

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

MULTI-DAY THIS SATURDAY

This Saturday is our inaugural Collingwood Little Athletics Multi-Event Day. The idea of this day is to give athletes a taste of multi-event competition, and encourage athletes to consider entering the State Multi-event championships at the new State Athletics centre at Albert Park on **Sat 19th and Sunday 20th November 2011**.

If you have heard of decathlon and heptathlon events, then multi-event is the Little Athletics equivalent of these events. All athletes compete in the same five events (four for the U6s to U8s) and are awarded points for each event according to their performance. At the end of the day the points are tallied, with placings decided by the points each athlete accumulates. Since we have never held a multi-event competition day at CLAC before, we don't currently have Centre Records for multi-event. However with the introduction of this new event we will be recording multi-event Centre records for the first time. As such all winners on the day will be the inaugural Centre record holders. At our annual presentation night, we will also be awarding certificates for the first three place-getters in each age group.

Since all athletes from U9 and up will be doing the same 5 events, multi-day competition will run longer than a normal Saturday comp. At State Multi-event competition, the event runs for the entire day. However we are hoping that if we have enough parent helpers on board early, and can start on time, we will be finished by 1pm – maybe even earlier.

In order to achieve this aim we need to run four consecutive long jump events – two at each end. The runway will be clearly divided, but we will need around 16 parent volunteers – particularly, but not exclusively, those experienced in long jump, and marshalling and directing the children - to help. To finish the day at a reasonable time, we need to have these long jump events up and running by 8.45am. **So please, if you are willing and able to help, put your name down to help by 8.30am so that we can start the events by 8.45am.**

RELAY SEASON – SEE BELOW

(Multi-Event Day continued.....)

Discus, being a very time-consuming event, will also be run differently on multi-day. We are planning on holding an “open” discus event, where athletes can go and have their throws at any time during the morning. **In order to get around 150 athletes through discus, we are seeking 4 volunteers to get the discus event up and running from 8am in the morning.** We encourage all athletes to report to discus on arrival, so that we are not still hanging around at 2pm finishing discus competition. Come early if you want to get it over with while it's not too busy!

The U6s-U8's will be doing shot put instead of discus. We will be running both ends of the shot put area. So we encourage parents of those athletes in particular to volunteer to run the shot put events.

EASTERN METRO REGION COACHING CAMPS IN NOVEMBER –REGISTER NOW!

Want to improve your skills and performances? This is for you! Athletes in our region also have the opportunity to attend the popular weekend coaching camps held at Crystal Creek, Goulburn River Valley near Alexandra each November. 100 athletes can attend the camps and athletes are coached in their own age group by accredited coaches in a variety of events. The camps are a lot of fun. The 2011 Eastern Metro Region Coaching Camps are to be held as follows: U12 – U15 Friday 4 to Sat 6th November, U10-11 Friday 25th to Sun 27th November. Talk to Graeme Scott at the Registration desk or see inside cover of Handbook for more details. Go to www.emr.org.au to register and pay.

URGENT - VOLUNTEER NEEDED FOR RECORDS AND RANKINGS MANAGER–

Did you know that each season, athletes earn points towards end of year awards for each event they compete in? This tally is supervised by a volunteer Records and Rankings Manager. The Records and Rankings Manager also keeps track of which athletes have qualified for Merit Awards (based on the number of personal best performances they achieve during the season), and keeps a record of new Centre Records. This season, however, we have nobody to fill this job.

SEE PAGE 2 FOR MORE ON HOW YOU CAN HELP!

