

Box Hill Little Athletics Centre Newsletter



No. 2/2011-2012

Saturday, October 15, 2011

Parent Duty Roster Wk 2

DIARY DATES:

Saturday, October 15	Little Aths – Programme B
Saturday, October 22	Little Aths – Programme C (bring a friend day)
Saturday, October 29	Little Aths – Programme D
Fri-Sun, November 4-6	Crystal Creek Coaching Camp U12-U15's (see Sherrie Boulter)
Saturday, November 5	Little Aths – Programme E
Friday, November 11	Little Aths – Programme F (Twilight)
Sunday, November 13	BHLAC Invitational Relay Day (held at Doncaster)
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
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)

Hi all. I hope you all enjoyed the start to the season last week. We pretty much got away on time which meant many were able to get away earlier.

Again the first few weeks involves bedding down a number of maters, not the least the duty roster. We will do our best to accommodate preferences. Fell free to drop me a line at abertacco@optusnet.com.au with any queries. Understand that I receive many emails on a range of issues, therefore I could possibly miss one or two. If you haven't had a response after a few days just send it again.

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

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

BRING A FRIEND DAY - October 22 Athletes are encouraged to bring a friend along on October 22 to have a try at athletics.

This is a good way to get one of your schools friends or a relative the chance to join you for a bit of fun.

Who knows, they might like it and want to join !!

PARENT DUTY - Just a reminder that parents are required to perform a duty at a minimum of once every 3 weeks.

Be patient while we settle the roster down, which generally takes the full 3 weeks to bed it down completely as there are still families registering and therefore there continues to be inclusions to the roster. Remember those on Set Up Duty need to be at the track by 7:30am. Check the parent duty roster on our website, it can be found by clicking on **Club Rosters** link on the home page.

WEBSITE - Don't forget to check out the BHLAC website – www.bhlac.org.au which contains up to date information.

CLUB TABLE - I had no approaches last week regarding the **Whitehorse** club table that still does not have a manager. This position must be filled otherwise records are unlikely to be maintained. Again if you are able to take on this role come and see Alan at the start/finish line or send me an email at abertacco@optusnet.com.au

RELAYS - Athletes in the U9-15 age groups wishing to run in relays must complete a **relay entry form** and return it to the information table by the end of October. Because of the tight time-frame, it is all a bit of a rush in the first few weeks, but feel free to talk to a committee member at the front table, your age group manager or contact the Box Hill Team Manager Jan Fitzgerald on 0439 891 331 or janfitzgerald@acomp.com.au. Dates of competitions are as follows:

Box Hill Invitation Relay Day	Sunday, November 13 (Doncaster)
Regional Relay Championships	Sunday, December 11 (Knox)
State Relay Championships*	Saturday January 28 (Albert Park)
(* only teams that qualify at Region compete in the state finals)	

Please ensure that your child is available for all dates entered as late withdrawals disadvantage other team members and the BHLAC is not allowed to change the names of team members once they have been submitted. **Any family who has a child competing will be expected to perform a duty at that competition.**

Age Group Managers for U9's and above are asked to be reasonably vigilant in respect to athletes that could contribute to a relay team, particularly in respect to Region Relays which are certainly more serious and competitive. Please encourage you troupe to consider the Box Hill Relay Day were the emphasis is certainly on fun.

UNIFORMS - Box Hill uniforms will be available for sale from Carol Taylor-Brown most Saturday mornings. Boys and girls' singlets are \$45 each with girls' crop tops available at \$50. We also have some boys plain black shorts at \$15 and girls' hipsters at \$15. Uniforms are only compulsory for those athletes competing at regional and state events. After a successful launch last season we also have the Box Hill hoodie which proved extremely popular last season. If you are interested in purchasing a hoodie, you will need to place an order with Carol – orders will take approximately 2 weeks to fill. We will have sample sizes to try – and may have a few sizes in stock. Child sizes are available at \$45 and adult sizes \$55.

COACHING - Box Hill provides coaching every Wednesday from 4.30 at the track. Details of the program will be posted on the Website shortly. There is **no charge** for training as it is included with your registration fee. However we do ask that you don't use this initiative as quasi after-school care. Therefore whilst our coaches will be diligent and careful with all activities, ultimately **you should remain in attendance** to care for your children.

Training commenced on Wednesday 12th October at Hagenauers Reserve.

U6 and U7 Athletes will finish at 5.20pm and all other athletes will finish at 6.00pm.

So that we can get started on time could everyone please arrive prior to 4.30pm to sign in and complete a training registration form if you have not already done so. We don't want administrative stuff encroaching into the training session

Once again this season we will be offering a rotational training program designed to cover all Little Athletics events.

Don't forget your hat and drink bottle and for U12 athletes your spikes if you want to learn to block start!

Any qualified coaches that would like to get involved with coaching our Little Athletes at these sessions is encouraged to contact Sherrie on 0407 475 290.

Crystal Creek Coaching Camp

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

Dates are: November 4 – 6 U12 – U15's
 November 25 – 27 U10 – U11's

Cost: \$150.00 (includes food, accommodation, bus and coaching)

NO SMOKING – A reminder that Box Hill little athletics is a non smoking event and the track and its surrounds are a non smoking venue – makes sense doesn't it! This also means the immediate environment surrounding the track so if you must light up, please ensure you are well away from the front entrance gate. Apart from it being the Law it is in the interests of ALL athletes and spectators.

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

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