



Newsletter



HAPPY NEW YEAR !

Welcome back and Happy New Year for 2007. Hope you all had a great break over Christmas and are fired up for the business end of the Little Athletics Season.

There's a couple of major events coming up in the next month or so, the Camry Crows "Be Your Best" Day and the Multi-Event Championships. Read more about these events below.

If you are attending any of these events you might want to consider attending Coaching on Monday nights. There's a list of the events we will be doing over the next month over the page.

Finally, remember to use our sponsors and to let them know you are from Hallett Cove Little Athletics when doing business with them. It helps to let them know their sponsorship is valued.



CAMRY CROWS "BE YOUR BEST" DAY—SUNDAY 4TH FEBRUARY



This is the opportunity for all Athletes from Tiny Tots to U17 to compete in their favourite events at Santos Stadium. Due to the track surface and spirit of competition on the day, athletes will usually do at least one PB on the day!

Athletes can compete in up to 5 events across the day, starting from 9am.

In your age group folders for the next 2 meets there will be forms to fill in to nominate your events. If you plan to attend, please fill this in and return it to us on or before the meet on the 4th of February. This will assist us in collecting the results and recording them on the day.

Timetables of the events will be available from the Canteen or on the Website.

We will also need some parents to assist with supervising the Triple Jump across the day. We will be approaching the age groups over the next couple of weeks to get you to nominate a time.

Note that a Hot Weather program applies in the event of extreme heat. The day is still held but events are split and held early morning and late evening. See the website for further details.



AGL MULTI-EVENT CHAMPIONSHIPS—SUNDAY 25TH FEBRUARY



This is a Championship event where Athletes compete in 5 events over the day. It is open to all U9 - U17 Athletes who are registered by the 29th January and who nominate for the Championships by the 6th February. See Kim Carlin to nominate for this event.

There are no qualifying standards for this event. Each Athlete will do a throw, a jump, a sprint, hurdles and an 800m with points allocated for each event. The top three point scorers in each age group receive a medal.

There will be an allocation of Parent Duties for parents of those Athletes attending. Kim Carlin will approach parents to nominate for their preferred times. Programs and more information are available on the Web site.



NO MEET ON 26TH JANUARY

In case you aren't aware, the 26th of January is Australia Day. It's also a Friday and as many people go away or have Aussie Day BBQ's we will not be holding a meet that night.



So bung a chop or a snag on the barbie and celebrate what it means to live in this great country of ours.

DATES TO REMEMBER



Friday 19th January - Regular Meet Program 5

Friday 26th January - Australia Day Public Holiday so no meet.

Friday 2nd February - Regular Meet, Program 6

Friday 9th February - Regular Meet and Sponsor's Night

Sunday 4th February - Camry Crows 'Be Your Best' Day—Santos Stadium from 9am

Monday 6th February - Nominations close for Multi-Event Championships.

Sunday 25th February - AGL Multi-Event Championships. Santos Stadium.





STATE INDIVIDUAL CHAMPIONSHIPS—17/18 MARCH

The pinnacle event for many athletes.

To compete you must have been registered by 31st December and you must nominate for the SIC by 27th February. See Kim Carlin for nomination forms.

You must also meet the qualifying standards and have competed at 50% of meets held since you registered. Qualifying standards are in the handbook and on the website.

We will be publishing a list of Athletes and what they need to do to meet the above criteria each week for the next few weeks.

More information about this event in the next Newsletter.



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 waterfront@chariot.net.au

NEON 3D FAB GENERAL



STATE TEAM NOMINATIONS

If you are an U13 or U15 athlete and you think you might qualify for the State Team to attend the Australian Little Athletics Championships in Perth in April 2007, you need to fill in a nomination form by the 6th February.

See Kim Carlin or the Canteen for a form.

Remember that you must also qualify by attending at least half the meets and meeting the qualifying standards.

Details are on our website or in the Centre Handbook.



SPONSOR'S NIGHT—9TH FEBRUARY

Each year we have a night to celebrate and thank our Sponsors. This year it is on the 9th February.

We invite all our sponsors to come out and see how their support helps us.

Please make a special effort to attend on that night and wear your uniform and show our sponsors how much we appreciate them.



COACHING

Family, Fun & Fitness

Now that we are back from holidays, it's a great time to get into shape and improve your performances with some coaching.

Coaching is held on Monday Nights at 6pm at the Centre. We have ATAFc qualified Level 1 coaches on hand to help you to improve your performance. We welcome any Athletes to attend and structure the 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.

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

Monday 22nd January - 6pm	Javelin
Monday 29th January - 6pm	Javelin
Monday 5th February - 6pm	Hurdles
Monday 12th February - 6pm	Hurdles
Monday 19th February - 6pm	Long Jump, Triple Jump

Be Your Best

VersaDev

SPONSOR SPOTLIGHT



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 1st April.

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.

Run in...before you run out!



167 Edward Street - Melrose Park 8371 2666
 Bains Road - Morphett Vale 8384 8852
 13 17 60 - 24hr Roadside Service