



Newsletter



TIME FOR PERSONAL BEST DAY

Welcome back and Happy New Year for 2011. Hope you had a great break over the holidays and that you are now primed and ready for the second half of the Little Athletics season.

This is the time of the year for the major events with PB Day, Multi-Event Day, State Championships all between now and the end of March.

If you are attending any of these events you might want to consider attending Coaching on Monday or Thursday nights. Coaching is free and runs for an hour from 5pm on each of these nights.

Finally, remember to use our sponsors (they are listed in the handbook and on the web site) and to let them know you are from Hallett Cove Little Athletics when doing business with them. Let them know their sponsorship is valued.

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



be active

PERSONAL BEST DAY—SUNDAY 20TH MARCH

This is the opportunity for all Athletes from Tiny Tots to U17 to compete in their favourite events at Santos Stadium. This will be one of the first meets on the brand new SANTOS track surface so athletes can look forward to lots of friendly competition and PBs!

Athletes can compete in up to 5 events across the day, starting from 9am.

There is no need to nominate for this event. Simply turn up on the day.

Note that it is compulsory to be wearing centre uniform, registration numbers, age group badges and IGA sponsor badges for this event.

Timetables of the events will be available from the Canteen or on the Web-site.

We will also need some parents to assist with marshalling on the straight track across the day. We will be approaching the age groups to get you to nominate a time. If your children are competing, you are expected to assist on the day.

There will be a lot of athletes there this year, so please be patient on the day and make sure you have lots of fun, and remember to Be Your Best!



URGENT: PB DAY VOLUNTEERS REQUIRED

We need to staff the Straight Track running events from 9am to 4pm on Personal Best day. We need 3 people in each of 5 x 1.5 hour slots. (that's a total of 15 people across the day).

We will be starting and marshalling on the track for the Hurdles, 70 and 100m events.

If athletes are attending on the day, we expect a parent to assist for at least one of these slots.

It's not necessary to be a qualified official, you just need to know how to control groups of kids waiting to start their races - everyone's qualified for that !

We will be approaching parents to put their name on the roster over the coming couple of weeks.



MIGHTY HELPFUL MITRE 10

DATES TO REMEMBER



Friday 4th March— Normal meet Program 6

Sunday 6th March—Multi Event at Santos for U9-U17s

Friday 11th March - Normal meet Program 6

Friday 18th March - Normal meet Program 6

Sunday 20th March Personal Best Day

Friday 25th March - 20th Anniversary Celebratory Meet

Sunday 10th April - AGM and Presentation Day

FIT KIDS Children's Gym

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Family supporting athletes in their clubs, children



CHRYSLER CLUB DAY



Feb 26th and 27th saw the HCLAC run the BBQ at the Chrysler Club Day. Once again A BIG THANKYOU to all the volunteers who helped out. It was a great day—we will keep you informed of our fundraising efforts shortly.



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, rakers etc, etc.

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



STATE INDIVIDUAL CHAMPIONSHIPS - APRIL 2ND AND 3RD

The pinnacle event for many athletes. It is open to all U9-U17 athletes.

To compete you must have been registered by 31st December. Athletes must nominate to participate in the SIC's **Entry forms and fees must be handed to Karen Heaver by Friday, 4th March 2011.** NO LATE ENTRIES CAN BE ACCEPTED. Forms are available at the canteen or from the web site.

You must however meet the qualifying standards on two occasions and have competed at 50% of meets held since you registered. Qualifying standards are in the handbook and on the website. Qualifying standards must be met by the 4th March.

There is a list of athletes who have qualified, or need one more event to qualify on the notice board at the Canteen. This will be updated weekly.

Please speak to one of the Committee if you are unsure about eligibility or entry for this event.



SOUTHERN REGIONAL GAMES

Friday 11th Feb was the Southern Regional Games at Southern Districts LAC. We had a great turnout with 39 athletes attending—We came 3rd out of 7 for attendance. A lot of kids also got PB's on the night — well done.

Last Friday, we are held our joint meet with Reynella East and Districts LAC. This was a great opportunity to compete against athletes from another centre. We had a god turnout and it was great to see all the purple shirts.



25TH BIRTHDAY CELEBRATIONS

We will be holding our meet where previous athletes will be coming out to compete with the current registered athletes. This was originally going to be scheduled for the 18th of March however this clashes with Clipsal therefore we will look to change to the 25th of March.

Hope to see you there for a great night of competition.



2010/2011 FEES

No in Family	On Reg Day	After Reg Day
1 Child	\$70	\$75
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



Be Your Best

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.

