



Newsletter



MERRY CHRISTMAS TO ALL

We'll it's snuck up on us again. Christmas is nearly here and it's also the half-way point in the season.

Friday the 19th December will be our Christmas Break-Up. Traditionally on this night we have a fun and games night and a visit from Santa.

We ask each Athlete to bring a small uni-sex present to the value of up to \$5 for a Kris-Kringle. Santa will give these out when he comes.

If gifts are suitable for a certain age group it's a good idea to label them so Santa knows who to give them to.

There will be some parents events on the night, so Mum and Dad, wear your runners!

The 14th December will be the last meet for 2008. We have a 3 week break until we return on January 16th.

On behalf of the Committee, have a Merry Christmas, a Happy New Year and be safe on the roads.



DATES TO REMEMBER



Christmas Break Up - Friday 19th December

Christmas Holiday Break - There will be no Little Athletics for the 3 weeks over Christmas.

Friday 16th January - First Meet for 2009

Personal Best Day - Sunday 18th January, 2009

Multi-Event Championships - Sunday 22nd February, 2009 - Nominations Close Friday 24th January, 2008

Holiday Coaching Clinics - January 12th—16th 2009. See next page for details.



STATE RELAYS - 14TH DECEMBER 2007

The State Relay Championships will be held on Sunday 14th December, 2008. Relays are the teams event for Athletics.

We have 8 teams entered, including a team of Dads and Mums, who will be competing in the 4x100m.

Good luck to all athletes and teams. Hope to hear of some good results in the new year.



DJ DOES US PROUD AT PACIFIC SCHOOL GAMES

D J Adair recently represented South Australia at the Pacific School Games in Canberra.

D J competed in the 100m, 200m, 400m, 800m and 4x100 relay.

The Pacific School Games brings together athletes from all across Australia and the Pacific region, so it is a huge event with over 5000 athletes competing.

So it is no mean feat that D J managed to grab a Silver medal in the 800m and a Bronze in the 400m and came a very respectable equal 5th in the 200m.

Next stop the 2012 Olympics? Congratulations and well done D J.

**MIGHTY HELPFUL™
MITRE 10**



A NEW SECRETARY

Unfortunately, due to too many other commitments, the Campbell family have not returned to Hallett Cove this season. For those who have been around a few seasons you will know that the Campbell boys are all great Little Athletes.

Mum Karen was also Secretary of our Centre.

Thanks very much to Debbie Hall who has stepped into the role for the remainder of the season.

Congratulations to Steven Jones, Cassandra Harvey, Sandy and Dennis Caddies and Neil Sparks on passing the SALAA 'C' Grade Officials course on Friday 31st October.

'C' Grade officials are important to our club as they help our athletes learn the rules of the events. Centre Best Performances must be witnessed by a graded official to be valid.

This now brings us up to 20 qualified officials at Hallett Cove.

Great to see one of our young athletes doing the course too. Well done!



NEW 'C' GRADE OFFICIALS



SOUTHERN REGIONAL GAMES

There was a change of venue for the Regional Games. It was to be held at Flinders, however it moved at the last minute to Southern Districts at Bowker Street.

Despite the late change, Hallett Cove managed a respectable attendance of 53 out of 98 registered athletes.

The attendance trophy was won by Southern Districts with 63% of their athletes attending. Hallett Cove came second with 54% which is a really great effort from our club members.

Congratulations to all those that attended.



Be Your Best

BE YOUR BEST DAY



Sunday 18th January 2009

This is a great day on the Little Athletics calendar.

All Athletes (including Tiny Tots) are able to attend. If you have never been to SANTOS Stadium (just off Sir Donald Bradman Drive at Mile End) this is an event not to be missed.

It's a great chance to run, jump and throw at an elite level stadium. It's rare for every athlete not to do at least one Personal Best on the great running surface at SANTOS.

Be prepared for a full day of athletic activity.

You can find more details on the even in your purple handbook or on the Hallett Cove Little Athletics web site (www.hclac.org.au).



THE SPIRIT OF LITTLE ATHLETICS

A reminder to all parents, carers and athletes of what Little Athletics is all about.

While it is great to celebrate the achievements of our successful athletes, Little Athletics is also about encouraging participation from children of ALL abilities.

That means if an athlete is struggling to finish a race or get over the high jump, we give them our full support and urge them on.

We don't belittle them, either to their face or behind their backs - some cases of this have been reported this season.

Not all kids will be elite athletes. The majority simply want to have fun and be involved with sport. So, if you don't have something nice to say, please keep your negative opinions to yourself.



Family, Fun & Fitness

PARENT PARTICIPATION



One of the conditions of membership of Hallett Cove Little Athletics is that Parents must be in attendance when their children are at meets. Drop and run is NOT ALLOWED.

We also expect parents to get involved with the running of meets. Measuring, chaperoning, time keeping etc.

We would particularly appreciated some help to set up the equipment at the start of each meet. If you can arrive at 5:45 to assist with the setup it will help to get the meets started (and finished) earlier.

SPONSOR SPOTLIGHT



HOLIDAY COACHING CLINICS - 12TH TO 16 JANUARY

This is a week-long development clinic held at SANTOS Stadium. It is run by several of S.A.'s top Coaches and is for Athletes of all levels and abilities.

Sessions run all week from 9am to 12 noon on each day.

Athletes in U10 to U17 age groups are welcome to attend.

The closing date for applications has been extended to 17th December. Application forms are available from the Canteen.



COACHING



Coaching is held on Monday Nights from 5pm to 7pm. We have ATAFc qualified Level 1 coaches on hand and our Head Coach, Jon Hall is also an ATAFc qualified Level 2 coach in Throws. There is no cost for these sessions.

Please feel free to make use of our coaching sessions which are designed to help you improve your overall performance.

Below is the program for the next month. See Jon Hall for more info.

Monday 15th December High Jump

Coaching will take a break over Christmas and re-commence on Monday January 19th 2009

Run in...before you run out!



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Bains Road - Morphett Vale 8384 8852
New Store - 173 Sturt Road Marion 8296 6900
13 17 60 - 24hr Roadside Service

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