



Newsletter

MIGHTY HELPFUL™ MITRE 10



NOVEMBER - TRAINING MONTH

A big welcome to all our new athletes. At the time of writing we have 106 registered athletes. That's the a couple above the final number last season - and we still have lots of athletes who have only done one Come and Try who will potentially be registering.

Having such a large number of athletes is both exciting and challenging. We certainly have the facilities and equipment to handle the numbers. What we need is parents and carers who are able to assist with the running of meets.

We have lost a few experienced parents this year, so some of our volunteers have been rushed off their feet running meets. This should not fall to just a few people. We need all parents and carers to be able to step in when required.

That's why this month we focus on training - getting all our volunteers up to speed so we have chaperones, measurers, time keepers and starters.

None of these jobs are hard. The hardest part is putting your hand up. Don't be afraid to ask for help. There are plenty of opportunities coming up to learn about Little Athletics and how you can help. Read all about them in this newsletter and get involved.



BRING YOUR TORCH THIS WEEK

As it is Halloween this Friday (31st October) we will be doing a special 'spooky walk' when it gets dark (at 8pm). Everyone can join in - bring your torch to join in the fun.



JOINT MEETS WITH REYNELLA - FRIDAY 31ST OCT AND SUNDAY 9TH NOV

Following the success of the 'Officials Swap' with Reynella last year, we are doing the same again this year.

We are extending the event so that it is counted as a formal meet for awards and qualification for SALAA events.

We will be holding a Joint meet with Reynella at Hallett Cove on Friday 31st October. This will boost the number of qualified officials on hand to free up people who want to do training courses (see below).

As for last season, there will be a return meet with Reynella on SUNDAY 9th November. There will be no meet at Hallett Cove on the preceding Friday night (7th November).

Reynella Little Athletics is at Reynella East High School, Hewlett Packard Drive, Reynella East. All Athletes (including Tiny Tots) are invited to attend. Please arrive at 9am.



NEW PARENT INDUCTION COURSE

Friday 31st October

This is an ideal way for new parents to get trained in a variety of aspects of Little Athletics.

We will take you through the basics of Chaperoning, measuring, recording and timekeeping.

We will also cover basics of where the equipment is stored and setting up etc.

One of the reasons that Reynella are assisting us on this night is to free up parents to do this course. Please take advantage of this opportunity to arm yourself with the information that will help make Little Athletics more enjoyable for kids and adults alike.



FRIDAY 7TH NOVEMBER - MORE TRAINING

There will be **NO MEET** on the 7th of November. [The meet for this week is at Reynella on the Sunday (9th November @ 9am).]

For those parents who miss the course on the 31st October, or who are tied up with chaperoning etc., we will be repeating the Induction Course and also offering training in Starting and using the Multi-timer, setting up the timing gates, hurdles etc.

The more people we have trained in these jobs, the work can be spread around instead of relying on the same people each week. That way we can all get to see our kids compete once in a while.

Coaching

Athletes are welcome to come out on the 7th of November. Jon Hall our Level 2 qualified coach will be providing a coaching session to keep the kids occupied while Mum and or Dad are doing the training.

DATES TO REMEMBER



Friday 31st October - 5:45pm -
Joint Meet with Reynella at Hallett Cove LAC

Friday 7th November - NO MEET AT HALLETT COVE - see below.

Friday 7th November - Parent Training Night from 6pm- see article in newsletter.

SUNDAY 9th November - Joint Meet @ Reynella LAC. 9am , Reynella East High School.

FRIDAY 14th November - REGIONAL GAMES - at Flinders LAC, 6pm. No meet at HCLAC.

FRIDAY 21st November - Back at Hallett Cove after a couple of weeks.

State Relay Championships- Sunday 14th December- Nominations Close 13th Nov.



COMPLETE KITCHENS



C' GRADE OFFICIALS COURSE

Friday 31st October 2008

C - Grade officials are an important part of our Centre. We need these officials to assist with the running of meets and to ensure that times and distances are measured correctly.

What is involved?

The course is run over one night. At the end you will be given an open-book test to complete.

When you pass that (and nobody ever fails!) you are a C-grade official. That simple.

You will then be qualified to officiate at State Level events and to validate Centre Best performances.

More to the point, you will know the rules of Little Athletics and have an appreciation for how the events are run.

A great way to get more involved.



INTRODUCTION TO COACHING COURSE

Also on Friday 31st October.

Bruce Smith, the Education and Training Director for SA Little Athletics will be running this course.

If you want to learn how to coach your young athletes to get the most out of Little Athletics, Bruce will be offering coaching tips for all the events.

As for all the other courses on offer, this one is also free. All you need to invest is your time.



HOW TO HELP AT LITTLE ATHLETICS

If you weren't able to get to any of the courses, or you want a refresher or more information, there's a great little resource book that you would have gotten with your registration pack.

It's called "How To Help at Little Athletics". It doesn't take long to read, and you will be an expert in one quick sitting!

If you missed it in your pack, you can download a copy from the web site. Just click on the "Getting Involved" link on the menu on the left hand side of the home page.



UNITED WAY RAFFLE

We are running a fundraiser by selling raffle tickets in the United Way Community raffle.

Tickets are just \$2 each with \$1 of that coming back to our Club.

If you can take a book to sell at work or to your family and neighbors, please grab one from the canteen.

Books and money, including unsold tickets need to be returned to us by November 21st.



RUNNING OF MEETS



Chaperones - pick up folders. In the past we have put folders into the age group baskets at the start of each meet. This year we would like Chaperones to come forward and collect the folder. This way we will know who is the Chaperone and that each group has one.

Do events in programmed order. The program is set out to try to avoid too much waiting at events due to overlaps. If you can please do events in the order of the program it will assist with the smooth running of the meet and get you home earlier.

Equipment Set Up.

For the first few meets of the season, some of our committee have been leaving work early to set up the equipment. This was OK for a while but can't go on all season. Meets start at 6pm, but we would appreciate it if parents could arrive early (say at 5:45pm), to assist us with the setup of the equipment.

It is not a big job if everyone participates and it means that the meet can get started on time.

STATE RELAY CHAMPIONSHIPS - SUNDAY 14TH DEC

All Athletes (U9-U17) are reminded that the IGA State Relay Championships will be held on Sunday 14th December, 2008 at SANTOS Stadium.

Relay Day provides the only opportunity for our children to compete as part of a team. We can enter teams of 4 boys and girls in each age group.

Teams must be nominated by Friday 20th November, 2008. If you are interested please contact Kim Carlin, the Team Manager.



There is also a parent's race and we are looking for 4 dads and 4 mums to make up teams for a 4 x 100 relay.



COACHING

Coaching is held on Monday Nights from 5pm. 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. There is no cost for these sessions.

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

Below is the anticipated coming program. See Jon Hall for more info.

Monday 3rd November	Throws - Discus & Sprints - Starts
Monday 10th November	Throws - Shot & Middle Distance Running
Monday 17th November	Relay Training - Changeovers
Monday 24th November	Relay Training—Receiving and Passing

Family, Fun & Fitness

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