



Newsletter



SPONSORED THROWS

As you should know, we are running a fund raiser to generate much needed cash to pay our end of year bills.

This is taking the form of a Sponsored Throw, where our athletes get sponsors for throwing bean bags, vortex or discus.

The next two weeks (February 22nd and 29th) will be the weeks when the throws will be taking place.

The 22nd will be Tiny Tots throwing bean bags, U6 and U7 throwing Vortex and U9 & U12 throwing discus.

The 29th will be Tiny Tots again, and U8 throwing Vortex, U10, U11 and Senior throwing discus.

The throws will be part of your regular event for the week. Don't forget to bring your form when it is your turn to throw so we can fill in the details and you can get collecting.

Remember, there's prizes for the most money raised and for the longest distances that PB's are beaten.



ALL CHRYSLER DAY - BBQ VOLUNTEERS NEEDED

Last year we ran a BBQ at the Chrysler Car Club of SA's All Chrysler Day. It was a great success for our club raising significant funds.

We have been invited back this year and need volunteers who can spare 1 hour on **Sunday 9th March, between 12 noon and 3pm.**

If you can assist, please see Iain Carlin to book yourself a slot.

For your efforts, you get free entry into the show and can take a look at some lovely, shiny Chryslers in what is one of the biggest car shows in SA.



STATE INDIVIDUAL CHAMPIONSHIPS - MARCH 15TH AND 16TH

The pinnacle event for many athletes. It is open to all U9-U17 athletes.

To compete you must have been registered by 31st December. Athletes must nominate to participate in the SIC's **Entry forms and fees must be handed to Kim Carlin by this Friday, 22nd November.** Forms are available at the canteen or from the web site.

You must however meet the qualifying standards on two occasions and have competed at 50% of meets held since you registered. Qualifying standards are in the handbook and on the website. Qualifying standards must be met by the 26th February.

There is a list of athletes who have qualified, or need one more event to qualify at the Canteen.

Please speak to one of the Committee if you are unsure about eligibility or entry for this event.

DATES TO REMEMBER



Friday 22nd February - Regular Meet Program 4 & Sponsored Throws

Friday 29th February - Regular Meet - Program 5 & Sponsored Throws

Friday 7th March - Last Competitive Meet, Program 6

Friday 14th March - Break Up—fun and games

Sunday 30th March - Family Fun Day, AGM and Presentations

Friday 22nd February - Nominations close must be in with club for State Individual Championships.

Saturday 15th & Sunday 16th March - State Individual Championships. SANTOS Stadium.

SPONSOR SPOTLIGHT



ARTSIGN
Since 1971
SIGNS
Visit our website
www.artsign.com.au
ph: 8344 5750 email: artsign@bigpond.net.au

ArtSign provided 6 corflute signs that were displayed around Hallett Cove to advertise the new season, as well as a large banner that was put up at Majors Rd.

See ArtSign for all your signage needs.

Be Your Best





MCDONALDS MULTI-EVENT CHAMPIONSHIPS - SUNDAY 17TH FEBRUARY



Despite the hot weather, we had 5 athletes participate at this year's Multi-Event Championships.

The day was split into two sessions due to the hot weather policy being invoked.

Best performance on the day goes to D J Adair who won a GOLD medal, coming 1st out of 38 other competitors. Well done and congratulations to DJ. D J set himself up early in the day at his first event, the 800m coming first by 10 seconds!

Sarah Stewart also did well on the day, coming 17th out of 32 competitors. Congratulations also to our other athletes, Nick Catanzariti, Sean Hall and Melanie Carlin. Thanks also to the parents and carers who helped out at various events on the day.

Channel 7 was there on the day and Sean Hall was seen on the news doing the long jump. Check out our web site to see the news item.



AWARDS

At the end of the season there are a number of awards given. Details of these are in the Handbook.

These will be presented this year at the Family Fun Day and AGM on Sunday 30th March.

Note that to be eligible for awards, Athletes must have competed at a minimum of 70% of meets held since they registered. To be considered to have competed at a meet an athlete must have participated in at least 50% of the events held at that meet for their age group.

If you have any special circumstances, illness etc that may have affected your eligibility, please speak to Steve Gray (Recorder) or Iain Carlin.

Family, Fun & Fitness



FAMILY FUN DAY, AGM AND PRESENTATIONS



Sunday 30th March, 2007 from 12:30pm.

As for last year, this year's AGM and Presentation will be held on a Sunday afternoon to make it a family oriented, fun day of activities and awards.

Last year was a great day with face painting, bouncy castle, BBQ and games. This year promises to be no exception.

More information will be in the next newsletter, but in the meantime, please mark the date in your calendars.



COACHING

Coaching is held on Monday Nights at 5pm at the Centre. We have ATAFc qualified Level 1 & 2 coaches on hand to help you to improve your performance. We welcome any athletes to attend. We structure coaching to suit all levels.

We would like to see more Athletes use this service, particularly if you intend participating at the upcoming major events. Parents are encouraged and welcome to attend (it's a good way to pick up tips and rules!).

The timetable for the next few weeks is below. See Jon Hall if you require more information.

Monday 25th February - 5pm	Discus & Shot Put
Monday 3rd March—5pm	Hurdles
Monday 10th March	Public Holiday—No Coaching
Monday 17th March - 5pm	Sprints

