

# CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

## Week 6

It was great to see so many of our older athletes up so early last week to participate in the Javelin events. Thank you to Heather for her cheery coaching of the U11s who competed in the event for the first time.

This weekend we are competing Friday evening.

Next weekend is our second Little Bolters event. (See below right)

### THE NEWSLETTER

This week I have changed the newsletter to a 2 page layout to fit more information in.

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.

### WEBSITE RESULTS

On the home page of the website are each of the weeks' results. Due to technical difficulties some results are missing but we will fix those where possible. Hopefully our new backup procedures will ensure that no results are missing this week

### TRAINING

There will NOT be any training on Tuesday 3rd Nov. due to Cup Day holiday.

We usually train at the track on Tuesday evenings 5.00pm onwards.

### REGISTRATION TAGS

Please wear registration tags for competition. It makes it a lot quicker to enter numbers for results when bibs are worn rather than waiting for athletes to tell officials their number.

From 13th Nov. **No tag - No points!!**

| Age Group  | TRACK |     |     | FIELD |      |
|------------|-------|-----|-----|-------|------|
|            |       |     |     | GIRLS | BOYS |
| U/6        | 100   |     | 60  | SHOT  | SHOT |
| U/7        | 100   | 200 | 60  | LJ    | LJ   |
| U/8        | 100   | 200 | 60  | HJ    | HJ   |
| U/9        | 100   | 200 | 800 | HJ    | DISC |
| U/10       | 100   | 200 | 800 | LJ    | LJ   |
| U/11       | 100   | 200 | 800 | TJ    | TJ   |
| U/12       | 100   | 200 | 800 | TJ    | TJ   |
| U/13.14.15 | 100   | 200 | 800 | DISC  | SHOT |

## This weekend's program

This evening athletes will compete in one field event and three track events, making it a busy Friday program.

This week we will return to using timers and place judges to help coordinate our results, so please make yourself available early so that we can start our track events as early as possible.

The most important thing is for us to start on time, so please be as early as possible and make yourself available to help by putting your name down as soon as you can.

## LITTLE BOLTERS

Our next Little Bolters morning will be held next Saturday. Saturday 7th November;

Arrive 8.30am.

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.

# A few more messages....



## WEEK 3 WASHOUT RESULTS

At the CLAC Committee Meeting held last week the committee unanimously agreed that due to the partial washout and rain related technical problems which resulted in the loss of many results, individual points will not be awarded for that meeting, save for those bonus points that were awarded for athletes breaking centre records.

## VPSSA STATE CHAMPIONSHIPS

Congratulations to the Collingwood athletes, including Beau Moorcroft, Lachlan White, Miles Leyden, Rachel King, Sean Ellis, Tae Louey and Declan Lambert who competed and put in excellent performances at the Victorian Primary Schools Sports Association State Championships on Monday.

Special mention to Rachel King, who won gold in the U12-13 girls triple jump. Well done Rachel!

## CLAC RECORD BREAKERS

Congratulations to the following athletes who have broken Collingwood Centre records so far this year.

Zoe McWhinney - U15 girls 300m hurdles - 52.00

Zoe McWhinney U15 girls 200m - 27.88

Sarina Rayner - U13 girls discus - 26.80m

Lucy Dodd - U13 girls high jump - 1.58m

## SPIKES AND STARTING RULES

Under 6 to Under 11 athletes are not permitted to use spikes for any event. Under 12 to Under 15 athletes are required to use a crouch start in track events up to and including 400m and may use starting blocks and/or wear spikes in these events. Starting blocks should not be used for distances beyond 400m.

## Dates to Remember

|                  |                                  |
|------------------|----------------------------------|
| Tue 3rd Nov      | No Training Cup Weekend          |
| Sat 7th Nov      | Little Bolters 2 Skills Training |
| Tues 10th Nov    | Training 5.00pm - 6.00pm         |
| Fri 13th Nov     | Competition Week 6               |
| Sun 15th Nov     | Region Relays                    |
| Sat 21st Nov     | Competition Week 7               |
| Fri 27th Nov     | Competition Week 8               |
| 27th to 29th Nov | Crystal Creek Camp U10-U11       |
| Sat 5th Dec      | Little Bolters 3 Skills Training |
| Sun 13th Dec     | State Relays                     |

### FROM THE EDITOR

Do you have anything you want to put in the newsletter?

Feel free to email me anything you want added by Wednesday evening. You can email me at:

[clac@unihigh.vic.edu.au](mailto:clac@unihigh.vic.edu.au)

### ATHLETES FOOT

Now Open at Northland!!

John Edney is the man to talk to.



### MAURO BROS MEATS

Fairfield



### GRILL'D

