



# Newsletter



## WELCOME BACK

### Welcome back to 2012 athletics at HCLAC

We hope you had a great Christmas and are returning well rested and raring to get back into athletics. The second half of the season is always the busy half and this year is no exception! This month sees the big event is 'be active' Personal Best Day, where EVERY fully registered Athlete is able to compete.



### PERSONAL BEST DAY SUNDAY 22 JANUARY 2012

The 'be active' Personal Best Day takes place on Sunday 22 January at Santos Stadium. It is an opportunity to compete in your favourite events on the best track in South Australia and the only time in the season Tiny Tots to U8s can complete at Santos. You will meet other athletes from centres all over South Australia. To get the best out of your day, download a timetable of events from the website, or the email sent or pick a copy up from the canteen and choose the events which suit you. There is no nomination required and no cost to you—**it's FREE.**

The main rules to be aware of are:

- Wear correct uniform including black shorts and the correct badges sewn on or you will not be allowed to compete
- Be on time for your chosen events as they only run at the time(s) specified
- DO NOT walk over the middle of the field. It is dangerous! Walk around the outside of the track.
- Just as with any other meet parents will be expected to assist. Each club gets an area to look after for the day. Hallett Cove have been allocated the short track starting and marshalling area again—the easiest job going!
- Have fun!

This meet is great fun and most athletes get a personal best. Any questions—ask a Committee member!



### DATES TO REMEMBER



#### Friday 13th January

Normal Friday meet

#### Monday 16th January

Free coaching for athletes re-starts. Meet at the shed at 5pm

#### Friday 20th January

Normal Friday Meet

#### Sunday 22nd January

Personal Best Day at Santos—All fully registered athletes from Tiny Tots upwards are able to compete

#### Monday 23rd January

Free coaching for athletes 5pm

#### Friday 27th January

Normal Friday meet

#### Monday 30th January

Free coaching for athletes 5pm

#### Friday 3rd February

Normal Friday meet

#### Saturday 4th February

Grade C officials course

#### Friday 10th February

Regional Games at Southern Districts—Bowker St Oval

#### Future Events

#### Sunday 26th February

#### Multi Event Day

#### Weekend of 25/26 February

Chrysler Weekend BBQ—TBC



**PARENT PARTICIPATION POLICY**



We remind all parents and carers that Little Athletics is not a 'baby sitting' service. ***It is a condition of registration that a parent or carer MUST be in attendance when their children are participating.***

Parents and carers are expected to help with the running of each meet as chaperones, measurers, timekeepers, starters etc.

We also require help setting up before the meet and tidying away after the meet. Many hands make light work!



**TRAINING / COACHING**

Training starts again on Monday 16th February 5pm at the shed—this week it's shot put. Free to all registered athletes in U6 & above.



**SOUTHERN REGIONAL GAMES**

This season the Southern Regional Games will take place on Friday 10th February. It is held at Southern Districts Oval on Bowker Street, North Brighton. The meet is for all athletes, including Tiny Tots and is the annual event where several clubs based in the Southern suburbs compete. This year there is a competition amongst the clubs to see which can have the biggest percentage of their athletes attend—turn up and help Hallett Cove win!

On the evening of this meet we are looking for several volunteers to run the BBQ. If you can help out please let Committee member know.

**C GRADE OFFICIAL COURSE**



Calling all adults and athletes in the U13 age group and above! We are running a C Grade Officials Course on Saturday 4th February from 10am until 1pm. You will learn about the rules of Athletics including how to measure, adjudicate and time. After an (easy) open book test you will become a qualified C Grade Official. A better understanding of the rules will help you, Chaperones and athletes at every meet. See Greg for more details.

**A SPECIAL THANK YOU**



Hallett Cove Little Athletics has recently received a donation from a parent involved in the club. On behalf of everyone at our Centre, we'd like to say a huge 'thank you'.



**SPONSORS OF HCLAC**



**UNIFORMS**

Please remember that all athletes are expected to wear the club uniform when competing. This includes all home (Friday), meets at Santos and at other clubs.

The uniform consists of club shirt, black shorts or bike pants and white socks and running shoes. No 'Skins' type clothing is permitted.

Athlete numbers and badges must be attached to the shirt in the correct position.