



## Newsletter

## VersaDev



### REGIONAL GAMES - SUN 15TH NOV

The first inter-centre competition is coming up on Sunday 15th November.

The Southern regional games is run every year between all the centres in the Southern metropolitan area.

This year the games are being hosted by Reynella East and Districts Little Athletics. The games will be held at Reynella East High School, Hewlett Packard Drive, Reynella East.

Warm ups commence at 9am.

The games are a great opportunity for athletes to test their skills against lots of others. **It's also a good way to meet people from other centres and is a good family fun day.**

There is a perpetual trophy for the centre that has the most athletes attending (based on a percentage of total athletes at the centre). **Let's get as many Hallett Cove athletes out there and see if we can win it this year!**



### STATE RELAY CHAMPS - SUNDAY 6TH DEC. TEAMS REQUIRED

The 2009/10 IGA State Little Athletics Relay Championships is being held on Sunday 6th December, 2009.

Teams of 4 athletes in each of the age groups from U9 to U17 can compete in this event. Each age group runs two track events of different distances depending on age.



We can also nominate a Mums and a Dads parent relay team if you are interested.

We must nominate our teams with SA Little Athletics by Nov 12th.

If you are keen, please see Karen Heaver on Friday night or phone 83813731.



### FRIDAY 13TH NOVEMBER - TRAINING NIGHT

There will be NO MEET on the 13th of November. [The meet for this week is the Regional Games at Reynella on the Sunday (15th November @ 9am). ]

Instead there will be a Training and Coaching night. This is to allow all new parents to participate in a Parent Orientation Course. The course will be very informal and will teach you the basics of chaperoning, how to measure and time keep and the basic rules of each event.

All parents are encouraged to attend.

Coaching

Athletes are also welcome to come out on the 13th 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 7th November - Normal Friday meet*

*Friday 13th November - Coaching and Parent Orientation night—no official meet due to Regional Games on Sunday.*

*Sunday 15th November - Regional Games, Reynella East LAC, Reynella East High School.*

*Friday 20th November - Joint meet with Reynella East LAC at Hallett Cove.*

*Friday 27th November - Normal Friday meet.*

*State Relay Championships - Sunday 6th December - Nominations Close 12th Nov.*

### SPONSOR SPOTLIGHT

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C-GRADE OFFICIALS COURSE



Friday 20th November 2009

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.



DROP AND RUN - IS THIS YOU?

# Family, Fun & Fitness

We have noticed a few parents who are disappearing after dropping their children at Little Athletics.

*Please be advised that it is a condition of registration that a parent or guardian MUST BE IN ATTENDANCE whilst athletes are competing at a meet.*

We are not a babysitting service. We also need parental assistance to ensure the meets run smoothly and children are under control.

If we find athletes competing where a parent has left the centre, those children will be asked to sit out the meet and wait for their parents to return and collect them.

THANK YOU

The last few weeks have been very hectic with lots of new athletes coming out to try Little Athletics for the first time.

We have also been trialling a new program so that we can run hurdles on the straight track with the timing gates (and the timing gates have been playing up on a couple of occasions).

**We'd like to thank all the parents and athletes for their patience over the last few weeks. It's great to see so many people having such a good time each week.**



REYNELLA JOINT MEET

## Be Your Best



CANTEEN AND BBQ

Did you know that we have a Canteen at HCLAC?

The canteen is open every week of the season offering snacks, drinks, coffee, tea and sumptuous hot food from our BBQ.

Lots of people use the BBQ for their dinner after a good workout on the athletics track.

**It's also one of our main sources of revenue for the club to help us keep your fees down.**

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.

This year we have spread the meets out, the first is on *Friday November 20th* at HCLAC.

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

Please support these meets and make Reynella athletes and parents feel welcome when they come to our centre.



CONGRATULATIONS



COACHING - MONDAYS AND THURSDAYS. 5PM

Congratulations to our sponsors Brad and Amy Fuss from Mitre 10 who brought Hayley Christine into the world on Oct 26th.

Haley weighed in at 7lb 2oz and Mum and Dad are doing well.

Hopefully a future HCLAC athlete in the making.

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.

