



Newsletter



WELCOME TO THE 2008/09 SEASON

Hello and Welcome to all new and returning athletes, parents and carers for the 2008/09 Little Athletics season.

We do hope you enjoy this season, have a lot of fun, enjoy getting fit and are able to achieve lots of personal bests (PB's) throughout the year.

As always, our committee are here to help you have a good time at Little Athletics. If you have any problems, be they how to measure a throw or jump, or with how the events are run, please don't hesitate to approach one of the committee for a chat and to express your concerns. Committee members typically wear a Hallett Cove Little Athletics shirt and committee badge.

In this month's newsletter you will find lots of information about upcoming events for the first half of the season. Please read and contact one of us if you have any questions.

So go ahead, Be Your Best and have lots of Family, Fun and Fitness!



PARENT PARTICIPATION POLICY

As it is the start of the season, there are plenty of new parents and athletes who will be coming out to try Little Athletics for the first time.

We remind all parents and carers that Little Athletics is not a 'baby sitting' service. It is a condition of registration that a parent or carer MUST be in attendance when their children are participating.

Parents and carers are expected to help with the running of each meet as chaperones, measurers, timekeepers, starters, rakers etc, etc.



JOINT MEETS WITH REYNELLA

Following the success of the 'Officials Swap' with Reynella last year, we are doing the same again this year.

We are extending the event so that it is counted as a formal meet for awards and qualification for SALAA events.

We will be holding a Joint meet with Reynella at Hallett Cove on Friday 31st October. This will boost the number of qualified officials on hand to free up people who want to do training courses (see below).

As for last season, there will be a return meet with Reynella on SUNDAY 7th November. There will be no meet at Hallett Cove on the preceding Friday night (5th November).



C' GRADE OFFICIALS & INTRODUCTION TO COACHING COURSES

Friday 31st October 2008

C - Grade officials are an important part of our Centre. We need these officials to assist with the running of meets and to ensure that times and distances are measured correctly.

On the same night as our joint meet with Reynella, we will be holding a C-Grade Officials Course. The course is designed to teach you all you need to know to run each athletics event.

There is no cost to you other than your time. Please consider doing this course.

On the same night we will be holding an Introduction to Coaching course. This is a great way to get to know more about the techniques required for each event and how to help athletes make the most of each event.

Again, there is no cost and you will learn a great deal of useful information from a State level Athletics coach.

Be Your Best



DATES TO REMEMBER



First Friday Meet & Come and Try - Friday 10th Oct., 5:30pm

Come and Try - Any Friday from 10th October

Friday 17th Oct., 5:45pm second Friday meet.

Friday 24th October - 5:45pm - Third Friday Meet

Friday 31st October - 5:45pm - Joint Meet with Reynella at Hallett Cove LAC

Friday 5th November - NO MEET AT HALLETT COVE - see below.

SUNDAY 7th November - Joint Meet @ Reynella LAC.

Regional Games - Friday 14th November, Flinders LAC

State Relay Championships - Sunday 14th December - Nominations Close 13th Nov.

SPONSOR SPOTLIGHT



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HEAT POLICY

It can get quite hot at Hallett Cove over summer, so please be aware of the heat policy for Little Athletics:

If the actual temperature measured at 5pm as announced on FM 102.3, on AM FAA or on the Bureau of Meteorology Website is 37 degrees or greater, then we will cancel the meet.

The cancellation will be posted on our website at 5pm.



Hallett Cove
DENTAL PRACTICE



COME AND TRY NIGHTS

Come and Try Nights start from Friday 10th October, 2008. We have had a lot of enquiries about these nights so far this year. Probably about 3 to 4 times as many as last year. It is suspected then that the first few weeks of Come and Try's will be very busy.

We need lots of help from our existing experienced parents and caregivers to assist with the running of the meets and in helping out our new parents and families.

Please make them feel welcome and explain to them how the centre runs and what to do in the events.

Feel free to bring a friend out on one of these nights.

This is our opportunity to shine and show why we were worthy winners of the 2006 Recreation and Sport Industry Award.



CHAPERONES NEED HELP

Please remember that chaperones are not expected to manage the group alone. Parents are expected to assist the chaperone (who is a parent themselves), in management of the children, measuring, retrieving shot put and discus, raking sand at the long jump pit and adjusting high jump heights.

The more people that help out the smoother the meet runs and the quicker you can get to sink your teeth into a fabulous bacon and egg sandwich at the BBQ!



RUNNING OF MEETS



COMPLETE KITCHENS

Chaperones - pick up folders. In the past we have put folders into the age group baskets at the start of each meet. This year we would like Chaperones to come forward and collect the folder. This way we will know who is the Chaperone and that each group has one.

Do events in programmed order. The program is set out to try to avoid too much waiting at events due to overlaps. If you can please do events in the order of the program it will assist with the smooth running of the meet and get you home earlier.



UNITED WAY RAFFLE

We are running a fundraiser by selling raffle tickets in the United Way Community raffle.

Tickets are just \$2 each with \$1 of that coming back to our Club.

If you can take a book to sell at work or to your family and neighbors, please grab one from the canteen.

Books and money, including unsold tickets need to be returned to us by November 21st.

Family, Fun & Fitness



CONGRATULATIONS D J



Last year's Athlete of the Year, and State Team member, D J Adair can now add Pacific School Games Team to his list of achievements.

D J has been selected as part of the SA State team to compete at the Games from November 29th to 7th December this year. He will be competing in the 100m, 200m, 400m and 800m. He will certainly have his work cut out.

D J is shown in the photo proudly displaying his 3 gold, 2 silver and a bronze from the SALAA State Championships held in April this year.



GREAT WALL OF HCLAC

You might notice that the Canteen now has a lovely retaining wall built in front of it. The wall was build on Sunday August 31st as part of a working bee.

We hope that it will keep the dust down and give people somewhere to sit while eating their BBQ tea at the canteen.

Thanks to Sandy, Neil, Kim, Kylie, Craig, Dave, Greg & Iain for giving up their Sunday to lay the wall.



EQUIPMENT SET UP

Meets start at 6pm, but we would appreciate it if parents could arrive early (say at 5:45pm), to assist us with the setup of the equipment.

It is not a big job if everyone participates and it means that the meet can get started on time.

It is an expectation of the club (see page 10 of the purple handbook) that parents help out as Officials, Coaches, Chaperones, Starters, Timekeepers, setting up and packing away. Every family is expected to help out to ensure our athletes have an enjoyable and safe time.



COACHING

Coaching is held on Monday Nights from 5pm. We have ATAFC qualified Level 1 coaches on hand and our Head Coach, Jon Hall is also an ATAFC 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 anticipated coming program. See Jon Hall for more info.

Monday 13th October	Throws - discus and Sprints
Monday 20th October	Throws - shot put and Sprints
Monday 27th October	Throws - javelin and Sprints
Monday 3rd November	Relay Training - Receiving and Passing