

# CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

## Presentation Evening

**Our Presentation Evening will be held at the clubrooms at 6.30pm on Friday 26th March. Athletes are asked to wear their Collingwood uniform and to be on time.**

### ANNUAL GENERAL MEETING

The annual general meeting will be held on Monday 3rd May at the Clubrooms.

All members are welcome, especially those that wish to be committee members for the 2010/2011 season. (See plug next page!)

### CROSS-COUNTRY

Cross country season commences this Sunday (28th March) at Bellbird Dell (pre-season training) with the first event being run at Gardiner's Creek on April 11th.

Races are run on Sunday mornings and the distance varies from 500m for the U6s, 1000m for the U7s and U8s, 1500m for U9s and U10s, 2000m for U11s and U12s and up to 3,000m for the older age groups.

Feel free to compete in as many competitions as you wish. It is a great way to keep your fitness up over the winter.

More information is available in the handbook and on the website.

<http://www.collingwoodlittleathletics.org.au/CrossCountry.html>

## Messages....

### COMMITTEE

Collingwood Little Athletics is run by a committee of volunteers. The largest part of the commitment is a monthly meeting during the summer season.

We are encouraging parents of athletes to consider joining the committee and take on roles or support others who have been doing a job that is a large time commitment. New members may have skills and new ideas that will further improve the club and make athletics more enjoyable for our athletes.

There are a range of jobs to take on such as; registrations, track management, data entry of results, website, photography, newsletter (please!!), fundraising, canteen, communications etc.

A committee nomination form was attached to last week's newsletter and will also be available at the registration desk. All you need to do is find two other members to accept your nomination and attend the Annual General Meeting on 3rd May.

### SPONSORS

Thank-you to our sponsors who have supported the club during the season.

The Athlete's Foot has again been fantastic support to the club this year.

Mauro Bros have continued to supply us with great quality meat for our BBQ at a good price.

Grill'd, who have joined us this year, have supplied us with encouragement awards for our athletes.

### NEXT WAVE: THE SPORTS CLUB PROJECT

Attached with the newsletter is a flyer for the following event:

#### Sports Club 1:

#### Commitment and Sweat = My Personal Best

Saturday 15th May; 1-8pm.

Here at the track, Free entry for members (Gold coin donation for others)

Come along and experience a range of lively sculptures, performances and games created by 15 of Australia's most exciting young artists.

The artwork in Sports Club 1 will respond directly to the George Knott Athletics Reserve and its surrounding community.

# A few more messages....

## STATE TRACK AND FIELD CHAMPIONSHIPS

Last weekend, eighteen Collingwood athletes competed at the VLAA State Track and Field Championships at Olympic Park. It was a fabulous 2 days of competition, and all the athletes should be very proud of their performances. For our U9 athletes, including Gabriel Zabotto, Matilda Maynard and Timothy Dodd, it was their first chance to compete at State level, and they excitedly embraced the opportunity to run and jump at the spiritual home of athletics in Victoria - Olympic Park. Gabriel was very unlucky to just miss making the final of the 70m sprint by one one-hundredth of a second.

Another first timer was U11 athlete Sean Ellis. Sean did particularly well, breaking the Centre records in both the long and triple jumps, and winning a silver medal in the triple jump.

Other record breakers included Jacob McCormack, Miles Leyden, Lucy Dodd, Zoe McWhinney, Hilary McAdam and Sarina Rayner. In fact a massive total of 11 Centre Records were broken across the weekend.

Numerous personal bests, and many top 8 (finalist) positions were also recorded - too many to mention individually. As always, there were also a few disappointments, which were handled with stoicism and good sportsmanship by those athletes (and parents!) concerned.

Our congratulations go to Rebekah Corney, Adam Garganis, Zarah Garbrah, Jason King, Rachel King, Alexandra Jones and Max Maynard for being great ambassadors and putting out their very best on the day.

It was the final competition for our great bunch of U15 athletes, including Sean O'Neill, Jacob McCormack and Zoe McWhinney. We'll miss them a lot next year. There was much excitement when Zoe won gold in the triple jump - on her last jump, in her last competition as a Little Athlete. A perfect ending to great 10 or so years!

Finally, congratulations to U13 athlete Lucy Dodd, who by winning gold in the shot put and silver in the high jump, as well as reaching the finals in the 100m and javelin has been selected as part of the VLAA squad for the Australian Little Athletics Championships in Brisbane on 24 April. A squad of 18 girls and 18 boys has been named, of which 11 of each gender will be selected for the final team after training and selection trials over coming weeks. We wish Lucy all the best in her endeavours.

Finally I would like to thank my co-team manager Colin McWhinney, for all his help over this and past years - we'll miss you Colin!

Heather Jarvis,

Team Manager.

\*Full Collingwood results are available on the CLAC website

## ATHLETES FOOT

Now Open at Northland!!

John Edney is the man to talk to.



## MAURO BROS MEATS

Fairfield



## GRILL'D

