Little Athletics Waverley

Newsletter No. 2 October 13th 2011

LAST SATURDAY

Thankyou to all of the people that helped get the new Track & Field season off to such a great start ☺. Extra special thanks to our fabulous committee who were still tying up the "loose ends" nearing 1pm. Hopefully, it won't be "that way" for much longer and we can continue to run a "super smooth" weekly program !

Duty this week – (For ALL NEW members)

Duty for this week will be for "all new members". Please arrive by 8:15am to ***SIGN IN***, warm up begins at 8:45 and start/special announcements at 9am. Last Saturday's "Introduction walk around" has hopefully got you all "raring to go" and keen to make a contribution to your child's activities. Please don't be shy to ask for help as needed ……. we won't be leaving you "high and dry" !!!

WE REALLY NEED A REGULAR "EARLY SET UP CREW" x 6 to get all the events set up and ready to start at 9am ! As the title implies, arrive at 7:30am to help set up the tents, Timing Gates, event equipment, etc …. Finish at around 8:30am and have the rest of the morning off. This is counted as "A DUTY" !! Ideally this would suit the "early riser" with possibly the other parent bringing the children down later at 8:40 in time for the "warm up" ☺

We have received a few offers to do this duty – so thanks to those parents – but a few more would really help us ensure that we get the morning started "on time" !

Parent duty is required every 2nd week. One of the best and most satisfying things that you can do for your child is to be "out at the events helping" and showing interest and encouraging them ☺ It's not all hard work and you get to meet and chat with parents of similar age children and interests to your own.

Some General weekly duties on offer are:

Canteen helper	(serve the hungry/thirsty parents & kids)
BBQ helpers	(cook and serve sausages)
Refreshments	(offer drinks/tea/coffee to duty parents stationed at the various events)
Results Recording	(sprint/circular track Recording tent & all Field events)
Spike	(holds the end of tape measure at LJ/TJ/and the throwing events)
Rake	(rakes the sand at LJ/TJ after athletes jump)
Bar Marshall	(resets the bar at HJ after a missed attempt)
Disc Marshall	(lays numbered discs into lanes just past finish line - for events run in lanes) may also hand out discs for "finishing order of distance events"
Retrieval	(retrieve the "throws implements" back to the throwing ring/run up)

New Centre Records

We thought that the track was a little heavy under foot from the heavy rain of the preceding week ? Apparently not enough to worry SOME ! Congratulations to **Ellie Sanford** (u14 100 & 200m), **Nana-Adoma Owusu-Afriyie** (u13 100m) & **Nela Debicki** (u12 60h) for setting "new centre best performances".

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Bring a Friend Program

You may use your McDonald's "bring a friend" voucher (that you received in your "rego pack") any week you like. Invite your friend with one half of the card, and if your friend joins up, you are in the running for an "iPod Touch" and your friend could win a party for 10 friends at your local Macca's ..... I'm sure your friend would invite you! Remember, they can have 2 Try Outs before deciding if they'd like to join with you at Little Aths ☺.

Lost your "bring a friend" voucher?? .... just verbally invite them along .... we have plenty more at the centre so you can enter into the prize draw !!

Both the "MEMBER & FRIEND" will receive a FREE sausage & drink at the end of the morning ☺

Relays – u9 and above !

Last summer, Waverley came away from the State Relay Championships with a 6 Medal haul (3 Gold) and many fine team performances in the finals. Here is your chance to get involved and become part of a team.

We will be looking to put together relay teams over the coming weeks. Every athlete is encouraged to be part of a TEAM – WE NEED YOU ! The cost is FREE !!! All the details are on the Notice board or ask your AGL.

- Age Group Coaches will conduct training asap following each age group finishing their events on Saturday.
- A LIST will be posted on the Notice Board of all athletes that have "signed up" in each age group. We will be looking to "recruit more athletes" to allow lots of teams to compete .... so add your name to the list and join in training at the end of the morning ! Obviously, each team needs a min of 4 runners !!

WHAT TO WEAR – Walks !

