



Newsletter



HAPPY NEW YEAR !

Welcome back and Happy New Year for 2008. Hope you all had a great break over Christmas and are fired up for the business end of the Little Athletics Season.

There's a couple of major events coming up in the next month or so, the Personal Best Day and the Multi-Event Championships. Read more about these events below.

If you are attending any of these events you might want to consider attending Coaching on Monday nights. There's a list of the events we will be doing over the next month over the page.

Finally, remember to use our sponsors and to let them know you are from Hallett Cove Little Athletics when doing business with them. It helps to let them know their sponsorship is valued.



BE ACTIVE PERSONAL BEST DAY—SUNDAY 20TH JANUARY

This is the opportunity for all Athletes from Tiny Tots to U17 to compete in their favourite events at Santos Stadium. Due to the track surface and spirit of competition on the day, athletes will usually do at least one PB on the day!

Athletes can compete in up to 5 events across the day, starting from 9am.

There is no need to nominate for this event. Simply turn up on the day.

Note that it is compulsory to be wearing centre uniform, registration numbers, age group badges and IGA sponsor badges for this event.

Timetables of the events will be available from the Canteen or on the Website.

We will also need some parents to assist with supervising the Discus across the day. We will be approaching the age groups this week to get you to nominate a time.

It looks like being a great day for competition with weather forecast to be in the high 20's. So get involved and come along and Be Your Best.



PB DAY VOLUNTEERS

We need to staff the Discus event from 9am to 4pm on Personal best day. We need 3 people in each of 8 x 1 hour slots.

If athletes are attending on the day, we expect a parent to assist for at least one of these hour slots.

It's not necessary to be a qualified official, you just need to know how to write, pick up a discus or use a tape measure - everyone's qualified for that !

The roster with time slots and jobs is at the canteen.



MCDONALDS MULTI-EVENT CHAMPIONSHIPS - SUNDAY 17TH FEBRUARY



This is a Championship event where Athletes compete in 5 events over the day. It is open to all U9 - U17 Athletes who are registered by the 11th January and who nominate for the Championships by the 24th January. See Kim Carlin to nominate for this event.

There are no qualifying standards for this event. Each Athlete will do a throw, a jump, a sprint, hurdles and an 800m with points allocated for each event. The top three point scorers in each age group receive a medal.

There will be an allocation of Parent Duties for parents of those Athletes attending. Kim Carlin will approach parents to nominate for their preferred times. Programs and more information are available on the Web site.

DATES TO REMEMBER



Friday 18th January - Regular Meet Program 5

Friday 25th January - Regular Meet - Program 6.

Friday 1st February - Regular Meet, Program 1

Friday 8th February - Regular Meet, Program 2

Sunday 20th January - 'Be Active' Personal Best' Day—Santos Stadium from 9am

Thursday 24th January - Nominations close for Multi-Event Championships.

Sunday 17th February - McDonalds Multi-Event Championships. SANTOS Stadium.





STATE INDIVIDUAL CHAMPIONSHIPS—15/16 MARCH

The pinnacle event for many athletes. It is open to all U9-U17 athletes.

To compete you must have been registered by 31st December. Athletes must nominate to participate in the SIC's by the 26th of February. See Kim Carlin for entry forms.

You must however meet the qualifying standards on two occasions and have competed at 50% of meets held since you registered. Qualifying standards are in the handbook and on the website. Qualifying standards must be met by the 26th February.

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.

More information about this event in the next Newsletter.

STATE TEAM NOMINATIONS



If you are an U13 or U15 athlete you are automatically eligible for selection in the State Team to Melbourne in April.

Unlike previous years there is no need to nominate. All U13 and U15's will be considered for the team.

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.



"SPONSORED THROW" FUNDRAISER

We are holding a fundraiser to help with paying some bills due between now and the end of the season.

This will be in the form of a Sponsored Throw where athletes in all age groups will collect sponsors for the number of metres they throw a bean bag (tiny tots), vortex (u6-u8) or discus (u9-u17).

There will be prizes for the athletes that break their PB by the longest distance and for the most money raised.

Sponsorship forms will be available from this Friday and you have until 22nd February to collect sponsors.



COACHING

Family, Fun & Fitness

Now that we are back from holidays, it's a great time to get into shape and improve your performances with some coaching.

Coaching is held on Monday Nights at 5pm at the Centre. We have ATAFc qualified Level 1 & 2 coaches on hand to help you to improve your performance. We welcome any athletes to attend. We structure 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. Parents are encouraged and welcome to attend (it's a good way to pick up tips and rules!).

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

Monday 21st January - 5pm	Long Jump, Triple Jump
Monday 28th January	Public Holiday—No Coaching
Monday 4th February - 5pm	Hurdles
Monday 11th February - 5pm	High Jump
Monday 18th February - 6pm	Shot Put, Discus

Be Your Best

VersaDev



AWARDS

At the end of the season there are a number of awards given. Details of these are in the Handbook.

These will be presented this year at the Family Fun Day and AGM on Sunday 30th March.

Note that to be eligible for awards, Athletes must have competed at a minimum of 70% of meets held since they registered. To be considered to have competed at a meet an athlete must have participated in at least 50% of the events held at that meet for their age group.

SPONSOR SPOTLIGHT



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