

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Week 2

Thank-you to all of the parents who helped out last week to make our first weekend a success. A BIG THANK-YOU to our older athletes who took the younger ones for a great warm up before competition.

SCHOOL HOLIDAYS

We always have a break over the school holiday period so there will be no competition next weekend. Our next event will be our first Little Bolters evening on Friday 2nd October. Take special note that parents will be able to be involved as well. So kids, dust off Mum and Dad's runners for them. More information is provided in this newsletter.

THE NEWSLETTER

The newsletter is emailed out to all of our registered members Thursday evening. If you did not receive it this week, please update your details on the VLAA's website. If you need help with this let Rohan at the registration table know or email me at the website.

EVENT TICKETS

This season we will not be having tickets written out for athletes. Instead athletes that like to record their achievements will be able to go to the website early in the week to see their times and places.

A booklet of tickets was included in the Little Aths Showbag that you received when registering.

TRAINING

Our excellent coaches at the club are looking to start training after the holidays. We train at the track on Tuesday evenings. More information to follow. Our first Training sessions will focus on Relays.

Age Group	TRACK			FIELD	
				GIRLS	BOYS
U/6		200		LJ	LJ
U/7	70	300	100	SHOT	SHOT
U/8	70	400	100	LJ	HJ
U/9	70	400	100	DISC	HJ
U/10	70	400	800	DISC	DISC
U/11	70	400	1500	SHOT	HJ
U/12	70	400	1500	SHOT	SHOT
U/13 14 15	70	400	1500	TJ	LJ

This weekend's program

This weekend athletes will compete in one field event and three track events, making it a shorter than usual Saturday program.

We will be running the circular track events (800m and 1500m) from the far side of the track to allow the front track events to be run at the same time.

Parents please offer to help with the running of an event. See Clare or Lee to put your name on the list. The quicker we get volunteers the quicker we can start and the earlier we finish!

The first Javelin competition will be held on 24th October for our older athletes (early start!)

LITTLE BOLTERS

Our first Little Bolters evening will be held on the last Friday of the holidays. Friday 2nd October; Arrive 5.30pm. Start 6.00pm - Finish 8.00 pm

A flyer for the event has also been attached to this 'emailout'.

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.