This week we will be running the WALKS program. This means that you must be wearing "shorts" for the "walks". **"WHY"** I HEAR YOU ASK ?? Walk Judges need to be able to see your "knees" to make sure you are complying with the rules of "straightening the front leg" as it contacts the ground !! If it is not straight, you are actually "creeping/running" !

Administration Tables

The Admin tables will again be "up to their ears" in registering "Come & Trys" and assisting new member queries. Please allow them to attend to these tasks in the 1st part of the morning (up to around 10am). If you have any queries or need a new t-shirt etc ..... they will be able to assist you after that time ☺

Key Officials

We have almost filled our Key Officials roles for the season with the exception of the following:

SPRINT TRACK MANAGER – Operates the Timing Unit on the centre Sprint Track ..... the unit almost runs itself ☺
SHOT PUT MANAGER – Runs the event, helps the children with technique and oversees the helpers (recording, spiker, implement retriever)
DISCUS MANAGER – As above
EARLY SET UP x 6 – As per "Duty this week"

Please see Dylan (our Arena Manager) or any Committee member for more info !

Patches

Please look after your patch (with barcode) from week to week. Remember "No patch…no results"!
A $2 fee for replacement patches will be charged this season !

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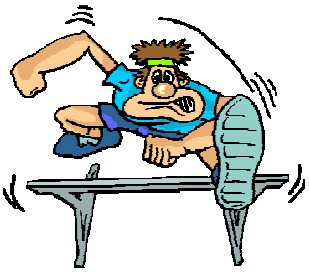
TRAINING/COACHING



Training has started for the season.

We are privileged to welcome **Sonia O'Sullivan** to our coaching resources for the season. Sonia will take "Distance" training on Monday nights, and judging by the very enthusiastic turn out during the week, this will be "a winner" for everyone ☺

- Monday 5pm – Distance with Sonia
- Wednesday **5:30pm** – General Training (which will cover all events over the duration of the season) …. Andrew has appoligised for being late (straight from work) last week … so has moved training to 5:30pm ☺
- Wednesday 5pm - ON TRACK training (for u6 – u8s) with Jenny Morley. The On Track program focuses on the fundamental motor skills, all the way through to more advanced athletic skills.

ROWVILLE PHYSIO

Caleb McInnes from Rowville Sport Medicine Centre presented an "Information Session" on FOOTWEAR and generally EVERYTHING TO DO WITH AND PROBLEMS ASSOCIATED WITH FEET ! The large gathering of keen parents and kids received fantastic information that I'm sure will be put to good use over the seasons ahead ! Thanks Caleb and Rowville Physio ☺

PB ICY POLES

PB Icy Poles ***WILL NOT*** be available until 29th October when we have basically completed 1 rotation of our 3 Programs. As usual, the u6 – u8s will require 2PB's and the u9 and above will need 3PB's to redeem your reward ! Because we are not printing the "results stickers" this season, the list of "this weeks recipients" will be displayed on the Notice Board and in the Canteen.

SENIOR ATHLETICS – Starts this week

This Saturday afternoon, "senior competition" kicks off at Frankston at 1:30pm. **ALL of our SOUTHERN STARS** are invited to go along and compete, try out or just have a look. Again, athletics is not "all about winning" but improving on your best performances. Tamsyn Lewis is one "famous" athlete that you will regularly spot at seniors (and is always friendly, encouraging and very willing to chat with anyone)

Our u18 teams have regularly been made up of many ex Little Athletics Waverley kids and have won numerous State Shield Premierships very recently – beating the likes of Knox and Diamond Valley along the way …. "How" you ask - against such mighty opposition ….. ***"Team Spirit"***

Please see Lindsay Harrison if you require more information.

CALENDAR OF UPCOMING EVENTS

October

Weekly comp	Sat 15th – 8:45am warm up
Weekly comp – Waverley Games Day	Sat 22nd – 8:45am warm up (Multi Events)
Weekly comp – Twilight 6pm start	Thurs 27th – 5:15am set up

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