

# Southlake's Little Athletics Centre Newsletter

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22nd September 2011  
Southlakesathletics.org.au



## President's Welcome

Welcome to our 2011/12 season.

To our new families we hope you find Southlakes a friendly athletics centre.

To all our athletes we hope you have an enjoyable time throughout the season.

At the time of writing, we have approximately 120 athletes and we expect this to rise over the next few weeks. Along with large numbers comes more competition for the children but the downside is it can take longer to get through events. To help everyone get settled in we will be reducing the number of events for each age group by one for the first two weeks.

In athletics, like many areas in life, only one person can 'win' an event. Our club recognises these achievements but also encourages athletes to achieve at a personal best level. Each week athletes gain points for their achievement in events compared to their own previous results. This leads to the recognition of 'Most Improved' and 'Personal Best' at the end of the season.

It is important to remember that athletics competition nights start at

6pm and will run until between 8 and 8.30pm for most athletes. While at times there may appear to be a lot of waiting, especially after running events, it is important that athletes have time to recover between events if they are to be able to do their best. The order of events is designed to help give athletes this recovery time.

We have a great committee who have been working hard over the last few months to get ready for the season. We now need parents to help out each night with the running of events. Each age group needs at least three parent helpers a night plus we need eight timekeepers. The more people that get involved the easier the night is for everyone and the quicker events can happen. Our coaches and committee will be on hand to give advice for the running of events each night. In the black folders for each group are very useful guides regarding measuring and appropriate techniques for field events.

We hope you and your children have an enjoyable time at athletics this season.

David Mason

## Important Dates Please read

Please ensure you check this section every week for up coming changes to competition nights and events.

**Thursday 22nd September**  
Competition Night

**Monday 26th September**  
Training - all ages (School Holidays)

**Thursday 29th September**  
Competition Night (School Holidays)

**Monday 3rd October**  
No Training - Public Holiday

**Thursday 6th October**  
Competition Night (School Holidays)

**Monday 10th October**  
Training - all ages

**Thursday 13th October**  
Competition Night

**Saturday 15th October**  
Raymond Terrace Pentathlon  
Entries close 12th October

**Monday 17th October**  
Training - all ages

**Thursday 20th October**  
Competition Night

**Sunday 23rd October**  
Carangal Shield - Glendale  
Entries close 19th October

**Monday 24th October**  
Training - all ages

**Thursday 27th October**  
Competition Night

**Sunday 30th October**  
Wallsend Gala Day  
Entries close 27th October

## 2011/2012 CENTRE OFFICIALS

President:	David Mason	4973 3848	<a href="mailto:david.c.mason@det.nsw.edu.au">david.c.mason@det.nsw.edu.au</a>
Vice President:	Ian Henderson	0419433 567	<a href="mailto:jendi@aapt.net.au">jendi@aapt.net.au</a>
Treasurer:	Rosemarie Dal Cin	0425 337 804	<a href="mailto:rose@first-strike.com.au">rose@first-strike.com.au</a>
Secretary:	Therese Broadbent	0423 623 028	<a href="mailto:teri.b@live.com.au">teri.b@live.com.au</a>
Registration Officer:	Vicki Savona	0418668 573	<a href="mailto:bubs.4@bigpond.com">bubs.4@bigpond.com</a>
Public Officer:	Sue Greentree	4973 2181	<a href="mailto:susan.e.wright@det.nsw.edu.au">susan.e.wright@det.nsw.edu.au</a>
Uniform Officer:	Helen Fenton	4973 5864	
Tots Co-ordinator:	Kylie Bradbury	0437 395 090	<a href="mailto:kyliebradbury78@hotmail.com">kyliebradbury78@hotmail.com</a>
Championship Officer:	Danielle Henderson	0424 391 031	<a href="mailto:amandasteel@exemail.com.au">amandasteel@exemail.com.au</a>
Results/Recorder:	Felicity Pittaway		<a href="mailto:fpitt@yahoo.com">fpitt@yahoo.com</a>
Canteen Manager:	Rosemarie Dal Cin	0425 337 804	<a href="mailto:rose@first-strike.com.au">rose@first-strike.com.au</a>
BBQ Organiser	Brian Whitehead	0418668 573	<a href="mailto:bubs.4@bigpond.com">bubs.4@bigpond.com</a>
Schools Visit Officer	Helen Fenton	0409 743 312	
Equipment Officer:	Ian Henderson	0419 433 567	<a href="mailto:jendi@aapt.net.au">jendi@aapt.net.au</a>
Publicity/Promotions Officer:	Vicki Savona	0418 668 573	<a href="mailto:bubs.4@bigpond.com">bubs.4@bigpond.com</a>
Coaching Co-ordinator:	Colin Muir	0431 205 505	<a href="mailto:colmuir@gmail.com">colmuir@gmail.com</a>
Fundraising Officer:			

