

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Little Bolters

This Saturday is our second Little Bolters event. Thank you to those who have provided feedback and please feel free to provide more after this Saturday's Skills Session.

Next Friday evening we will return to competition. Hopefully with some improved skills in the events we are practising this morning.

UNIFORM UPDATE

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.

From next week if an athlete is not wearing their registration tag they will be able to compete but their bib number will not be recorded for the event. Athletes not wearing their bibs will not be awarded any points for participating in a track event.

TRAINING

We train at the track on Tuesday evenings. It is our last chance before Region relays to practise those baton changes.

Training starts at 5.00pm with our coaches running a number of different skills each week.

REGION RELAYS

Next Sunday (15th Nov) is the Eastern Metropolitan Region Region Relay Competition. Successful teams will go on to compete at the State Relay Championships held in December.

Thank you to the parents who have offered to manage the teams. We wish all of our teams good luck.

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

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.

Each Little Bolters event, athletes will participate in a variety of different sessions.

TIMETABLE

Warm Up

Rotation 1	9:00 am
Rotation 2	9:20 am
Break	9:40 am
Rotation 3	9:50 am
Rotation 4	10:10 am
Relay	10:30-11:00 am

LITTLE BOLTERS - BRING A FRIEND

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 FOOT

Now Open at Northland
John Edney is the man to talk to.



MAURO BROS MEATS

Fairfield



GRILL'D

Healthy Burgers