This week's MULTI program

Age Group	TRACK			FIELD	
U6	70	300		LJ	SHOT
U7	70	300		LJ	SHOT
U8	70	300		LJ	SHOT
U9	100	80H	800	LJ	DISC
U10	100	80H	800	LJ	DISC
U11	100	80H	800	LJ	DISC
U12	100	80H	800	LJ	DISC
U13B	100	80H	800	LJ	DISC
U13G	100	80H	800	LJ	DISC
U14B	100	90H	800	LJ	DISC
U14G	100	80H	800	LJ	DISC
U15B	100	100H	800	LJ	DISC
U15G	100	90H	800	LJ	DISC

URGENT - VOLUNTEER NEEDED FOR RECORDS AND RANKINGS MANAGER (from page 1)

This volunteer role requires some data entry work as well as working with the Registrar to ensure that points are acquired by each new athlete who registers.

If we cannot fill this position, we may not be able to continue with the awards that are given out each presentation night. So we are in urgent need of a volunteer to take on the job. The Records and Rankings Manager has always been a Committee position, but if you are interested in the job, but unable to commit to coming to Committee meetings, we would still like to hear from you. You could do this at the track while your children are competing!

Speak to Carol, Rohan or Robyn at the registration desk, or call or talk to the Centre President, Heather Jarvis: 0432 455 155.

***** NEXT WEEK'S PROGRAM

Competition 4 – Friday 28 October (Program A)
***U9 do HJ instead of LJ to make up for HJ cancellation 7 Oct

Age Group	TRACK		FIELD
U6	ON TRACK		100 DISC
U7	200	60	ON TRACK
U8	200	100	60 HJ
U9	200	100	800 HJ
U10	200	100	800 LJ
U11	200	100	1500 DISC
U12	200	100	1500 TJ
U13, 14, 15B	200	100	1500 SHOT
U13, 14, 15G	200	100	1500 DISC

***** RELAYS, RELAYS, RELAYS!

DID YOU ENJOY THE RELAYS LAST WEEK? – ENTER A TEAM

2011 COLLINGWOOD RELAY SEASON INFORMATION

Collingwood LAC teams can enter regional and state relay competitions in November, December and January (see information attached about how to enter a team. Contact Andrew McAdam if you'd like to know more – details below).

If you enjoyed last week's relays, then you should think about getting a Collingwood team together to compete against other clubs.

There are a number of upcoming opportunities for athletes from U9 up to compete in relay events. We encourage all our athletes (with parent/carer's help) to start thinking about forming relay teams to be entered into these events. Relays are fun, and unlike other athletics events offer an opportunity for team participation.

SEE BELOW FOR FURTHER RELAY SEASON INFORMATION

THANKS! - to Grill'd Richmond for donating \$100 to our centre from their 'Local Matters' campaign. Athletes and families can still visit them anytime!

OPEN DAYS - Lots of Little Aths Centres are sending through their Open Day/Special Events where Collingwood athletes are invited to attend. Flyers will be posted on the club room notice board for interested athletes. CLAC Secretary, Carol King can email you forms also.

DIARY DATES

*CLAC Third competition MULTI EVENT day 22/10/11 8.30am

*Crystal Creek Coaching Camp U12 – U15 Fri 4 to Sat 6th November (see Graeme Scott)

*Crystal Creek Coaching Camp U10-11 Fri 25th to Sun 27th November (see Graeme Scott)

*State Multi Event Championships – Lakeside Stadium, Albert Park - on the new blue track!

Under 12 to Under 16 Boys & Girls - Saturday 19 November 2011.

Under 9 to Under 11 Boys & Girls - Sunday 20 November 2011

Entries available via the LAVic website www.lavic.com.au from 3 October, 2011

Entries close (\$15) Friday 4 November, 2011

Late Entries close (\$30) Wednesday 16 November, 2011

*Box Hill Relay Day 13 November 2011

*Region relays Sunday 11 December, 2011.

CLAC UNIFORM

You can buy CLAC tops for \$35.00 (cash or cheque) at the registration table. Now that we have started competition, athletes are required to wear the CLAC top unless they are doing 'come and try'. Black shorts or leggings without any logos on them are also required and can be purchased at the registration table.

