



Newsletter



DECEMBER 2011

IGA State Track and Field Relay Championships

Congratulations to our Under 10 Boys Field Relay Team who participated in the IGA State Relay Championships at Santos Stadium last Sunday. The team comprising of Corey-Jay Eyndhoven and Jack Downey won the GOLD medal for their age group, with Corey-Jay winning the Shot Put and Discus events, and Jack winning the High Jump and finishing 3rd in the Long Jump, to dominate the competition. Well done guys!

Christmas Break-up Meet

Next Friday, 16 December is our Christmas Break-up meet. Instead of a regular Friday meet, join us for fun and games and we may even have a very special visitor dropping in to meet our athletes. The fun starts at 6pm.

First Meet after Break

After a three week break, the first meet is on Friday 13th January.

Have a Merry Christmas and a Happy New Year



DATES TO REMEMBER



Friday 9th December
Normal Friday meet

Friday 16th December
Christmas break-up meet

Friday 13th January
Normal Friday meets resume

Friday 20th January
Normal Friday meet

Sunday 22nd January
Personal Best Day at Santos—
All fully registered athletes
from Tiny Tots upwards are
able to compete

Friday 27th January
Normal Friday meet

Future events:

Friday 10th February
Regional Games

Weekend of 25/26 February
Chrysler Weekend BBQ



SPONSORS

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**PARENT PARTICIPATION POLICY**

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 etc.

We also require help setting up before the meet and tidying away after the meet. Many hands make light work!

**PERSONAL BEST DAY 22 JANUARY 2012**

Sunday 22nd January 2012 is Personal Best Day at Santos Stadium. It is an opportunity for all registered athletes to participate at Santos. There is a Tiny Tots programme and for all athletes in the Under 6 and upwards, it is an opportunity to run on the world class 400m track. For those in the Under 6 to Under 8 age groups this is your only opportunity to complete at Santos this season! No need to nominate, just turn up on the day in plenty time to compete for your chosen events.

As with all Little Athletics meets, it is expected that parents of participating athletes will help out.

Details will be handed out in January or visit the website now for information.

www.hclac.org.au

**CANTEEN NEWS**

Last season we had fantastic specials at the canteen and Bec hopes to do the same this season. However, she needs assistance to be able to do this. If you can help out either behind the counter or cooking the BBQ, please don't be shy, speak to Bec and we can all look forward to more tasty specials along with a regular BBQ on Fridays after each meet.

2011/2012 FEES

No in Family	On Reg Day	After Reg Day
1 Child	\$65	\$70
2 Children	\$110	\$120
3 or more	\$140	\$150

RUNNING OF MEETS

Please note that meets start at **6pm SHARP** after warm ups. Brief announcements will be given to parents only, while the athletes are warming up.

The shed will be open from **5:30pm** and we need parents to arrive as early as possible to help with setting up the oval. In the past this has been why the meets don't start on time so the more help we get in this area the better it is for everyone.

SO PLEASE AIM TO BE THERE AT 5.30 FOR SET UP AND TO ENABLE THE WARMUP TO START AT 5.45pm

UNIFORM

Please remember that all athletes are expected to wear the club uniform when competing. This includes all home (Friday), meets at Santos and at other clubs.

The uniform consists of club shirt, black shorts or bike pants and white socks and running shoes. No 'Skins' type clothing is permitted.

Club shirts cost \$35 each, if paid for at registration and \$40 if bought afterwards.

Athlete numbers and badges must be attached to the shirt in the correct position.

For further details visit the website.