**Roger Greentree Earthmoving**  
20 tonne, 3 tonne  
& Micro excavator  
+ bobcat and tippers  
Ph: 0417 448169

## Wet Weather

We have our website up and running please visit us at [southlakesathletics.org.au](http://southlakesathletics.org.au)

for your wet weather info

Please do not call any phone numbers to check whether competition or training is running.

All information will be either on the website

[Southlakesathletics.org.au](http://Southlakesathletics.org.au)

or an email will be sent by 4:30pm every Monday and Thursday to inform you if it is **cancelled**.

If you do not have access to an email at this time please let me know on 0425 337 804 by text message and I will organise an alternative method for you to receive this information.

## **Uniforms**

Uniforms have been ordered and will be available for collection from

**Monday 18th October**

(unless the suppliers let me down)

We expect everyone to have a uniform by the end of November. Please contact Helen on 0409 743 312 or email Rose on [rose@first-strike.com.au](mailto:rose@first-strike.com.au) to place an order.

If you do not have a uniform by then we may refuse your child to participate



**Eraring energy**

## **Canteen News**

There will be plenty of hot food available including all steak, sausage and bacon and egg and the mighty works. There will also be pies and sausage rolls.

It is recommended that an order is placed by 6.30pm to ensure that you do get fed and that we have minimal wastage.

A big variety of drinks, chips and lollies will be available.

A copy of the price list is attached to this newsletter.

## Canteen- Help Wanted

The Canteen is a service that we provide because we understand the limitations on our time and getting the children fed.

It is run by volunteers all of which have children who are competing at the events on Thursday nights. If one person runs the canteen for the whole season then that one person misses out on all of her children's achievements.

**That's me .**

This is why I am calling for volunteers. The work involves arriving at 5.30pm and serving people, taking orders and preparing the orders.

If we have 20 volunteers out of nearly 100 families then you only need to help one evening for the whole season. This means that I will be able to watch my children compete as well.

The other reason that a volunteer is needed is because as an extremely busy person I am required to leave the canteen twice during the night to pick up and drop of certain young ladies to dance and if I do not have a helper I will need to close the canteen.

**Hope to hear from you soon**

**Rosemarie 0425 337 804**

## **Southlakes Little Athletic Centre Dora Creek Workers Club**

### **Field of Play Entry Requirements -**

In the interest of Southlakes Little Athletic Centre OH&S policies, Dora Creek Workers Club interests and ensuring the safety of all athletes, parents, siblings and spectators the following are the requirements for entry to the field of play ;

Entry to field of play is forbidden unless signed on as;

- ▶ A registered athlete competing in competition
- ▶ An Age Coordinator
- ▶ Parent of registered tot
- ▶ Event assistant/Marshall
- ▶ Committee member

★ Signing on for the evenings competition shall be in folders in the athletes respective baskets.

★ Athletes are required to proceed to the appropriate age basket immediately upon entering the athletic field of play and await Age coordinators instructions.

★ Under NO CIRCUMSTANCES WILL ATHLETES COMMENCE USAGE OF ANY ATHLETIC EQUIPMENT WITHOUT SUPERVISION FROM AGE COORDINATOR OR COACH.

★ All spectators are to remain within the allocated areas- these may alter at the discretion of the coaches and committee

★ Parents/Guardians of athletes under 12 MUST REMAIN WITHIN THE CENTRE (either as a signed on Age Coordinator, assistant OR Spectator)

★ Non registered children must be kept under parent supervision at all times and must not be allowed to encroach on the athletic field of play or equipment at any time.

★ Think safety please.

★ No smoking is allowed in ANY CENTRE AREA

★ No DOGS are allowed in ANY CENTRE AREA