

Box Hill Little Athletics Centre Newsletter



No. 7/2011-2012

Saturday, November 19, 2011

Parent Duty Roster Wk 1

DIARY DATES:

Saturday, November 19	Little Aths - Programme A
Sat/Sun, Nov 19 & 20	LAVic State Multi's
Fri/Sun, November 25/27	Crystal Creek Coaching Camp U10-U11's (see Sherrie Boulter)
Saturday, November 26	Little Aths - Programme B
Saturday, December 3	Multi's Day
Saturday, December 9	Little Aths – Programme C (Twilight)
Sunday, December 11	Regional Relay Championships (Knox)
Saturday, December 17	Little Aths – Christmas break up meet
Christmas Break	
Sunday, January 28	State Relay Championships (Albert Park)
Sat/Sun, February 18/19	Region Track & Field Championships
Sat/Sun, March 24/25	State Track & Field Championships (Bendigo)

This **Saturday** is **Program A**.

Javelin registration & commencement 7:45am

General warm up at 8:30 pm.

Program A (8 Oct, 19 Nov, 4 Feb)						
	*JAV (U11-U15)					
U6-7	100m	ST	ST	SP	LJ	
U8	70m	100m	60mH	SP	ST	
U9	70m	800m	60mH	DIS	HJ	
U10	100m	800m	60mH	DIS	TJ	
U11	100m	800m	60mH	SP	TJ	
U12	100m	800m	60mH	SP	HJ	
U13-15	100m	800m	80-100H	DIS	LJ	

Make sure your read down to Page 6 that offers a great opportunity

BOX HILL RELAY DAY Well done to all who participated at the Box Hill Relay Day. We had 11 Centres enter some 540 teams across U9's to U16's age groups with events including 4 x 100's, 4 x 200's and Medleys. There were single gender and mixed sex events.

The Athletics Gods shone upon us again with good weather other than for a 10 minute down pour that did not dampen the little athletes spirit or endeavor.

The program ran like clockwork with the last race due to finish at 5:07 having its final runner cross the line at 5:08.

The event ran so smoothly due to the many parent volunteers. We thank Jan Fitzgerald for her organisation leading up to and during the event. Everyone who chipped in did a great job, but there are a few families that need special mention, for going above and beyond the call of duty. These are families where two (or more!) family members took part in a duty, or where one person did two (or even more!) duties or shifts on the day.

These are: Clarke family (Andrew ran the BBQ, Trish was Chief recorder in the afternoon, and was also age group manager for two teams), Jon Seddon (Chief Box official, U12B age group manager, and fill-in U13B age group manager), Leanne Bertacco who was the age group manager for the U11G & U15B, Pauline Daly who also managed the U11G, Montagu's (Kimble an EMR starter, Sally who stayed for longer than a ½ day duty), John O'Shea who filled in wherever needed starting at 7am as our gate b**ch and then helped out on the BBQ, Alan Macrae (who stayed on beyond his ½ day to ensure we were covered, plus the BBQ guys who stayed longer than their ½ day – Graeme Immeson and Matthew Geddes. Plus of course all the Chief Officials who stayed on their duties for a full day – Grant O'Donnell, David Brown, Kent Barnes, Pia Hunter, Jon Seddon, Warren Paterson, Sherrie Boulter and Andrew Clarke. And thank you to Phil Kennedy and Sherrie Boulter for their training and coaching leading up to the day.

Also a big thank you to Doncaster and Haydn Dunne for providing their venue and equipment because of the event clash at our home track; and to Gerard Hayes for preparing the meet draw and operating Meet Manager.

Now onto Region Relay which will be at Doncaster so all the athletes will be familiar with the track, all track merging points and the marshalling area that will be laid out the same.

I don't have medal tallies to hand just yet but hope too before the next newsletter. If anyone has photos of the day please get them to me on a USB or disk.

IGA PATCHES

Remember your IGA patch with barcode. It is very important. Soon we will stop marshalling athletes that don't have a barcode and IGA patch on.

PARENT DUTY – **Check our website under the home page link Parent Duty Rosters for the full three week duty cycle.**

Always check the duty roster as there may from time to time be additions or possible changes due to families registering new or returning athletes after the season has commenced.

This week is the State Multi event on Saturday and generally we see a shortfall of parent helpers because of this clash. Any extra assistance from parents this Saturday morning will be appreciated.

RELAYS – Remember parents of athletes competing at Region Relays will be asked to complete a duty.

Remember if you have made a commitment for your child to compete at relays **you must attend** unless there are extenuating circumstance. Your child not presenting on the day means there are three other athletes that will not get a run.

