

Box Hill Little Athletics Centre Newsletter



No. 4/2009-10

Saturday, November 14, 2009

DIARY DATES:

<i>Saturday, November 14</i>	<i>Little Aths – Programme A</i>
<i>Sunday, November 15</i>	<i>Region Relay Day (Doncaster)</i>
<i>Saturday, November 21</i>	<i>Little Aths – Programme B</i>
<i>Saturday, November 28</i>	<i>Decathlon/Heptathlon Day 1</i>
<i>Saturday, December 5</i>	<i>Decathlon/Heptathlon Day 1</i>
<i>Sunday, December 6</i>	<i>Waverley Open Day * (www.waverleylittleaths.org)</i>
<i>Saturday, December 12</i>	<i>Little Aths – Programme C</i>
<i>Sunday, December 13</i>	<i>State Relay Championships (Olympic Park)</i>
<i>Friday, January 22</i>	<i>Twilight Programme F</i>
<i>Sat/Sun, Jan 30/31</i>	<i>State Multi-Event (Bendigo)</i>
<i>Sat/Sun, February 20/21</i>	<i>Region Track & Field</i>
<i>Sat/Sun, March 20/21</i>	<i>State Track & Field Championships</i>

REGIONAL RELAY CHAMPIONSHIPS - ARE THIS WEEKEND, SUNDAY, NOVEMBER 15 at Doncaster Athletics Track. All information has been e-mailed to all participants. If you have not received anything, please contact your age group manager and Scilla Dinnison immediately. There has been a lot of important information regarding time-tables, parent duty rosters, venue, rules and regulations etc. etc. so please make sure you have read it all. If in doubt, don't hesitate to contact Scilla on 0411 157 420 or 9889 4451. Good luck to everyone competing at the relays. Please note that between 11 am and 12 noon Madeline Pape and Sean Wroe, two Australian athletes, will be at the Doncaster track.

UNIFORMS - To compete at Region and State level Box Hill Little Athletes **must** wear the approved Box Hill Uniforms.

Uniforms can be obtained at the track from Carol at the front desk

* Singlets \$45 * Crop tops \$50 * Girls' and boys' shorts \$15

SUPERVISION OF CHILDREN - Little Aths is not a babysitting service. We DO NOT recommend you leave your children unattended at the venue whilst you attend to other personal matters on a Saturday morning. Please note that whilst our Age Group managers are happy to assist with your child, it is not their responsibility to "look after" your child beyond competition events and particularly once the programme is completed. The finish time for any Saturday or twilight meeting will vary from week to week as the programmes are not all the same. If you need to leave the venue the onus is on you to nominate another parent, preferably a close friend, to be the responsible person and let your child know exactly who it is. The Arena Manager is not a parent finding service.

VICTORIA'S FASTEST KID –Are you the speedster on the sporting ground, or the pace-setter in the playground? Can you burn up the backyard or fly across the field? Are you 'Victoria's Fastest Kid'? A family friendly event for the young and fleet footed, the champion boy and girl of 'Victoria's Fastest Kid' will receive a 12 month Adidas sponsorship, valued at over \$1000 each. In addition, eight pairs of Adidas running shoes will be up for grabs to lucky entrants in a random prize draw. Open to any child aged 12 years or under (as at 31st December 2009), 'Victoria's Fastest Kid' follows a series of knockout qualification rounds to determine 256 quarter-finalists, which will be reduced to 32 semi-finalists (16 boys, 16 girls). Racing will be conducted over 100 metres, with the semi-finals and final to be held at the Zatopek:10 at Olympic Park (10th December 2009) to crown 'Victoria's Fastest Kid.' All you need to do now is think quick, run fast, and get involved. For further information or enquiries, please contact:


Athletics Victoria
Phone: 9428 8195
Email: info@athsvic.org.au

TRAINING – Training at the track is every Wednesday. Training is a 2 hour session from 4:30pm and covers all areas of athletics. We have a range of coaches that are looking after the various events and in the next week or so we will have posted on the web a general timetable showing which events are specifically covered that evening, particularly those specialized such as high jump. In general most events are covered at each session.

Remember there is a **training fee** which is a one off payment of **\$50** that covers the full season. See our admin tent for further detail and payment.

NEWSLETTER - If you have anything you wish to add to the newsletter, please contact Scilla Dinnison on ph: 9889 4451 or e-mail - scillad@bigpond.com.

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121-123 GOSFORD CRESENT
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PH: 9876 5552
FAX: 9876 5553

gmcross@hotmail.com

Bread Street
Bakery

22 Hamilton Street
Mont Albert

9890 0066