



## Newsletter



### HAPPY NEW YEAR—TIME FOR PB DAY

Welcome back and Happy New Year for 2010. 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 all between now and the end of March.

If you are attending any of these events you might want to consider attending Coaching on Monday or Thursday nights. Coaching is free and runs for an hour from 5pm on each of these nights.

Finally, remember to use our sponsors (they are listed in the handbook and on the web site) and to let them know you are from Hallett Cove Little Athletics when doing business with them. Let them know their sponsorship is valued.



### PERSONAL BEST DAY—SUNDAY 17TH JAN

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!

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 marshalling on the straight track across the day. We will be approaching the age groups to get you to nominate a time. If your children are competing, you are expected to assist on the day.

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, and remember to Be Your Best!

## Be Your Best

**ROBERTSONS**  
BLINDS & AWNINGS



### 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.

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 !

We will be approaching parents to put their name on the roster over the coming couple of weeks.



COMPLETE KITCHENS

### DATES TO REMEMBER



**Sunday 10th January** - Joint meet with Reynella East LAC at Reynella East. 9am Start

**Friday 15th January** - First Friday meet for 2010

**Friday 22nd January** - Regular Friday meet, 6pm start.

**Friday 29th January** - Regular Friday meet, 6pm start.

**Friday 5th February** - Regular Friday meet, 6pm start.

**Personal Best Day** - Sunday 17th January 2010.

**Multi-Event Championships** - Sunday 21st February, 2010 - Nominations Close Friday 28th January, 2010

### SPONSOR SPOTLIGHT



## VersaDev

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VersaDev have kindly hosted our web site for the last 7 years.

This year they have donated a laptop to the club which is used for recording our results each week.

If you are looking for a software or custom development, give them a call.

We thank VersaDev for their generous support



**FIRST 2010 MEET - REYNELLA JOINT MEET - SUNDAY 10TH JANUARY**

*Sunday January 10th starting at 9am.*

This is a joint meet between Reynella and Hallett Cove and is an opportunity for our two clubs to compete against each other and assist with the running of the meets.

It's a great way to get to know other parents and athletes and find out how it's done at another centre.

This will be our first meet for 2010 so come along and support Reynella as they supported us on the 20th November.



**MCDONALDS MULTI-EVENT CHAMPIONSHIPS - SUNDAY 21ST FEBRUARY 2010**



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 22nd January and who nominate for the Championships by the 28th January. See Karen Heaver 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. Karen Heaver will approach parents to nominate for their preferred times. Programs and more information are available on the Web site.



**COACHING - MONDAYS AND THURSDAYS. 5PM**



Coaching is held on Monday and Thursday Nights from 5pm to 6pm and is run by AT AFC qualified Level 2 coaches. There is no cost for these sessions.

Thursday night training (Sprints and Hurdles) will recommence on **Thursday 14th January.**

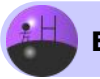
Monday night training (Jumps and Throws) will recommence on **Monday 18th January.**

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



**Family, Fun & Fitness**

**FEEDBACK AND SUGGESTIONS**



**ESCAPE TRAVEL OFFER**

**Thinking of a holiday?**

Book your next holiday through Escape Trave at Glenelg and Hallett Cove Little Athletics will receive a 1% rebate of the total amount you spend.

Holidays can be expensive, but at least you know that by booking with Escape Glenelg you will be contributing toward the club.

All you have to do is mention Hallett Cove Little Athletics when you make your booking for us to receive the rebate.

The offer is open to all members of HCLAC, their extended families and friends.

Contact Karalee Watson  
Escape Travel Glenelg  
76 Jetty Road  
8295 8291



**MARSEL HAIR AND BEAUTY**

Do you have ideas about how the club can be run better. Or do you want to commend someone on a job well done?

We have a feedback form on our web site ([www.hclac.org.au/getinvolved/feedback.aspx](http://www.hclac.org.au/getinvolved/feedback.aspx)) or go to Getting Involved then Feedback on the menu.

Your feedback can remain totally anonymous. Only thing we ask is that if you identify a problem, please provide some positive suggestions as to how you think we can overcome it.

All feedback, good or bad is always welcome.