RESULTS FROM PREVIOUS WEEKS COMPETITION

Athlete's and parents please note that our website is undergoing redevelopment soon and as an interim measure we are posting results on the pin board in the club rooms this Saturday.

THEFTS FROM CARS IN CARPARK

Please do not leave valuables in the car in the car park at the track. Although Victoria Police are monitoring the area, there have been thefts from cars in recent weeks.

Relay information (from page 2)

KEY DATES

Sunday, 13 November 2011	Box Hill Relay Day
Sunday, 11 December 2011	Eastern Metro Region Relays
Saturday, 28 January 2012	State Relay Championships

The Box Hill relay day is an informal event, providing teams with an opportunity to trial and practice. The region event is the competition that is the lead-in to the State championships. All teams are strongly encouraged to enter both for Box Hill and EMR events.

The following events are available:

4 x 100, 4 x 200, Medley relay (100m x 100m x 200m x 400m), Mixed sex and mixed age 4 x 100 and medley events.

FORMING A TEAM

CLAC will not be involved in selecting or forming teams. The main reason for this is because we encourage teams in friendship groups, and those groups are only within the knowledge of athletes and their parents/carers. It is not all just about winning, although over the last few seasons CLAC has produced some very successful relay teams that grew out of friendship groups.

Teams of 5 and 6 are encouraged, especially in the younger years. A team could for instance enter in the 4 x 100, 4 x 200 and the medley relay, and when heats and finals are taken into account, a team in those 3 events is involved in a lot of running in one day. Some athletes will be better at the 400 or 200, rather than the 100. Also, note that in any one event 5 runners can compete providing the team makes it to the final, that is, the rules permit the team to run 1 different runner in the final. So there are opportunities to mix it up and for all members of a team consisting of, say, 6 members to get a run and be involved. For parents/carers this may involve a little management/organisation (and diplomacy!). A team of 4 members should probably focus on only 2 events. Teams of 5 and 6 are encouraged to enter in at least 3 events.

LOGISTICS

We will need to be getting close to having identified teams by the end of October. In early November, I will need to submit to Box Hill a list of the teams that CLAC will enter. This does not involve a list of team members. So for instance, if the U10 boys look like entering 2 teams for the 4 x 100, then I will be advising Box Hill that we will have an 'A' and 'B' team, and that is all Box Hill will need. Cancellation/no show at Box Hill is accepted. However, by the EMR event we have to provide athlete names, and pay entrance fees.

AGE GROUP MANAGERS

At each age group I need a parent to be the age group manager, and preferably 2 parents, one for each gender. The role of the age group manager will be to act as my first contact point. The age group manager will collect and collate the information on each team: athlete names, email address, telephone numbers, and events to be entered. It is not at all onerous, but is essential, as I cannot possibly do all that across the club. Please contact me if you are happy to volunteer.

ASSISTANT TEAM MANAGER

I need an assistant team manager. Please contact me if you are happy to volunteer. This is particularly important this year, because: I am the parent of an U15 athlete (Hilary) and so this is our last year at the club. It is time to 'pass the baton'!! In other words, there is an opportunity for someone to get involved and learn the ropes. I will not be around the club as much as would be ideal for this role, because Hilary has other athletics commitments which clash with CLAC events.

NOTIFYING TEAMS

I can be contacted using the communication details below. An assistant team manager announcement will be made soon. Age group managers will also be announced. In the meantime, I am happy to receive details of proposed teams, preferably by email, including athlete names and communication details.

PARENT OFFICIATING DUTY

Advance warning – Parents/carers please note that it is a condition of entering your child in an EMR relay event that you attend and be on the roster to perform an officiating duty. The duties require no experience, and in the main involve things such as assisting in marshalling and similar. Normally one parent/carer from a family is rostered on for duty, and the time involved is about 2 hour blocks.

CONTACT

Andrew McAdam, CLAC Relay Team Manager E: amcadam@khq.com.au M: 0418 548822 H: 9481 7332