



## Newsletter



### WELCOME SPONSORS

Tonight is our "Sponsor's Night" which is our opportunity to invite our Sponsors and supporters to join us and to thank them for their contributions to our Centre.

Our Sponsors are very valued to our Centre, assisting us not just with cash donations but with services and other support through the year.

Without Sponsors it would be more difficult to run the Centre.

So please make our Sponsors feel welcome tonight, but also remember them when you are buying and use their services where you can.

And if you do, remember to mention you are from Hallett Cove Little Athletics. It helps the Sponsors to know that we are supporting them.

Each of our sponsor's logos can be found somewhere in this month's newsletter. Can you find all 9?



### ASSISTANCE REQUIRED - HOLE DIGGING FOR DISCUS AND SHOT

Some time ago we purchased metal rings that form the foundation of permanent Discus and Shot platforms. We are ready to install these.

This Saturday morning, 10th February, at 8am, we will be digging out the two holes required. They will be concreted in sometime next week.

If we could have the assistance of a few parents with the digging it would be much appreciated. The holes aren't very deep and if we get enough help it should only take 1-2 hours to dig them out.

If you can help, please contact Iain Carlin on 0417 802 474 or see him at Friday's meet.



### ASSISTANCE REQUIRED - PART 2 - BBQ FOR FUND RAISING

On Sunday 25th March, we have been offered the opportunity to run a BBQ for the All Chrysler Day (Chrysler Car Club show and shine). This is a very well attended event with over 1000 people normally going through the gate.

It is a great chance for the Club to raise some much needed funds. We will however need a few volunteers to assist us during the day. Now everyone knows how to cook a sausage, so it won't be very strenuous.

Plus it's a chance to check out some shiny Chryslers, the best cars in the world (OK I'm biased!). If you can help, please contact Iain Carlin on 0417 802 474 or see him at Friday's meet.



### PROPOSED NEW UNIFORM

The Committee is proposing to change our t-shirts next year to a more modern design and with cooler materials. All shirts will also have a collar which is more sun-smart than the current ones.

You can see the designs to the right, or there is a larger version available on the website (see link from the home page). If you have any comments / feedback please let any of the Committee know.

The new shirts will be slightly more expensive, however there is a phase-out period and the old ones will still be good for the next 2 seasons.

Subject to SALAA approval of the design, we will have some sample shirts soon.



### DATES TO REMEMBER



**Friday 9th February - Regular Meet and Sponsor's Night**

**Friday 16th February - Regular Meet**

**Friday 23rd February - Regular Meet**

**Friday 2nd March - Regular Meet**

**Sunday 1st April - Family Fun Day, AGM and Presentation**

**Sunday 25th February - AGL Multi-Event Championships. Santos Stadium.**

**Saturday March 17th & Sunday March 18th - State Individual Championships**



**The Cove Tavern**





**STATE INDIVIDUAL CHAMPIONSHIPS—17/18 MARCH**



The pinnacle event for many athletes.

To compete you must have been registered by 31st December and you must nominate for the SIC by 27th February. See Kim Carlin for nomination forms.

You must also meet the qualifying standards and have competed at 50% of meets held since you registered. Qualifying standards are in the handbook and on the website.

We will be publishing a list of Athletes and what they need to do to meet the above criteria each week for the next few weeks.



**FUNDRAISING—KYTONS**



**SAFETY AT MEETS**



Kyton's Bakery make yummy Lamingtons, Hot Cross Buns, Macadamia slice and other cakes and goodies.

We are having a fundraising drive on Kyton's products. Please take an order form from the Canteen and return it by the 16th of March. Delivery of the goodies will be at the AGM on the 1st of April.

We had an accident at a recent meet where an Athlete was struck on the head with a shot-put. Luckily she was OK. However Parents and Athletes should be vigilant and ensure events are run safely.

We will hand out a safety at meets brochure this week. Parents and Carers, please discuss the safety rules with your children and ensure that we keep them safe.



**FUNDRAISING—UNITED WAY RAFFLE**

United Way have been a supporter of HCLAC through their annual community grants (they paid for our canteen roller door and the shot put and discus rings).

We have a chance to give back to them and to raise some money ourselves by selling tickets in their Community Cash Raffle. With each book of 10 tickets at \$2 each, half of the proceeds come back to HCLAC, the other goes to United Way.

If you can sell a book, and return the stub by 1st April, please see the Canteen.

- Only throw when it's YOUR go.
- Always CARRY the implement back.
- Stand or walk BEHIND the sector.
- Only throw when you're in the sector.



**Be Your Best**



COMPLETE KITCHENS



**COACHING**

Coaching is held on Monday Nights at 6pm at the Centre. We have ATAFc qualified Level 1 coaches on hand to help you to improve your performance. We welcome any Athletes to attend and structure the coaching to suit all levels.

We would like to see more Athletes use this service, particularly if you intend participating at the upcoming major events.

The timetable for the next few weeks is below. See Jon Hall if you require more information.

Monday 12th February - 6pm	Hurdles
Monday 19th February - 6pm	Long Jump, Triple Jump
Monday 26th February - 6pm	Long Jump, Triple Jump

**Family, Fun & Fitness**

**SPONSOR SPOTLIGHT**



**FAMILY FUN DAY, AGM AND PRESENTATIONS**

**Sunday 1st April, 2007 from 12:30pm.**

This year's AGM and Presentation will be held on a Sunday afternoon to make it a family oriented, fun day of activities and awards.

More information will be in the next newsletter, but in the meantime, please mark the date in your calendars.



**ALWAYS SIGNS**

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**NEON 3D FAB GENERAL**