



Newsletter



NOW THE SEASON REALLY STARTS

The school holiday break is now over and it's time to get the season well and truly cracking.

You will start to see a few signs going up around Hallett Cove advertising Come and Try in the next few weeks.

Make sure you let all your friends know and invite them to come along.

If you see any new faces, please make them feel welcome and share your knowledge of the events and how things are run.

To that end, a new initiative this year is that each week for the first few weeks, we will be running an Orientation course for new parents.



SIGNING IN AND HELPING OUT

For safety and to assist with the running of the meets each week, we ask that when you arrive you sign in your children and put your name against one of the volunteer jobs for the night. These sheets are on the table just inside the shed door.

Remember, the committee are unpaid volunteers and parents too and we would like to watch our own kids compete sometimes. The more people that pitch in, the easier it is for everyone.

If you're not sure how to do any of the jobs, just ask one of the Committee. Usually it only takes a couple of minutes to explain and you can be an instant expert! Don't be afraid to ask, we all had to start somewhere.

Family, Fun & Fitness



CHAPERONES STAND OUT!

Last year we had trouble identifying the groups moving about the oval and who was the chaperone for the groups.

To improve safety and visibility of Chaperones, we have obtained a number of bright safety vests and put numbers on the back to identify the chaperones and their age groups.

If you're chaperoning a group, please wear a vest so we can spot you easily.



HCLAC RECEIVES MARION COUNCIL LOCAL HEROES AWARD

Craig Bowering, the School's PE Co-ordinator nominated us for a Marion Council, Local Heroes award.

The award was presented at a ceremony on 21st September at

the Marion Cultural Centre by the Mayor, Felicity Lewis.

The award was given for all the hard work that the Centre and Committee has done in relocating to the R-12 School.

INTRO TO COACHING



On Friday 17th November, Bruce Smith (ATFCA Level 2 Coach) will be running an Introduction to coaching course at our Centre.

The course is designed to give you a quick overview of how to help your kids make the best of each event.

The course is run in parallel with the meet so you can get hand's on in coaching. If you are interested, contact Jon Hall our Head Coach.

DATES TO REMEMBER



3rd Meet—Sunday 22nd October, 10am

First Friday Meet—Friday 27th October, 6pm

Come and Try Nights:

- Friday 3rd November
- Friday 10th November
- Friday 17th November

Bring a Friend along to Little Athletics

Introduction To Coaching - Friday 17th November

Regional Games—Friday 24th November - 6pm at Southern Districts LAC, Bowker St, Brighton.

State Relay Championships—3rd December at Santos Stadium

Be Your Best

SPONSOR SPOTLIGHT



Physio, Pilates, Massage, Podiatry and Hydrotherapy

Zwerner Drive

Hallett Cove

8387 2155



IGA STATE RELAY CHAMPIONSHIPS - 3RD DECEMBER

All Athletes (U9-U17) are reminded that the IGA State Relay Championships will be held on Sunday, 3rd December at SANTOS Stadium.

Relay Day provides the only opportunity for our children to compete as part of a team.

Teams must be nominated by 14th November. If you are interested please contact Kim Carlin, the Team Manager.



UNITED WAY GRANT



We applied for a United Way Grant to assist with the installation of permanent Discus and Shot Put rings. These rings were purchased along with the new hurdles back in August.

United Way is a non-profit volunteer organisation that supports local community organisations through donations from corporations and businesses.

With the \$500 we received from United Way will be getting the concreting of the rings done.



If anyone knows a concreting contractor that could help us out, please contact Iain Carlin.



CHAPERONES NEED HELP



Please remember that chaperones are not expected to manage the group alone. Parents are expected to assist the chaperone, in management of the children, measuring, retrieving shot put and discus, raking sand at the long jump pit and adjusting high jump heights.

The more people that help out the smoother the meet runs and the quicker you can get to sink your teeth into a fabulous bacon and egg sandwich at the BBQ!



ON-TRACK PROGRAM



This season we are introducing a program from Victorian Little Athletics called On-Track.

On-Track is for the younger athletes, and it aims to teach the skills of all of the events through fun and games. It is sort of a step up from the Tiny Tots program.

There are two main benefits. Firstly it assists the kids to learn the basic skills of each event through a series of simple steps. Secondly, it avoids all of the waiting around for your turn as the kids are continually involved and active.

How it works is that instead of doing 4 events each week, for the first half of the night 2 events are replaced with On-Track events. Then you complete the night by doing 2 actual events.

We will be trialling On-Track this season with the Under 6 age group. Greg Peterson will be running the program for us. On-Track will be commencing very soon and we would love to hear from you about how you think it is going.



MOWER FOR SALE - \$150

The club has had this mower hanging around since the we left the Cove centre. We no longer use it but it is still in good working order.

If you want to buy a roller mower, contact Iain Carlin.



COACHING

Coaching is held on Monday Nights at 6pm. We have ATAFc qualified Level 1 coaches on hand to help you to improve your performance.

The timetable for the next few weeks is below. See Jon Hall for more info.

Monday 30th October	Sprint Training & Discus Technique Part 1
Monday 6th November	Sprint Training & Discus Technique Part 2
Monday 13th November	Relay Training - Receiving and Passing
Monday 20th November	Relay Training - Receiving and Passing



FITNESS TRAINING

In addition to coaching sessions, on Thursday nights, also at 6pm, one of our Club Captains, Bianca Gray, will be running fitness and conditioning training.

Athletes and Parents are welcome to attend this session.