



## Newsletter



### CHRISTMAS CHEER TO ALL

Well it's happened again. The season seems to have barely started and it's Christmas already! It's also the half-way point in the season.

**Friday the 14th 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 up to \$5 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 14th December will be the last meet until we return on January 11th.

On behalf of the Committee, have a Merry Christmas, a Happy New Year and be safe on the roads.

### DATES TO REMEMBER



**Club Photo** - Friday 7th December @ 6pm

**Christmas Break Up** - Friday 14th December

**Christmas Holiday Break** - There will be no Little Athletics for the 3 weeks over Christmas.

**Friday 11th January** - First Meet for 2008

**Personal Best Day** - Sunday 20th January, 2008

**Multi-Event Championships** - Sunday 17th February, 2008 - Nominations Close Friday 24th January, 2008

**Holiday Coaching Clinics** - January 14th—18th 2008. See next page for details.



### CLUB PHOTO—FRIDAY 7TH DECEMBER

On Friday 7th December, a photographer will be coming to take a Club photo. We try to take a photo of each year of all the athletes together as a record for our club.

Come along dressed in your uniform ready to get your picture taken as a group at 6pm.



## Be Your Best



### STATE RELAYS - 2ND DECEMBER 2007

The State Relay Championships were held on Sunday 2nd December, 2007. In all we had 4 teams entered in 8 events, U11 Boys and Girls, U13 Boys and a Dads team!

The weather was perfect for athletics and everyone had a wonderful day. There were a record number of athletes at this year's event.

A special mention to two of the teams. The U11 Boys were entered in the Field relays and won a Bronze medal - congratulations to Michael Campbell and Sean Hall. Also to the Dad's relay team (Jon Hall, Ethan Shepp, Steven Jones and Iain Carlin) who proved that age is no barrier and came a respectable 5th out of 10.

Well done to all athletes who entered and who showed great enthusiasm and spirit. Let's hope next year we can enter even more teams for this event.



## VersaDev



### NEW 'C' GRADE OFFICIALS



Congratulations to Karen Campbell, Steven Campbell, D J Adair and Racheal Young on passing the SALAA 'C' Grade Officials course on Sunday 11th November.

'C' Grade officials are important to our club as they help our athletes learn the rules of the events. Centre Best Performances must be witnessed by a graded official to be valid.

This now brings us up to 19 qualified officials at Hallett Cove.

Great to see some of our young athletes doing the course too. Well done!



**SOUTHERN REGIONAL GAMES**

Despite the forecast hot weather, it turned out to be rather a nice morning for the Southern Regional Games on Sunday 18th November.

Numbers were down a little on last year, but Hallett Cove managed 25 out of 60 registered athletes.

The attendance trophy was won by Reynella East with 65% of their athletes attending



**REYNELLA EAST ASSISTANCE**

Speaking of Reynella East, it was great to have them come and assist us on Friday 9th November to allow us to run an orientation course for new parents.

In return, we had 11 or so parents who went to Reynella to assist with the running of their meet on Sunday 11th November, and Greg Peterson kindly changed our Officials Course to run there instead.

It was a great opportunity to exchange ideas and see how another Centre runs their meet. Thanks to all those who made Reynella feel so welcome and who came out to help on the Sunday.

We're already discussing doing it again next year, and making it a joint meet.



**HOLIDAY COACHING CLINICS - 14TH TO 18 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 13th December . Application forms are available from the Canteen.



**BAY SHEFFIELD - 28TH DEC**



We have received an Invitation from the South Australia Athletic League to participate at the Commemoration Day Bay Sheffield Meet at Colley Reserve on Friday 28th December 2007. Although the Friday is a working day we have been given a time slot of 5.30pm.

All athletes in the U11 and U12 age groups are invited to attend.

Nomination close on Friday December 7th, but will be accepted via email up until Monday 10th.

Please contact the Canteen if you are interested.



**COACHING**

Coaching is held on Monday Nights at 5pm **(please note the change of time from last year)**. 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.

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

Note that coaching will also take a break over the holiday period.

**Family, Fun & Fitness**



**IGA BADGES**

IGA have been a long-time sponsor of South Australian Little Athletics.

This year they have taken on sponsorship of Little Athletics at a National Level.

As part of the National Sponsorship, all athletes are expected to wear an IGA badge on the RIGHT SLEEVE of their uniform.

As the deal didn't go through till after Registration day, we took delivery of the badges fairly late. If you don't have a badge yet, see the Canteen to get one for your shirt.



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