

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Week 4

I hope all of the parents recovered from their racing last week. It was great to see so many athletes (young and old) having a great time!

This week's Friday evening competition will be our first comp day for some weeks, so make sure you come ready to run, throw and jump in top form!

Our next competition day will be Saturday 24th October. Competition will be starting at 7.30am for those in U/11 and older interested in competing in the Javelin event. Registrations start at 7.30 am, first event 7.45. Those that arrive late will not be allowed to join in.

CAR PARK SECURITY

Please do not leave valuables in your car while at the track. A car was broken into last week during competition.

TRAINING

Our excellent coaches at the club are currently training the Relay teams. If you want to improve your skills even more then come down to the track Tuesday evenings from 5.00 pm - 6.00 pm.

TRAINING CLINIC

Adidas in conjunction with the Great Australian Run and VLA are conducting an athletics clinic with Craig Mottram and fellow Olympians Jana Pittman and Sally McLellan at Olympic Park next Thursday, 22 October: 4.30pm - 5.30pm at Olympic Park Stadium.

Age Group	TRACK			FIELD			
				GIRLS		BOYS	
U/6	70	300					
U/7	70	300		DISC	LJ	DISC	LJ
U/8	70	100		DISC	SHOT	DISC	SHOT
U/9	100	800		TJ	SHOT	TJ	SHOT
U/10	100	800		TJ	SHOT	TJ	SHOT
U/11	100	1500		LJ	HJ	LJ	DISC
U/12	100	1500		LJ	HJ	LJ	HJ
U/13.14.15	70	300H	1500	DISC	TJ	SHOT	LJ

This weekend's program

This weekend most athletes will compete in two field events and two track events. This is the first time we will be running two field events during an evening program and we will require extra help to ensure we do not run too late.

Parents, please offer to help with the running of an event. See Clare or Andrew to put your name on the list. This week we will need more volunteers as we will be running two Shot Put and two Long Jump pits at the same time.

RELAY TEAMS

Thank you to Andrew McAdam for volunteering to be the Relay Team Manager for this season. We now need parents to volunteer to manage a team at each age group.

The available events for boys and girls are: 4 x 100m, 4 x 200m and the Medley relay. There is also an opportunity to enter mixed sex and mixed age 4 x 100 teams. The medley relay consists of the following 4 legs - 100m, 100m, 200m and 400m.

Teams will need to be entered for the Box Hill competition next weekend, so if you are interested make sure you let Andrew or someone at the registration desk know.

Box Hill Relay Competition
EMR Relay Competition
State Relay Championships

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



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. For more information see Graeme Scott at the registration desk.

Entry forms and payment are due by 24th October.