



SOUTHERN DISTRICTS LITTLE ATHLETICS CENTRE HOLDFAST BAY

NEWSLETTER

NOVEMBER 2010

WELCOME

Unbelievable – Four meetings and we have been washed out for three of them.

The first four meetings of the season are usually very messy until Registrations and Come & Tries are finalised but we certainly haven't experienced anything like this before. Hopefully the weather will fine up and we can settle down to some serious competition.

CHAPERONES

Thank you to all those parents who are prepared to supervise and help with each age group. This can be a very daunting task at the beginning of the season, especially for new families. Hopefully once the numbers in each age group are consolidated and parents become more familiar with the various events at Little Athletics, this task will become a lot easier.

TINY TOTS

Not all clubs cater for Tiny Tots. We are very proud of our Co-Ordinators and the parents who are prepared to run the program and to give so many young children the opportunity to actively enjoy themselves in a sporting environment. The program is very popular and unfortunately we have had to place a limit on our numbers. Apology to any families who may have missed out.

CANTEEN

Our Canteen and BBQ are our only form of fundraising as well as providing a wonderful service to our members. The prices are kept as low as possible and represent very good value. Please remember that the people in the Canteen and on the BBQ are volunteer parents and that your patience and understanding may be required at times, especially when the Canteen becomes busy. As always we are seeking more volunteers to help. Please speak to one of the girls in the Canteen if you feel you may be able to help.

FEES

Our Fees have not been increased for a number of years and are possibly the lowest of any club in the Association. This has been due to the efforts of the people in the Canteen and our Grants Co-Ordinator in obtaining finance from various sources for purchase of equipment etc..

REGISTRATIONS

Thank you to all our people in the Clubrooms who have handled our Registrations in a very professional manner.

APOLOGY

Unfortunately due to a computer error two Centre Records from last season were not included in our current Handbook.

Lauren Reid	Under 8	100m	16.4 (equal)
Lauren Reid	Under 8	Discus	15.7m

Apology to Lauren and her family for this omission.

GROUNDS

We are very grateful to Holdfast Bay Council for the maintenance of the oval. With the introduction of a new irrigation system the grounds are looking terrific.

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

Two Southern Districts athletes represented SA Little Athletics at the Australian Little Athletics Championship's in Brisbane on 24 April 2010. The weather was unkind (very wet), but they represented the State well. Emily Graham placed 10th in the 800m run and 8th in the 1500m run. Josh Paynter placed 11th in both the 80m Hurdles and the Javelin. He also competed in the 1500m walk (what a versatile athlete). Congratulations to both of you.

SAPSASA (PRIMARY SCHOOLS) STATE TEAM

Congratulations to the following Southern Districts Athletes who will represent South Australia at the School Sport Australia 12 Years and Under Track & Field Championship to be held in Bendigo, Victoria, from 28 November 2010 to 2 December 2010:

- Nicholas Dallimore (10yr boys)
- Dexter Bland (11yr boys)
- Emily Young (12yr girls).

We wish them well in their competition.

AUSTRALIAN ALL SCHOOLS NATIONAL CHAMPIONSHIPS (12 – 17 YRS)

Congratulations to those selected for the Athletics SA South Australian Team to compete in the 2010 Australian All Schools National Championships to be held in Melbourne 4th & 5th December 2010:

- Lewis Warland (Under 14 boys)
- Connor Verrall (Under 16 boys)

Apology if we have missed anybody

2010 SA LITTLE ATHLETICS STATE RELAY CHAMPIONSHIPS

The Relay Championships will be held on **Saturday 4 December 2010** at Salisbury East Little Athletics Centre, Rundle Reserve, Salisbury South. The reason for the change of venue is that the track at Santos is being resurfaced and will not be available on this date.

Southern Districts will nominate a team in all events. A selection process will then be made to fill those teams. We would like to give all athletes who wish to compete the opportunity to do so. Please speak to Judy Isaac for more details.

YOUR KIDS – YOUR RESPONSIBILITY

Unfortunately it is quite common for some parents to drop their children off at Little Athletics with the expectation that somebody else will look after them. Our policy in this regard is well documented in our Handbook, However it is logistically impossible to police.

Unless some prior agreement has been made under no circumstances will a volunteer parent be expected to accept responsibility for the behaviour and welfare of somebody else's child if that child's parent or guardian elects not to be present.

VOLUNTEERS WANTED

We are running out of Volunteers for timing and starting. At present some of our Coaches are doing these jobs instead of being available to help the children (and parents) with their events. The jobs may look a bit daunting at first but like everything else once done a couple of times it's easy. If you feel you are able to help please have a chat to one of the Committee people (those in the red shirts).

COACHING

Full details in regard to Coaching are listed in the Handbook.

All the best for the rest of the season