



Newsletter



HAPPY NEW YEAR—2009

Welcome back and Happy New Year for 2009. Hope you had a great break over the holidays and that you are now primed and ready for the second half of the Little Athletics season.

This is the time of the year for the major events with PB Day, Multi-Event Day, State Championships and the National Championships all between now and the end of April.

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.



DATES TO REMEMBER



Friday 16th January - Regular Meet Program 5

Friday 23rd January - Regular Meet - Program 6.

Friday 30th January - Regular Meet, Program 1

Friday 6th February - Regular Meet, Program 2

Personal Best Day - Sunday 18th January, 2009

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

AGM and Family Fun Day - Sunday April 5th, 2009 from 12 noon.



BE ACTIVE PERSONAL BEST DAY—SUNDAY 18TH JANUARY

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.

There is no need to nominate for this event. Simply turn up on the day.

Note that it is compulsory to be wearing centre uniform, registration numbers, age group badges and IGA sponsor badges for this event.

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

We will also need some parents to assist with starting on the straight track across the day. We will be approaching the age groups this week to get you to nominate a time.

It looks like being a great day for competition with weather forecast to be in the high 20's. So get involved and come along and Be Your Best.

There will be a lot of athletes there this year, so please be patient on the day and make sure you have lots of fun.



URGENT: PB DAY VOLUNTEERS REQUIRED

We need to staff the Straight Track running events from 9am to 4pm on Personal Best day. We need 3 people in each of 5 x 1.5 hour slots. (that's a total of 15 people across the day).

We will be starting and marshalling on the track for the Hurdles, 70 and 100m events.

If athletes are attending on the day, we expect a parent to assist for at least one of these slots.



COMPLETE KITCHENS



It's not necessary to be a qualified official, you just need to know how to control groups of kids waiting to start their races - everyone's qualified for that!

The roster with time slots and jobs will be at the canteen.



MCDONALDS MULTI-EVENT CHAMPIONSHIPS - SUNDAY 17TH 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 9th January and who nominate for the Championships by the 24th January. 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.

SPONSOR SPOTLIGHT





RELAY DAY - GREAT RESULTS

Family, Fun & Fitness

The State Relay Championships was held on Sunday December 14th, 2008.

We had 5 teams competing, an U9 Boys Relay Team, an U10 Girls Relay team, and U12 Girls and Boys and U14 Boys Field teams. We also had a Mums and a Dads relay team.

We had a few last minute changes to some of the teams, (last seconds in the case of the Mums!) and everyone did very well.

The U12 Girls came 4th overall, just outside of the bronze medal placing.

The U12 Boys did very well, coming 2nd overall and winning themselves a silver medal. Congratulations to Sean Hall, Kaleb Wilden and Jayden Fergusson on a magnificent effort.

Be Your Best



JUMP-A-THON



MIGHTY MITRE 10

A reminder that Mitre 10 at Sheidow Park are sponsoring us this season. One of the directors, Brad, is a keen supporter and former Little Athlete.

Everyone would have received a "Home and Hose Club" card with their purple handbook when they registered.

Please make use of Mitre 10 and present your card when you purchase. For every dollar you spend, 5% will be returned to the club at the end of the season.

As part of the deal, Brad has been letting us run BBQs at his store, with profits going to us. He is supporting us, so please remember to support him in return.



We are running a fundraiser for the Centre, in the form of a Jump-A-Thon.

It is run through Australian Fund Raising and most of the proceeds come back to HCLAC. One great feature is that all the participants get to select from a great array of prizes, depending on how much money you raise.

If you didn't pick up a form at the Christmas break-up, please see Sally McKinnon or the Canteen for your form.

The long-jumps will then be done on the first two weeks of February (6th and 13th) as part of the regular meet.

So jump to it and start collecting sponsors now.



RECORD REGISTRATIONS FOR 2008/09

It's a big year for Little Athletics this year. State-wide we have a record number of registrations, with 6900 registered athletes. We are hoping to break the 7000 level in the new year.

At Hallett Cove we have the highest number of registered athletes since our move from the Cove centre 5 years ago. This season we have 149 athletes already registered, with more expected once we return from the Christmas break.



FEEDBACK / SUGGESTIONS



The Committee always welcome your feedback or suggestions.

You can give feedback by several means:

- Approach us directly
- Put a suggestion in the suggestion box at the canteen.
- Provide feedback via the form on the web site (www.hclac.org.au and click on the Get Involved then Feedback item on the menu)

You can remain anonymous if you wish.



COACHING



Coaching is held on Monday Nights from 5pm to 7pm. We have ATAFIC qualified Level 1 coaches on hand and our Head Coach, Jon Hall is also an ATAFIC 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 19th January - 5pm	High Jump
Monday 26th January	Public Holiday—No Coaching
Monday 2nd February - 5pm	Shot Put & Sprints
Monday 9th February - 5pm	Long Jump & Sprints
Monday 16th February - 5pm	TBA

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 5th 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.

If you have special circumstances that means you cannot meet these criteria, please let us know.