Zoe McWhinney  
Sean O'Neil  
Sarina Rayner  
Gabriel Zabotto.

# A few more messages....



## CLAC COMMITTEE

Collingwood Little Athletics is run by a committee of volunteers. The largest part of the commitment is a monthly meeting during the summer season.

We are encouraging parents of athletes to consider joining the committee and take on roles or support others who have been doing a job that is a large time commitment. New members may have skills and new ideas that will further improve the club and make athletics more enjoyable for our athletes.

There are a range of jobs to take on such as; registrations, track management, data entry of results, website, photography, newsletter (please!!), fundraising, canteen, communications etc.

A committee nomination form has been attached to this newsletter and will also be available at the registration desk. All you need to do is find two other members to accept your nomination and attend the Annual General Meeting on 3rd May.

## SPONSORS

Thank-you to our sponsors who have supported the club during the season.

The Athlete's Foot has again been fantastic support to the club this year.

Mauro Bros have continued to supply us with great quality meat for our BBQ at a good price.

Grill'd, who have joined us this year, have supplied us with encouragement awards for our athletes.

## Dates to Remember

Sat 13th March

Competition  
Week 16

**LAST WEEK OF COMPETITION!**

Sat 20th &  
Sun 21st Feb

State T & F  
Competition

**PRESENTATION NIGHT**

Friday 26th March

Mon 3rd May

Annual General Meeting  
8.00 pm

**CROSS COUNTRY SEASON**

Sun 28th March

Pre-season Training  
tbc

### ATHLETES FOOT

Now Open at Northland!!

John Edney is the man to talk to.



### MAURO BROS MEATS

Fairfield



### GRILL'D

