

# Box Hill Little Athletics Centre Newsletter



No. 8/2011-2012

Saturday, November 26, 2011

## Parent Duty Roster Wk 2

### DIARY DATES:

**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 (Doncaster)

Saturday, December 17

Little Aths – Christmas break up meet

**Christmas Break**

**Season's second half**

**January 14, 2012 (to be confirmed, it may start a week later)**

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)

See you Saturday for **Program B**. Remember Javelin is 7:45am and the 300mH are 8:00am.

General warm up at 8:30 pm.

Program B (15 Oct, 26 Nov, 11 Feb)					
	*JAV (U11-U15) 300mH (U13-U15)				
<b>U6-7</b>	70m	200m	ST	DIS	ST
<b>U8</b>	100m	200m	ST	DIS	LJ
<b>U9</b>	70m	100m	200m	SP	TJ
<b>U10</b>	70m	200m	1100m	SP	LJ
<b>U11</b>	70m	200m	1500m	DIS	HJ
<b>U12</b>	70m	200m	1500m	DIS	LJ
<b>U13-15</b>	70m	200m	1500m	SP	TJ

**STATE MULTI'S** Well done to all who participated at the State Multi's. You all got to compete at the new home of athletics.

Everyone braved the weather on Saturday except me as I was watching the Presidents Cup in the comfort of my lounge. A miserable day weather wise for the U12 – U15's but it produced some fantastic results that were backed up on the Sunday by the U9 – U11 group.

The nominated fields were very large with age group events themselves in effect split into heats to cope. Some of the Sunday groups had registered fields close to 100 athletes, the U11B I am told had a field of about of 106.

**Well done, you all represented Box Hill with distinction.** Also a special thank you to the parents who fulfilled duties that would have been trying at the least.

Our Team Managers were fantastic and organized as usual with Sherrie Boulter (Saturday) and Michelle Purcell and Monique Holah taking over the reins for the Sunday competition. As usual Warren Paterson worked as the Long Jump key official all day Saturday and Sunday. Warren is still drying out, and I don't mean from the scotch!

Check out the results below.

Age	Athlete	Placing
U12G	Kate Boulter	1
U14B	Jonathon Taylor	1
U13G	Claire O'Brien	2
U11G	Emily Bertacco	5
U9B	Lachlan Doehmann	7
U15B	William Seton	7
U10G	Anastasia Purcell	15
U10G	Mia Holah	17
U9B	Zac Johnson	18
U12B	George Asu	20
U9B	Harrison Truscott	37
U12B	Elliot Taylor	40
U11G	Brigid Daly	41
U12B	Matthew Seddon	44
U11B	Cooper Lean	48
U11G	Claire Boulter	55
U9B	Jackson Geddes	58

**"COME N TRY" POLE VAULT** - Unfortunately last Saturday's weather did little to assist the first of the two come & try session being conducted by Australia's best pole vault coaches Mark Stewart and Rosie Ditton.

The second session is on **December 17** at the Box Hill track straight after Little Aths that morning. If you can't make it, they will run further sessions after Christmas.

**Go to Page 4** of this newsletter for the flier for all the necessary detail

## 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.

**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 will be conducting after Region Relay a recall of Box Hill competition tops as we have uncovered a manufacturing flaw that the supplier will repair.** EMR Relays are on Dec. 11 so we need everyone who has purchased a new top this season to wash the garment and bring it to our December 17 meet. We will return them for correction and have them back for you after Christmas. I suggest you place a name or identification mark on the garment so we correctly return it to you.