It is not as simple as putting another boy or girl in the race as the Team Manager must submit before the days proceedings a team sheet with all the athletes names. To compete at Region and State events you must have attained and competed in a minimum number of Centre competitions. Similarly there is a maximum number of events an individual can compete in. Therefore it is not that simple to just grab someone else if you child does not attend. Please keep this in mind.

Regional Relay Championships
State Relay Championships*

Sunday, December 11 (Doncaster)
Saturday January 28 (Albert Park)

(* only teams that qualify at Region compete in the State finals)

UNI FORMS – Those competing at Region and State events must wear the approved Box Hill uniform. Uniforms are available for sale from Carol Taylor-Brown and will be so over ensuing weeks.

We have had some reports of new Box Hill tops not coming out particularly well after a wash. If you are concerned regarding the Box Hill uniform purchased [this](#) season, please report it to Carol as we are following up this issue with the manufacturer to have them mended or replaced..

For new parents getting involved at Region or State level for the first time you must be aware of the rules regarding approved clothing. Children will need to go through a uniform check before going to the Call Room on competition day. If the uniform does not comply, or your shoes are missing spikes are has the wrong designed spikes etc., your athlete will not be allowed to compete. This will apply to Region Relays, State Multi and State T&F.

STATE MULTI'S

This week is the state multi event. The program is posted on the LAVic website and competition days are as follows

U12 - U16 Saturday 19th Nov.
 U9 – U11 Sunday 20th Nov
 Lakeside Stadium Albert Park

Again there is an expectation that a parent of children competing will need to complete a duty. Parents be aware of Call Room times so that their child is not DQ'd. This is a new venue so give yourself good time to get there early for your warm up and reporting to the call room. Assuming it is set up as it was a few weeks ago for the All Schools, the Call Room is under the east grandstand at the south end (scoreboard end) being the same side of the stadium as the long and triple jump pits.

POSITIONS STILL VACANT-

We're looking to fill two important roles. If you or you know of someone that may be interested I would be happy to take down their details.

1. Grants Monitor
 This role entails someone who is organised and has the experience and/or acumen to canvass newspapers and government or corporate websites in respect to grants on offer to sporting clubs or organisations. This is a non-committee role and your brief is to flag grants on offer and to initiate or assist with lodging applications for such. If this is something that you would like to get involved with please contact Alan on 0414 366 827

2. General Handyman/Cleaning
 We are seeking an individual or small business that would like to offer their services in respect to undertaking general cleaning duties at Hagenauer's Reserve. It would at this stage involve generally tidy up of the track including cleaning and arranging bins for collection, cleaning of the toilets, gym, changeroom plus restocking of consumables and general tidying up the track and environs such as around the jump pits, marking sector lines on the grassed area when needed etc.

This will be a paid position and is negotiable as a rate per hour or a flat fee arrangement. If interested and you would like more detail please contact Alan on 0414 366 827.

CRYSTAL CREEK COACHING CAMPS

Camp dates are posted on the notice board next to the canteen. Further information can be obtained from Sherrie Boulter,

Dates: November 25 – 27 U10 – U11's
Cost: \$150 which includes food, accommodation, bus and coaching

NEWSLETTER – If you have any content you would like to contribute to the newsletter, or would like to promote your service or products, please contact **Alan Bertacco** on 0414 366 827 or e-mail to abertacco@optusnet.com.au

