



Newsletter



VersaDev

WE WISH YOU A MERRY CHRISTMAS

How time flies. It doesn't seem that long ago that the season started and now Christmas is just a couple of weeks away.

Friday the 18th 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 18th December will be the last meet for 2009. We have a 3 week break until we return on Sunday January 10th for a joint meet with Reynella at Reynella. The first Friday meet for 2010 will be on January 15th.



DATES TO REMEMBER

Friday 11th December - Normal Friday meet

Friday 18th December - Christmas Break Up (see article and flyer)

Christmas Holiday Break - There will be no meets on Fridays for the 3 weeks over Christmas.

Sunday 10th January - Joint meet with Reynella East LAC at Reynella East.

Friday 15th January - First Friday meet for 2010

Personal Best Day - Sunday 17th January 2010.

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

STATE RELAY CHAMPS - SUNDAY 6TH DECEMBER



Hallett Cove had a team of 7 athletes competing at the State Relay Championships last Sunday.

The U10 boys team of Daniel Carlin, Luke Chowles, Isazah Edwards, Sam Stockton and Jordan Tandler did a great job running in the 4x100 and 4x200 relays.

Megan Heaver and Abbee Eyndhoven represented us in the Field relays and missed out on the bronze medal by just one point.



Thanks to all the athletes who worked so hard on the day and to Karen Heaver for organising the team and getting us all to our events on time.

CONGRATULATIONS KATIE AND CRAIG NUTTALL

Craig has been our Tiny Tots co-ordinator and Vice President for the last few years and, with his wife Katie, has been busy producing more potential athletes for us.

Twin girls Bethany Kate (2.436kg) and Eliza Marie (2.182kg) arrived in the world on Thursday 26th November.

Our congratulations to Katie, Craig and Jasmine on expanding their family. We look forward to you bringing the girls out to Tiny Tots in a few years time.

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C-GRADE OFFICIALS COURSE

Congratulations to Clare Ireson, Carla Munroe, Karen Robertson, Holger Tandler and Linda Thurlow who all completed the C-Grade course on 20th November. C-Grade officials are important to the club and we appreciate the time and effort these parents have taken to become qualified officials.

Well done and thanks very much.



Hallett Cove DENTAL PRACTICE



BATTERY WORLD BBQ



Battery World have been a sponsor of Hallett Cove Little Athletics now for 4 years, providing us with new batteries for our stop watches and timers.

Romano is the owner of Morphett Vale, Marion and Melrose Park branches of Battery World.

Recently we ran a sausage sizzle for Battery World Marion to promote battery recycling week (and to raise a few important dollars for the club).

Thanks to Kylie, Owen, Daniel and Nick Catanzariti, Steve Gray, Karen Robertson and Iain Carlin for helping out on the day.

Thanks too to Romano and Battery World for the opportunity to raise valuable funds for our club. So if you are looking for a battery, go see Romano at Battery World. Mention Hallett Cove Little Athletics for a 10% discount.



Family, Fun & Fitness

REYNELLA JOINT MEET



Each season we have two joint meets with Reynella East and Districts LAC.

One of the reasons for this is that it doubles the number of available officials so we can free up parents to do the C-Grade Officials Course.

The meet in November was very wet, but the kind folks from Reynella soldiered on so we were able to run the course.

The second, return meet is at Reynella LAC on **Sunday January 10th starting at 9am.**

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



PERSONAL BEST DAY

Sunday 17th January 2010

This is a great day on the Little Athletics calendar.

All Athletes (including Tiny Tots) are able to attend. If you have never been to SANTOS Stadium (just off Sir Donald Bradman Drive at Mile End) this is an event not to be missed.

It's a great chance to run, jump and throw at an elite level stadium. It's rare for every athlete not to do at least one Personal Best on the great running surface at SANTOS.

Be prepared for a full day of athletic activity.

You can find more details on the event in your purple handbook or on the Hallett Cove Little Athletics web site (www.hclac.org.au).



COACHING - MONDAYS AND THURSDAYS. 5PM

As part of your registration we offer free coaching sessions for athletes of all abilities on Mondays and Thursdays at 5pm.

The session lasts about an hour and are run by Australian Track and Field Association qualified Level II coaches.

Mondays we cover throws and jumps.

Thursdays are relays, sprints and hurdles.

Everyone is welcome to make use of these sessions.

FEEDBACK AND SUGGESTIONS



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) 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