



## Newsletter



### SEE YOU AT SOUTHERN DISTRICTS LAC ON THE 24TH OF NOVEMBER

Every season all the Centres in the Southern Region get together for a combined meet.

This year's meet will be held at Southern Districts Little Athletics Centre at Bowker Street, Brighton.

Please treat this as a regular Friday Night meet, there will be no meet at Hallett Cove on that night.

The Club that gets the highest percentage of registered athletes attending is awarded a participants trophy. So let's all get along to Brighton on the night and try to win it.

The meet starts at 6pm sharp - my tip: get there earlier. Parking tends to be short with so many people attending.



### WHAT IS REGIONAL DAY?

If you've never been to a Regional Day before, it's just like a normal meet except there are 5 other Centres involved and about 5 times as many Athletes.

Each athlete that attends will receive a certificate and a Regional Games badge. Attendance attracts bonus points towards participation awards at the end of the season.

We are expected to chaperone our own athletes and record their performances as normal. Likewise events are run by parents as normal. There will be an official on hand at each event to assist with any questions.

Athletes must be in official uniform and have their numbers attached.

There will be a Tiny Tots session held on the night (and it is great fun!).



### REGISTRATION - ARE YOU REGISTERED?

We welcome all the new athletes who have been attending over the past few weeks to Come and Try Little Athletics.

Your Come and Try registration entitles you to attend 2 sessions. These don't have to be consecutive, however after the 2 sessions you must pay full registration to continue participating.

Some parents have asked: "What happens to the registration money?". Half of the fees goes to SA Little Athletics Association and assists in the overall running of Little Athletics in this SA.

The rest goes towards maintaining and upgrading facilities at our centre, medals and trophies, insurance and other general costs. Fees at Hallett Cove are the lowest in the state and have been unchanged for the past 4 years.



### CONGRATULATIONS TO FELICITY-ANN LEWIS

At the recent Local Government elections, Felicity-ann Lewis was re-elected as Mayor of the City Of Marion.

Felicity is a long-time supporter of our club and sponsors the Mayor of Marion's Junior Participation Awards

that are presented at the end of the season in the Tiny Tots to U8 age groups.

We congratulate Felicity on her win and wish her all the best over the next 3 years as Mayor.

### DATES TO REMEMBER



**Introduction To Coaching** -  
Friday 17th November

**C Grade Officials Course** -  
Friday 1st and 8th December

**Christmas Break Up** -  
Friday 15th December—Always  
good fun with a visit from Santa.

**Regional Games**—Friday 24th  
November - 6pm at Southern  
Districts LAC, Bowker St,  
Brighton.

**State Relay Championships**—  
3rd December at Santos  
Stadium



### SPONSOR SPOTLIGHT



## The Cove Tavern

4 Ramrod Avenue  
Hallett Cove, SA

Ph: (08) 8387 1144

Fully Serviced Bistro

Gaming Lounge

Dual Lane Sip 'N Save Drive  
Through Bottle Shop



**CODE OF CONDUCT**

In your registration pack, you will have received a brochure from SA Little Athletics titled "Little Athletics Codes of Behaviour". These are reiterated in the purple Centre Handbook on pages 2 and 13.

Parents and Athletes should note that it is unacceptable to bully or harass other Parents or Athletes, either physically or verbally.

If you see someone breaking the Code of Conduct, please report it to a Committee member immediately so it can be dealt with under the Action Plan outlined on page 13 of the handbook.

**Family, Fun & Fitness**



**CENTER BEST PERFORMANCES**

A reminder that in order to qualify as a Centre Best Performance, the event must be conducted by a Graded Official.

The official must sign the Recording Sheet to indicate they conducted the event.

If Chaperones feel that an athlete is consistently reaching times/distances approaching a Centre Best, please approach one of the Committee to organise an Official to be posted at that event.



**C GRADE OFFICIALS COURSE**

On the subject of C Grade Officials, obviously the more we have the better our chances of witnessing Centre Best Performances.

A course is being run over 2 weeks on the 1st and 8th December. All parents/guardians are welcome to participate.

The course is very practical in nature and you will be shown the techniques and rules required in each event as well as how to correctly measure and record the results.

At the end there is a (simple) open book test which when you pass it you will be a registered C Grade Official. This entitles you to officiate at Regional and State meets as well as to witness Centre Best Performances.

Please register your interest in this course with Iain Carlin.

**Be Your Best**



**HOW TO HELP**

In your registration pack you would have received a booklet, "How to Help at Little Athletics".

It is a simple guide as to how to run, measure and record at events.

In the back of the booklet is a test which takes about 10 minutes to complete.

If you could take the time to read the book and do the test and bring it in to the Canteen, it will assist greatly with the running of the meets.



**FITNESS TRAINING**

In addition to coaching sessions, on Thursday nights, also at 6pm, one of our Club Captains, Bianca Gray, will be running fitness and conditioning training.

Athletes and Parents are welcome to attend this session.



**COMPLETE KITCHENS**

**PRESIDENT'S AWARD**



The Committee has decided to introduce a President's Award. (Southern Hills LAC have a similar award).

The President's Award will be presented to Athletes who display good behaviour, good sportsmanship, assist their Chaperone or put in maximum effort with their events.

Athletes can be nominated for the award by their Chaperone.

The Award will be presented to the Athletes at the start of the following meet and will consist of a Certificate and a Voucher for a sausage sandwich from the canteen.



**COACHING**

Coaching is held on Monday Nights at 6pm. We have ATAFc qualified Level 1 coaches on hand to help you to improve your performance.

The timetable for the next few weeks is below. See Jon Hall for more info.

<b>Monday 20th November</b>	<b>Relay Training - Receiving and Passing</b>
<b>Monday 27th November</b>	<b>Relay Training - Receiving and Passing</b>
<b>Monday 4th December</b>	<b>Sprint Training or High Jump Training</b>
<b>Monday 11th December</b>	<b>Sprint Training and Games</b>

