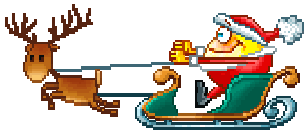
Little Athletics Waverley

Newsletter No. 10 December 15th 2011

XMAS GIFT – This Saturday 17th Dec

This Saturday 17th December will be our final competition day before we break for Christmas. **Come dressed with you best "Christmas themed hat" – with prizes for the most impressive & imaginative. !**

The MAIN EVENT will be the **XMAS GIFT (FOR PARENTS)** ….. yes, you heard right ☺. Mums & dads will run in the '70m races' with your children, and the FASTEST "dads" and the FASTEST "mums" will battle in the XMAS GIFT FINALS for awards and 'family bragging rights' !!! So make sure you bring your humor, running shoes and do some 'stretching and warm ups' prior. NOTE: You will be required to sign an "Indemnity form" prior to racing !



A 'SPECIAL GUEST' is on his way from the North Pole and we expect his arrival at around 11am ☺

REGIONAL Track & Field CHAMPIONSHIPS – Frankston - 18th/19th February 2012

THIS WEEK IS THE LAST CHANCE TO HAND IN YOUR ENTRY "IN PERSON" !!

This season is absolutely *FLYING BY* and we are already almost at the half way mark. This means it's time to think about entering your favourite events **(u9 – u15 only)**. I encourage everyone to "have a go" and take this opportunity to join with hundreds of kids just like yourself from our Southern Region and enjoy the comradery and support of **Team Waverley**.

A "timetable" is up on the noticeboard and on the website **(and all information on the email that was sent earlier this week)** so that you can choose events based on a particular day if you wish and check the aprox. time that your event will be on. This is the "qualifying event" to proceed to the State Championships in Bendigo March 24/25. Care should be taken if entering HJ, as a *MINIMUM STARTING HEIGHT* is used for each age group.

Entries close 31st December and NO LATE ENTRIES ARE POSSIBLE ! Cost is $8 per event.

REGION RELAYS

Last week, we had 50 teams compete at Region Relay's at Springvale. A great day was had by all and the SMR Region Executive asked me to 'pass on' their great thanks to ALL THE WAVERLEY DUTY PARENTS who were FANTASTIC and COMMITTED to their tasks until our "change of shift" replacement arrived ☺. GREAT WORK and makes our Team Managers job much easier ! Also, to Lindsay Thomas for the drop off and retrieval of a 'car load' of tents and tables etc …… Lindsay's children weren't even competing !!

Thanks to our Waverley KEY OFFICIALS who had tasks from 7am – 6pm ….. which reduces the amount of GENERAL DUTY that we need to cover. They were: **Steve & Nicole Lopes, Tammy Stephens, Dylan Cooper & Rory Arrow.**

A BIG THANK YOU to our Team Managers **Nicole McDonnell & Joanne Paola** for organizing us all for duties and making sure that we were 'ready and on time' for Marshalling of our events …… except for "a certain Prez" who seemed to be regularly LATE with his team !!!!

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Thanks to our coaches **Steve Box, Louise Pewtress, Jenny Morley, Andrew Rennie & Fiona Squires** for the effort that you have put into these teams.

HOT OFF THE PRESS ….. 25 teams have qualified for States …… with all age groups represented ☺

DUTY

All families are reminded of the agreement to complete duty a **minimum of 50%** of the time their child/children is in attendance. (Completing your required duty means your child will still be eligible to receive an end of year trophy). Please come and see me if you are having difficulty with this and we can discuss 'other arrangements !

A 'duty compliance' list is generated from the duty 'sign in' sheets that are on the table under the clubhouse awning every week. The 'sign on sheets' each week will show your updated % duty completed !

It is imperative that parents sign in for duty and receive a bib so that any duty they complete is accounted for.

If you don't have a "blue bib", you are not permitted to be on the "infield". A limited number of parents are required to help with Age Groups while the rest are needed at events. So if you are not wearing a bib, enjoy your week off and please remain outside of the fence-line and clear of the outside lane of the track.

SIGN IN when you choose your duty …. or you miss out on your chance to ***WIN a voucher to the value of $10 - $15*** to dine at

airstream CAFE or LOVELY! THE PANCAKE PARLOUR …. Lovely !

Congratulations to Paul Hanlon - last week's winner of the Pancake Parlour voucher ☺

WALK'S JUDGE TRAINEE'S – Assistance Required

At Waverley, we encourage all athletes to achieve a PB and to assist and support them as they compete in all events. With this in mind the committee wanted to trial TIME PENALTIES in preference to DQ's for all athletes competing in our walks events.

The aim of this trial was to minimise the impact of a DQ particularly when athletes were trying to walk with proper technique only to be DQ'ed and then lose confidence or desire to compete again. Those deliberately infringing the rules would however still be DQ'ed.

I am pleased to say that from the feedback received this trial has been very positive and embraced by the athletes and parents too!

So, we now find ourselves needing to encourage a few parents to STEP UP and assist with the "Walks Judging". Full training is provided (approx. a 2hr course) …. this would obviously suit a parent of a "budding young walker", but certainly not essential. This is also classed as one of your parent duty's.

We already have a few "interested parents" willing to help out as above. We will hold a TRAINING SESSION early in the new year, so please let me know if you would also like to help ☺

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NEW CENTRE RECORDS

Four new centre records were achieved last Thursday night. Congratulations to **Harry Ma'o** (200h), **Nela Debicki** (60h), **Ellie Sanford** and **Nana-Adoma Owusu-Afriyie** (200m).

Nela in action over the 60 hurdles

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 ☺

UNIFORMS / Second Hand shoes/tops

The new *SINGLET* supplies have now arrived for those that have been patiently waiting for these ☺ For those competing at Region Relay's on Saturday, please make sure you have the correct *SHORTS* – if not, they are also available from the admin area and alot easier than trudging all over town looking for PLAIN BLACK SHORTS !!!

Also, please check our '2nd hand shoes and clothing' stock to pick up a bargain!

TRAINING/COACHING

Training with take a break over the Christmas period and is likely to resume around Monday 23rd January ..... Advise will be sent of this closer to the time !

Relay coaches will liaise with relevant teams etc ..... if they are doing "stuff" over the holidays.

SHOT PUT – Event Manager

We are still looking for a permanent Shot Put Manager to assist with the weekly running of one of the SP rings. Full training and guidance is provided and you will find this a hugely rewarding activity. I didn't expect to be coaching (or President for THAT MATTER!) when I first enrolled my son 11 years ago ! But I can tell you that it is an experience that has been so rewarding with many great friendships made along the way, and I encourage you to STEP UP AND HAVE A GO ! You may be pleasantly surprised ☺

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

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CALENDAR OF UPCOMING EVENTS

December

Xmas Program	Sat 17th – 8:45am warm up (special guest)
Doncaster Open Day	Sat 17th – Twilight & Fireworks at 9pm –Doncaster

********** **XMAS BREAK** **********

January

Rye Junior Gift	Sat 14th – Rosebud
Knox Twilight Open Day (11th Feb)	Entries close Friday 20th
Weekly comp	Sat 21st – 8:45am warm up
SPECIAL AUSTRALIA DAY Comp	Thurs 26th – 8:45am warm up

NOTE: All of the Normal Competition Days and Region/State events are listed in your Centre Booklet.

The website is the source of the most up to date information, so if you are unsure, make this your "1st port of call" ! There is also a "Calendar" on the left side of the page. All events including Open Days can be found there !!!

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