**Please Read Me**

**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](mailto:abertacco@optusnet.com.au)

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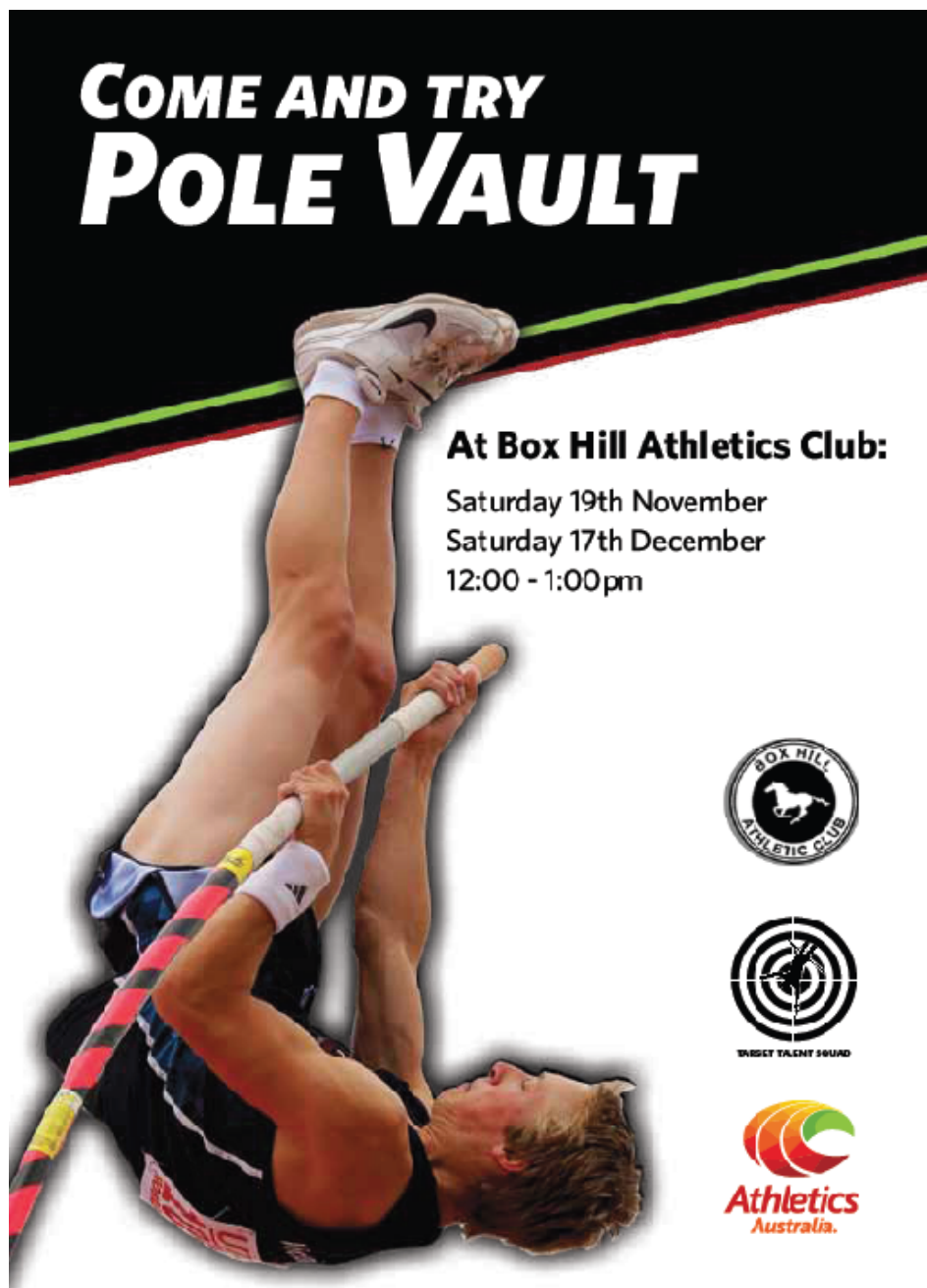
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There is an opportunity being presented to Box Hill Little Athletes. There are two dates set aside but don't panic if you can't make either of them as I am advised there will be further skills identification programs after the Christmas break. We will 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](mailto:rosie.ditton@athletics.org.au) Mobile - 0410 574 117

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