

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Relay FUN Day

Today is Relay FUN Day. We hope you enjoy it by participating in a number of races.

Parents also don't forget your own running shoes and join in the fun of the day with the kids!!!

The next competition day will be Friday 16th October which will be Week 3 of competition.

COACHING COURSES

The VLAA will be conducting an Officials Track and Field Seminar at the Collingwood Track on Sunday 18 October. It covers how to officiate at the full range of events including track, relays, throws, walks and jumps.

Attendance is free, and also includes lunch. See the website for more details.

UNIFORM UPDATE

The official CLAC uniform is...

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

TRAINING

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.

This weekend's program

8:45 am	Warm up
9:00 am	Skills training
10:00 am	Relay events
11:00 am	15 min icy-pole break
11:15 am	Parent & child relays
12:00 pm	Close

Why do we hold a Relay Fun Day?

Relay day is all about having fun whilst teaching the kids the basics of how to run a relay race. Relays are a great way for the children to form lasting team bonds in a sport where the focus is usually on individual achievement.

U6-U7 athletes will do shuttle relay activities at the high jump area. U8 athletes and up will learn and practise circular relay skills.

Parent helpers will be needed to assist with marshalling athletes and taking them to their change-over positions around the track.

RELAY COMPETITIONS

Does the VLAA hold relay competitions for athletes to compete in?

Yes they do - and there's also a great relay Open Day run by our friends at Box Hill Little Athletics Centre. We hope that Relay Fun Day will inspire children and parents to get talking to each other and put teams together to enter the Box Hill Relay Open Day on 25 October, as well as the Regional Relay competition which will be held at Doncaster on 15 November. If you're interested in relays but don't know how to go about getting in a team, you can also put your name down at the desk and we'll see if we can find a team for you to join.

Teams that run well at the Region Relay competition may progress to the State Relay Championships at Olympic Park on 13 December. So if you are interested in being part of a relay team, it is essential that you are available to compete on both of these dates. Please note that these competitions are only open to athletes from U9-U15, and that parents of competing athletes will be required to do a duty shift (normally no longer than an hour or so) at Region and State Competitions.

We are also looking for volunteers to be Relay Age Group Managers as well as an overall Collingwood Relay Team Manager to co-ordinate entries and make sure that teams know what to do on the day. If you can help, please talk to the people at the information desk on Saturday morning.

Box Hill Relay Competition	Sunday 25th October
EMR Relay Competition	Sunday 15th November
State Relay Championships	Sunday 13th December