

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Little Bolters

This is our first week of Little Bolters and our first Friday evening event.

We hope it is a great success and we appreciate any feedback on the evening to help improve it for next time.

RELAY FUN DAY

The next competition day will be Saturday 10th October which will be our Relay FUN Day. Athletes of all age groups will have the opportunity to run in relay teams throughout the session. All athletes are encouraged to attend as athletes learn important relay race and baton skills.

UNIFORM UPDATE

The official CLAC uniform is...

- Plain black running shorts & club singlet (plain white T-Shirt under the singlet if cold)

Registration tags are part of the official uniform and athletes need to wear them to help with organisation of races and recording results. Please make sure athletes are wearing them during competition, replacement tags can be purchased from the registration table.

TRAINING

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

EMR COACHING CAMP

The Eastern Metropolitan Region offers a terrific coaching camp for athletes. It is located at Crystal Creek in Alexandra and athletes from Under 10 up are welcome to attend. Coaching is available on a range of athletics activities.

More information is available from our camp co-ordinator Graeme Scott at the registration desk.

Group	Rotation 1	Rotation 2	Rotation 3	Rotation 4
Prep	Running	SHOT PUT	LONG JUMP	-
1	LONG JUMP	Running	DISCUS	SHOT PUT
2	Hurdles	DISCUS	Running	HIGH JUMP
3	HIGH JUMP	Hurdles	SHOT PUT	Running
4	Running	HIGH JUMP	Hurdles	DISCUS
5	DISCUS	LONG JUMP	Running	Hurdles
6&7+	TRIPLE JUMP	Running	HIGH JUMP	Running

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

RELAY COMPETITIONS

There are a number of relay competitions coming up for the region. Teams that are successful at the regional competition will go on to compete at the state level. We have had some successful teams in the past.

To organise teams and competitions we need a Relay Manager. We also need Team Managers for each age group. If you feel you are able to help, let one of the committee members know. A Team Manager will be responsible for one age group and will help with organising the team at each competition.

Coming up:

Box Hill Relay Competition
EMR Relay Competition
State Relay Championships

Sunday 25th October
Sunday 15th November
Sunday 13th December