

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Week 5

This Saturday morning is our first Javelin competition for the year. Registrations start at 7.30 am, first event 7.45. Those that arrive late will not be allowed to join in. U/6 to U/10 will have the regular warm up time at 8.30am.

Our next competition day will be Friday 30th October

EMR COACHING CAMP

This is the last weekend to put in forms and money!

For more information see Graeme Scott at the registration desk.

Age Group	TRACK			FIELD			
				GIRLS		BOYS	
U/6	50			DISC		DISC	
U/7	50	100	200	LJ	SHOT	LJ	SHOT
U/8	60H	80H	100	LJ	TJ	LJ	TJ
U/9	60H	80H	1100W	LJ	TJ	LJ	TJ
U/10	60H	80H	1100W	HJ	SHOT	HJ	SHOT
U/11	60H	80H	1500W	JAV	DISC	JAV	SHOT
U/12	60H	80H	1500W	JAV	DISC	JAV	DISC
U/13 14G U/14B.15G U/15B	100	80H 90H 100H	1500W	JAV	HJ	JAV	HJ

THE SEASON SO FAR. . . Lee Bradley, President

With the season now six weeks old and the first rotation of all our programs nearly completed it is a good time to explain what we are trying to achieve in our Little Aths program.

We have four different programs that we use as a base and they are designed with the aim of providing an even spread of both field and track events. As those who attended last Friday night's program will know, we tried to complete two track and two field events for the first time in an evening comp. If not for the rain we would have had the track program completed by 8.30pm, but we were struggling with the field events.

There are two ways to overcome this problem. Firstly we can (and will) make small changes to the program next time around. But importantly, if we get sufficient volunteers out and on the field, we can make the best use of all the facility has to offer and run two age groups concurrently in Long Jump, Triple Jump, Shot Put and High Jump. The perfect mix of officials at field events is three per event to run it competently. In the past when we have had all the official positions filled quickly, it can save us 45 minutes over the day. So please get in early and get your name down on that duty list, because we all like to get through the program as quickly as possible.

We'd like to wish all the relay teams well who are heading off on Sunday to the Box Hill LAC Open Day Relays. It is a great day for new teams to get experience in relay competition before Region relays on Sunday 15 November. It is also a chance for the seasoned relay teams to get some serious practice as well as eye up their competition! If you are unsure about what is happening with relay teams, or you are willing to act as an age group team manager please talk to the relay manager, Andrew McAdam.

The Little Bolters program is on again in 2 weeks time. This is an opportunity to bring a friend along and learn and practise the basic skills of Athletics. If you know anyone who is thinking about trying athletics please feel free to bring them along on Saturday the 7th. From a committee point of view, the first night was a success and we look forward to some new skills to be taught on Sat 7 November. You may have also received an email survey about your thoughts on Little Bolters. If you've not already completed the survey, we would appreciate you taking the time to do so as soon as possible.

Finally, Tuesday training at this time of the year is focused on relays so we apologise in advance if you come along expecting specific skills training on a Tuesday. It is logistically impossible to coach all skills at this time of the year since we have so many teams wanting to either learn relay techniques or hone the skills some already have. Once region relay is completed we can spread the coaching load across more events. If you are interested in joining the coaching team, we'd love to hear from you. We are happy to pay for any parents or carers who are interested in completing one of the excellent coaching courses provided by the VLAA and the Australian Track and Field Coaches Association.