

# Box Hill Little Athletics Centre Newsletter



No. 4/2011-2012

Saturday, October 29, 2011

## Parent Duty Roster Wk 1

### DIARY DATES:

Saturday, October 29	Little Aths – Programme D
<b>Fri/Sun, November 4/6</b>	<b>Crystal Creek Coaching Camp U12-U15's (see Sherrie Boulter)</b>
Saturday, November 5	Little Aths – Programme E
Friday, November 11	Little Aths – Programme F (Twilight)
Sunday, November 13	<b>BHLAC Invitational Relay Day (held at Doncaster)</b>
Saturday, November 19	Little Aths - Programme A
Sat/Sun, Nov 19 & 20	LAVic State Multi's
<b>Fri/Sun, November 25/27</b>	<b>Crystal Creek Coaching Camp U12-U15's (see Sherrie Boulter)</b>
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
<b>Christmas Break</b>	
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)

Well done to all you parents, the barcode frequency was much higher this week. Please remember to pack you athletes IGA Patch with barcode.

This Saturday we have **Program D**. Remember Javelin commence at 7:45am. See the next page for an important change to Javelin.

General warm up starts at 8:30 am.

Program D (29 Oct, 14 Jan, 3 Mar)					
*JAV (U11-U15) 300mH (U13-U15)					
100m	ST	ST	SP	LJ	<b>U6-7</b>
70m	100m	60m H	SP	ST	<b>U8</b>
70m	800m	60m H	SP	HJ	<b>U9</b>
70m	800m	60m H	SP	TJ	<b>U10</b>
70m	800m	60m H	DIS	TJ	<b>U11</b>
200m	800m	60m H	DIS	JAV HJ	<b>U12</b>
200m	800m	80-100m H	DIS	300mH LJ	<b>U13-15</b>

**JAVELIN** - It has become necessary to initiate changes to the Javelin event. Javelin forms part of Programs A, B, D & E and commences at 7:45am.

These initiatives are necessary for safety reasons and therefore it will be a requirement for those U11 – U13 athletes wishing to participate to have their name, registration No. and age group registered with the recorder at the event by 7:45am on the day of the event. **Those athletes not signed in on the recorders sheet by 7:45 will not be permitted to participate.**

Furthermore athletes will not be permitted to record another athlete's name for the purposes of 'saving a spot' for those that arrive after 7:45am.

## **NO TRAINING THIS WEDNESDAY 26th**

Training on Wednesday 2<sup>nd</sup> & 9<sup>th</sup> of November will include general relay training for the Box Hill Relay Day.

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

You should always check the duty roster as there will from time to time be additions or possible changes due to new and returning families registering after the season has commenced.

**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.

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

**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.

## 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

**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)

## SPONSORS & SUPPORTERS

Specialist Maths tuition  
and English tuition

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

*Number  
Works  
nWords*

[www.numberworkswords.com](http://www.numberworkswords.com)



**BreadStreet**

22 Hamilton St  
Mont Albert  
Ph 9890 0066

Open 7 Days  
from 6am