



## Newsletter

## VersaDev



### WELCOME TO HALLETT COVE LAC

Hello and Welcome to Hallett Cove Little Athletics Centre.

If you are here for the first time, we do hope you enjoy the season, have a lot of fun, get fit and are able to achieve a lot of personal bests (PB's) throughout the year.

As always, our committee are here to help you have a good time at Little Athletics. If you have any problems, be they how to measure a throw or jump, or with how the events are run, please don't hesitate to approach one of the committee for a chat and to express your concerns. Committee members typically wear a Hallett Cove Little Athletics shirt and committee badge.

In this month's newsletter you will find lots of information about upcoming events for the first half of the season. Please read and contact one of us if you have any questions.

So go ahead, Be Your Best and have lots of Family, Fun and Fitness!



### PARENT PARTICIPATION POLICY

As it is the start of the season, there are plenty of new parents and athletes who will be coming out to try Little Athletics for the first time.

We remind all parents and carers that Little Athletics is not a 'baby sitting' service. **It is a condition of registration that a parent or carer MUST be in attendance when their children are participating.**

Parents and carers are expected to help with the running of each meet as chaperones, measurers, timekeepers, starters, rakers etc, etc.

When you register, there is a roster of key duties within the Centre - we expect all parents to take on one job at least every 6 weeks.

### DATES TO REMEMBER

**Come and Try** - Any Friday from 16th October

**Friday 16th October** - First night of Come and Try.

**Friday 23rd October** - Third Friday meet

**Friday 30th October** - Normal Friday meet

**Friday 7th November** - Normal Friday meet

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

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

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

**SIGNS ALWAYS**  
for all your  
signage needs  
M 0412 055 143  
F 08 8326 2488  
E [signalsalways@bigpond.com](mailto:signalsalways@bigpond.com)

### MARSEL HAIR AND BEAUTY



### RUNNING OF MEETS

**Chaperones - pick up folders.** This year we are introducing a process whereby a chaperone will collect the group folder from a central location each night. The chaperone will be expected to put their name on the chaperone roster for that night as part of collecting the folder. This way we will know that all groups have a chaperone.

**Do events in programmed order.** This year we have only one 'short' track to save time and paint in line marking. It also means we can use the timing gates for hurdles. The program is set out to try to avoid too much waiting at events due to overlaps and to allow for the hurdles to run on the same track as the sprints. It is therefore **ESSENTIAL that you do events in the order of the program.** It will also assist with the smooth running of the meet and get you home (or to the BBQ) earlier.

### SPONSOR SPOTLIGHT

**MIGHTY HELPFUL™  
MITRE 10**

Home & Hose - Hallett Cove

Hardware and Garden

Timber and Building Supplies

Paint and Electrical

Plumbing and Tanks

Open 7 Days - 8387 1744

Commercial Road, Sheidow Park

Don't forget to present your Home & Hose Club card or quote 2272 when making purchases. 5% of the purchase amount is donated back to HCLAC.

**ACTIVE CLUB GRANT**

# Be Your Best

**RAFFLE PRIZES**

Back in May we applied for a grant under the State Government's Active Club program for money to assist with getting a sink plumbed into the Canteen.

We were successful in obtaining \$1000 under this scheme to go towards the plumbing.



Chloe Fox (Member for Bright) will be visiting us soon to present the cheque and then we can commence the project.

We are asking for donations of any kind to help with raffle prizes.

We have been lucky with Mitre 10 being a fantastic sponsor and already giving us 6 x \$50 gift vouchers to get us started.

If you own a business work for one or know one that you feel may be able to help contribute any sort or prize e.g bottles of wine, stubby holders, and merchandise, meal vouchers, gift vouchers, service vouchers, stuff for kids, feel free to give Sally a call on 0413 689 858 or speak to her on a Friday night.

**HOUSEKEEPING****COMPLETE KITCHENS**

We have a few general rules that are in place to ensure everyone's safety and enjoyment while at Little Athletics. Please be aware of the following:

**SMOKING** - is **NOT PERMITTED ANYWHERE on the school grounds**. You must go outside the school fence if you wish to smoke.

**DOGS** - also **NOT PERMITTED ANYWHERE on the school grounds** (this is by law). Please leave your dogs at home.

**CHILDREN are NOT allowed in the Canteen** - also, please do not approach the canteen volunteers via the shed door, use the roller door under the veranda.

**TOILETS** - are located about 40 metres south of the shed in the nearest block brick classrooms to the shed (follow the ramp down off the oval). If the toilets are locked please ask the Canteen for the key.

**PARKING** - Please park first in the car park off Sandison Road near the dental surgery. When that park is full then you can enter off Gledsdale Rd and park on the southern side of the oval on the asphalt in front of the classrooms.

**SWEARING** - We have kids of all ages at Little Athletics. Please chose your language carefully and respect our children by not swearing.

**ROBERTSONS**  
BLINDS & AWNINGS

**sportsco**



## Family, Fun & Fitness

**COACHING**

This year there will be two coaching nights, Monday and Thursday.

Monday night will focus on Throws and Jump.

Thursday will focus on Relays, Sprints and Hurdles.

Coaching starts next week (Monday 19th Oct and Thursday 22nd Oct) from 5pm to 6pm at the Hallett Cove R-12 School.

**UNIFORM**

Please note that all athletes are expected to wear the club uniform when competing. This includes at all home (Friday) and away meets.

The uniform consists of club shirt, black shorts or bike pants and white socks and running shoes.

Athlete numbers and badges should be attached to the shirt in the correct places.

**VOLUNTEERS ROSTER**

We have implemented a Volunteers Roster for this season for assistance with setting up, starting, timekeeping, canteen and packing up.

It's disappointing that so far the majority of names on the roster are committee members. We expect that each family will provide a person on the roster at least once every 6 weeks.

Please see Kim Carlin to add your name to the roster if you have not already done so.

If people are not prepared to volunteer their time then we start rostering times for you.

**Battery World**  
Power for anything...anytime!

**BATTERY WORLD BBQ**

We are running a fundraising BBQ at Battery World Marion on 7th November.

We need volunteers who can assist for 1-2 hours between 9am and 3pm on that day.

Please speak to Iain Carlin if you can assist with the BBQ.