SPONSORS & SUPPORTERS

Specialist Maths tuition
and English tuition

Phone 9888 4396 now
for an assessment
and introductory
lesson – **ALL FREE!**

**Number
Works
in Words**

www.numberworksnowords.com

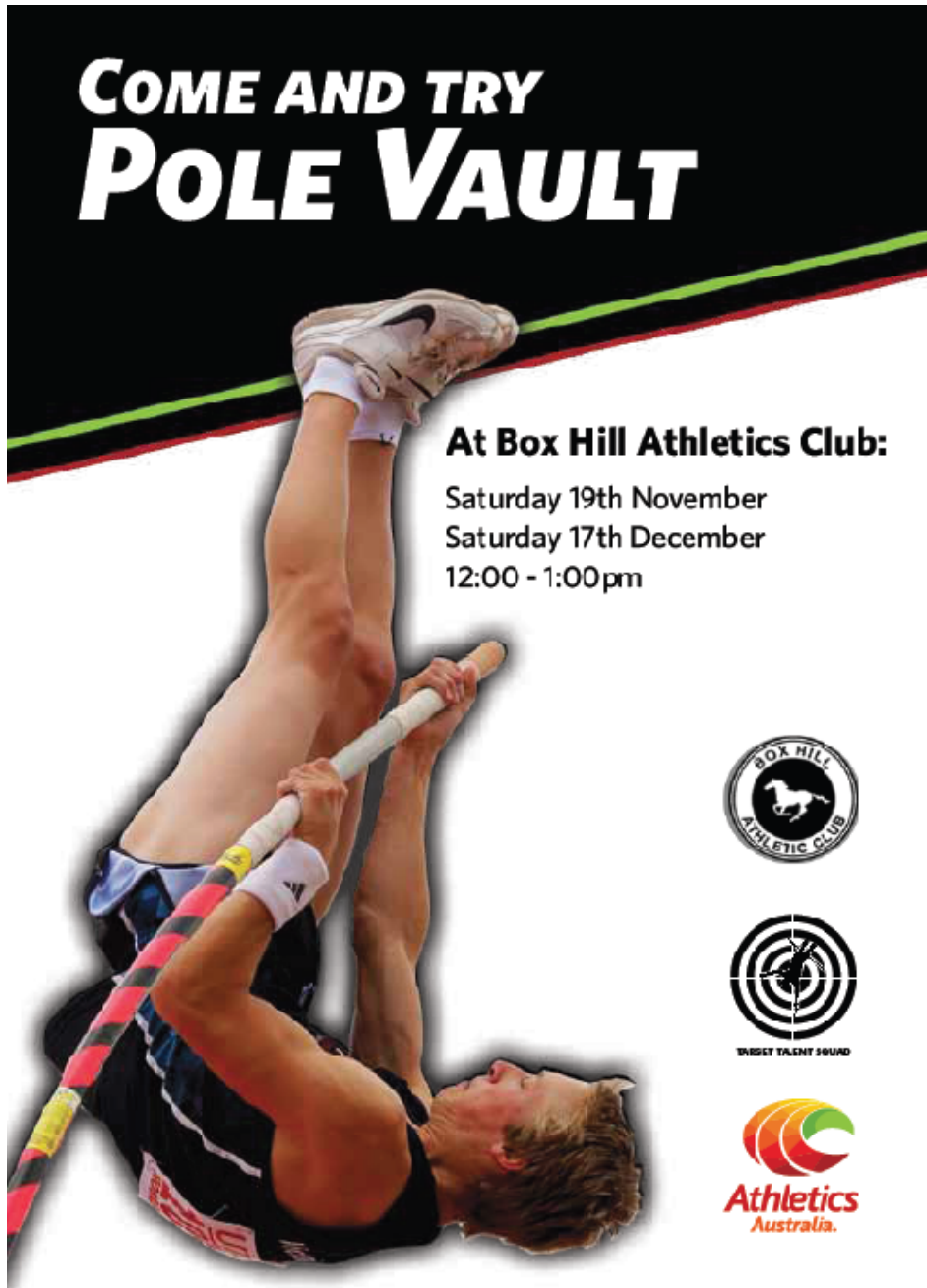


BreadStreet

22 Hamilton St
Mont Albert
Ph 9890 0066




Oper 7 Days
from 6am

There is an opportunity being presented to Box Hill Little Athletes. There are two dates set aside but don't panic if you can't make either of them as I am advised there will be further skills identification programs after the Christmas break. We will keep you posted. This is a great opportunity with world class coaches. This information brochure below is posted on our website under *News*



COME AND TRY POLE VAULT

At Box Hill Athletics Club:
 Saturday 19th November
 Saturday 17th December
 12:00 - 1:00pm

Athletics Australia's High Performance Program along with the underpinning Target Talent Program have allocated additional resources to find the next generation of Australia's World Class Pole vaulters.

We are holding two trial days to teach the basics of pole vault and assess athletes on their potential to be an international pole vaulter. Sessions will be approximately 60 mins in length and targeted at athletes aged 11 to 13 years of age.

To be successful athletes will need to be:

- **FASTER** than average
- **TALLER** than average
- **COORDINATED** - *gymnastics background is helpful but not essential*

Athletes displaying potential will be selected to continue training 1-2 days per week.

Trial days and any subsequent coaching will be under the guidance of Mark Stewart and Rosie Ditton at Box Hill.

Mark has coached many International Pole Vaulters, including:

- Steve Hooker from 1997 until 2006 at which point he had a personal best of 5.91m, was the Commonwealth Champion and was ranked Number 1 in the world!
- Emma George to 10 world records and a PB of 4.55m
- Brodie Cross - 2011 World Youth Representative

FOR FURTHER INFORMATION OR TO REGISTER CONTACT:

Rosie Ditton - Target Talent Coordinator - Athletics Australia
 Email - rosie.ditton@athletics.org.au Mobile - 0410 574 117

**Please ensure you email Rosie to register prior to the trial days.*