



## Newsletter



### HO, HO, HO, MERRY CHRISTMAS

Hard to believe it's come round so fast again. We're coming up to Christmas and the half-way point in the Athletics calendar.

**Friday the 15th December** will be our Christmas Break-Up. Traditionally on this night we have a fun and games night and a visit from Santa.

**We ask each Athlete to bring a small uni-sex present to the value of \$2 to \$3 for a Kris-Kringle.**

**Santa will give these out when he comes.**

If gifts are suitable for a certain age group it's a good idea to label them so Santa knows who to give them to.

The 15th December will be the last meet until we return on January 13th.

On behalf of the Committee, have a Merry Christmas and be safe on the roads and see you back in 2007.

### DATES TO REMEMBER



#### Christmas Break Up -

Friday 15th December—Always good fun with a visit from Santa.

#### Christmas Holiday Break -

We will close for 3 weeks over Christmas, returning on Friday 13th January. Merry Christmas.

#### Friday 13th January - First

meet back after Christmas break.

#### Holiday Coaching Clinics—

January 15th—19th 2007.

See next page for details.



### GREAT TURN OUT FOR REGIONAL GAMES

Thanks to all the Parents and Athletes who came along to the Regional Games on the 24th November..

We had 57 out of 109 (52%) of our Athletes there on the night and it looked like everyone was having fun!

The attendance trophy was won by Southern Districts (64% of athletes attended), but the real winner on the night was Little Athletics with over 600 athletes in total attending from the Southern Region - a record number!

Thanks also to Simon, Steve L, Carolyn, Steve G, Craig, Jon, Wendy and Susan for Officiating on the night and helping to make things run smoothly.



### STATE RELAYS—3RD DECEMBER

The State Relay Championships were held on Sunday 3rd December, 2006. In all we had 4 teams entered in 8 events, U10 Boys and Girls and U12 Boys and Girls.

The weather was perfect for athletics and everyone had a wonderful day. We were certainly the noisiest in the march!

We are proud of the teams enthusiasm and team support for one another. Each race was cheered on by the rest of the team.

The U12 Boys team deserves special mention as they made the 4x 100 finals thanks to a great run in the heats. They then backed it up with a respectable 5th place in the final. Well done guys.



### NO MEET ON 6TH JANUARY (OR THE 5TH)

The Handbook and Centre planner show the first meet in 2007 as being the 6th of January. As well as this being a Saturday, it is traditionally a weekend where our numbers are low as people are away.

As such the Committee has decided not to run the meet that should be on the 5th January. We will now return on the 13th January.

Note also that the Calendar says the 13th is a joint meet with Southern Districts. We normally do this as we don't have many participants that week either. However given that our numbers are up this year we feel that we should be able to hold a regular meet on the 13th.





**HOLIDAY COACHING CLINICS - 15TH TO 19 JANUARY**

This is a week-long development clinic held at SANTOS Stadium. It is run by several of S.A.'s top Coaches and is for Athletes of all levels and abilities.

Sessions run all week from 9am to 12 noon on each day.

Athletes in U10 to U17 age groups are welcome to attend.

The closing date for applications is 8th December (late applications may be accepted if you get them in next week). Application forms are available from the Canteen.

**Family, Fun & Fitness**



**THANK YOU PARENTS & CARERS**

It's great to see the number of Parents and Carers that are pitching in each week, helping with Chaperoning, Starting, Time-keeping and Recording. The more people that help the better our meets run.

Without your help the meets just would not happen.

Well done and keep up the great work !



**QUALIFYING FOR SIC**

The State Individual Championships is on the 17th and 18th of March 2007.

In order to compete, athletes must attend 50% of meets since they registered, be registered by 31st December 2006 and must meet qualifying standards on at least 2 occasions in the qualifying time period (1st September—26th February).

We have quite a few athletes who have met qualifying standards, but have not attended enough meets. We look like having a very good team if all these athletes continue as they have been going.

There is a list at the canteen of these athletes. If you are interested in attending SIC, please check the list to see how many more meets you need to attend to qualify.



**ACHIEVEMENT AWARDS**

A few people have asked about the Achievement Awards scheme.

There is a booklet that came in your registration pack that you can use to track your progress and form for a badge and certificate.

You don't need to record your progress in the book, unless you want to.

Steve Gray, our Recorder, keeps all the information in a computer program and at the end of the year we collate all the results and send them in to the SA Little Athletics Association on behalf of everyone.

They then send us sufficient badges and certificates for all the Athletes that qualify.



**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 week is below. See Jon Hall for more info.

**Monday 11th December Sprint Training and Games**



**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.



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