

# Box Hill Little Athletics Centre Newsletter



No. 3/2009-10

*Saturday, October 17, 2009*

## **DIARY DATES:**

<i>Saturday, October 17</i>	<i>Little Aths – Programme C</i>
<i>Saturday, October 24</i>	<i>Little Aths – Programme D</i>
<i>Sunday, October 25</i>	<b>Box Hill Invitational Relay Day</b>
<i>Friday, October 30</i>	<b>Twilight Little Aths (comm.. 5.45 pm) – Prog. F</b>
<i>Saturday, November 7</i>	<i>Little Aths – Programme E</i>
<i>Saturday, November 14</i>	<i>Little Aths – Programme A</i>
<i>Sunday, November 15</i>	<i>Region Relay Day (Doncaster)</i>
<i>Sunday, December 14</i>	<i>State Relay Championships (Olympic Park)</i>
<i>Sat/Sun, Jan 30/31</i>	<i>State Multi-Event (Bendigo)</i>
<i>Sat/Sun, February 20/21</i>	<i>Region Track &amp; Field</i>
<i>Sat/Sun, March 20/21</i>	<i>State Track &amp; Field Championships</i>

**FIRST AID** – Box Hill places a huge emphasis on the safety of all our young athletes and with this in mind we are very privileged this year to have a permanent first aid officer Laura who will be with us every week. Could parents of children with allergies, asthma or any other serious medical condition that may require first aid please come and talk to Carmel so she can be prepared for any contingency.

**BOX HILL INVITATIONAL RELAY DAY** - The Box Hill Relay Day will be held on Sunday, October 25. It takes a lot of organisation to put on such a successful event and the full support of all Box Hill families. This is the major fundraising event for BHLAC and without parental support, it would not be possible to run the event. Thank you to all parents who have already volunteered their services for duty for next week. It is a requirement of your child's participation in the relays, that you are able to perform a half day duty on this day so you will be allocated a duty. A duty roster will be distributed to all participating athletes via e-mail early in the week so please check your e-mails. If in doubt, call Scilla on 9889 4451 or 0411 157 420. The duty roster should also be on the website – [www.bhlac.org.au](http://www.bhlac.org.au) – later this week. The up-to-date roster will also be at the front desk next Saturday so please check it out and fill in the blanks.

If you are participating in relays and have NOT received any e-mails from Scilla Dinnison, please contact her immediately on 9889 4451 as it means you are not on the distribution list and you will need to be – not just for the duty roster but all information. If you still wish to be involved in the relays, it's not too late but you will need to contact either Scilla or your relay age group manager ASAP.

**SATURDAY MORNING PARENT DUTY** – Please note that there is a minimum number of parent duties that must be performed Saturday mornings to enable athletes to qualify for end of year trophies. If your name does not appear on the duty roster, it is an oversight, so please contact our Duty Manager, Susie Kosa – 9849 1670 or [stevekosa@optusnet.com.au](mailto:stevekosa@optusnet.com.au). If you simply do not turn up to your allocated duty or turn up late, it causes delays and disruptions to the programme and inconveniences everyone else at the track while a replacement is found. So please be aware of your responsibilities and courtesy to all other families. Thanks.

**TRACK ETIQUETTE** – Could everyone please be aware of track protocol, particularly in crossing the track. Please look left and right before crossing the track and ensure that the track is clear of all athletes. If you have young children, please ensure that they are supervised, as they could be hurt if colliding with an athlete at full speed. Nothing stands in the way of a PB!! We also ask that no one crosses the track at the gates at the start/finish line as it will set off the timing equipment – and may result in messing up the recording of the next race. You should also be careful when walking across the middle of the track that you are not in range of discus' and shot puts. Some of our older athletes can throw that discus a long way.

**NO SMOKING** – HAGANEUR RESERVE AND BOX HILL LITTLE ATHLETICS IS NON-SMOKING AT ALL TIMES. It makes common sense not to smoke in front of children at any time, but particularly if they are participating in a sporting activity. If you wish to smoke, could we please ask that you do not smoke immediately outside the gate but walk some distance away, as the front gate is a busy thoroughfare for parents and children coming and going and it is not pleasant to have to run the gauntlet through the entrance. Thanks for your co-operation.

**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 specialised 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.

**CRYSTAL CREEK CAMP** – *Want to improve your skills and performances ... Crystal Creek camp is for you.* There are two coaching camps available for athletes in our region:  
U12, 13, 14 & 15 athletes from Friday, 6<sup>th</sup> – Sunday, 8<sup>th</sup> November  
U10 & U11 athletes – Friday, 27<sup>th</sup> – Sunday, 29<sup>th</sup> November

Further details can be found on page 46 in our handbook and pamphlets are available from the front desk. Places are limited per centre so applications will be accepted on a first come first served basis. If interested, don't forget to hand your form in to the front desk ASAP.

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