



No. 3/2011-2012

Saturday, October 22, 2011

Parent Duty Roster Wk 3

DIARY DATES:

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 U12-U15'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)

PLEASE PLEASE PLEASE remember to affix the IGA Patch with barcode to your athlete's top. In fact the younger age groups are better, it is some of the older groups that insist it must be uncool to wear the barcode. We will stop issuing results for those who are consistent offenders.

The IGA patch must be kept on full display. IGA are a major sponsor of Little Athletics and we are required to comply with those requirements as part of our Centres affiliation. So to those girls who are folding over the patch so that only the barcode is revealed you need to refrain from that.

Whilst we accept blame for some of the delays last week, the absence of barcodes was a significant cause for such. Imagine going to the supermarket and you had to type in every grocery item at the register. How much longer would that take!!!

Wear your barcode



This Saturday we have **Program C. Remember Walks** commence at 8:00am. General warm up starts at 8:30 am.

Program C (22 Oct, 9 Dec, 25 Feb)						
* Walks (see p9)						
U6-7	70m	300m	ST	SP	ST	
U8	70m	300m	ST	DIS	LJ	
U9	100m	400m	80m H	DIS	LJ	
U10	100m	400m	80m H	DIS	HJ	
U11	100m	400m	80m H	SP	LJ	
U12	100m	400m	80m H	SP	TJ	
U13-15	100m	400m	SP	LJ	HJ	

BRING A FRIEND DAY THIS SATURDAY Athletes are encouraged to bring one friend along 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 enough to want to join.

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

Remember if you can't fulfil your duty requirement you need to arrange your replacement or deputy. Remember if you don't fulfil the minimum duty requirement your athlete may not be eligible for end of season awards. So it presents an opportunity to get to know some of the other parents in your child's group and you can help each other out from time to time.

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. **If you have any questions regarding relays please see our Team Manager Jan Fitzgerald.** Jan will be stationed at the large Box Hill tent at the end of the front straight.

You need to act fast as clearly entries need to be in well before the event.

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)	

AGE GROUP MANAGERS - Can you please advise Jan Fitzgerald if you intend, or otherwise, being a Relay's Age Group Manager. Did you know that you can have the timekeeper print a summary of times in each heat/race. You just need to ask before he/she sets the clock for the next race. This is a good way of identifying talent and athletes for relay events such as the medleys with 100, 200 & 400m legs.

UNIFORMS - Box Hill uniforms will be available for sale from Carol Taylor-Brown most Saturday mornings. Carol is stationed next to the noticeboard adjacent to the canteen.

COACHING - Box Hill provides coaching every Wednesday from 4.30 at the track. Details of the next weeks program is posted on the noticeboard next to the canteen.

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 CAMPS

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

Dates: November 4 – 6 U12 – U15's
November 25 – 27 U10 – U11's
Cost: \$150 which includes food, accommodation, bus and coaching

REGISTERED & PAID ON LINE If you are one of these families, you may well be yet to collect your Little Aths goodies bag that has some valuable information and our Handbook. When at the track, if you had not already collected a **showbag**, call upstairs at the pavilion and collect yours. There is one for each registered child.

PROOF OF AGE - First time registered athletes at our Centre need to show proof of age. This is a requirement of Little Athletics Victoria. If you are yet to do so please attend to it at your Club table ASAP. The minimum requirement is a birth certificate extract or a passport.

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


BIG WEEKEND OF ATHS - Little aths Saturday morning, first home fixture this season for Senior aths in the afternoon and St Kevin's competing in the APS finals at the new Albert Park athletics track in the afternoon. I know John O'Shea wishes us well!!

SPONSORS & SUPPORTERS

Specialist Maths tuition
and English tuition

Phone 9888 4376 now
for an assessment
and introductory
lesson - ALL FREE!

www.numberworksnowords.com




BreadStreet

22 Hamilton St
Mont Albert
Ph 9890 0066

Oper 7 Days
from 6am

