



4th December 2008

Keeping on Track

Hello again. Many things to look forward to this week.

Firstly take a look at our new electronic timer. It's really cool because it can be connected to the starting gun. So when the gun fires the timer starts. Our next move will be to build timing gates. Beware time keepers your days are numbered.

Honestly let's give a great big cheer to our wonderful time keepers. I reckon its the hardest job because you need to concentrate and have good reflexes.

Please note change in calendar for Training - ONLY Zone Athletes for the next to weeks.

Fundraising is going well. - thanks to some very ingenious people we have a **Tupperware** and **Board Games Fundraiser** - more info on the back

Xmas Party - we are looking forward to giving back some of the wonderful spirit that you have been showing. So please come along and enjoy some Fun & Games.

Southlakes Summer Carnival - Keep Sunday 2nd February free because it is going to be our turn to show off and shine. Entry forms will be sent via email. If you do not have email access I will have them next week to give out.

Keeping running
The Editor

Important info for those attending Zone. Track me down in the canteen tonight or if you miss me call 4973 2555 or email rose@first-strike.com.au

The Personal Best certificates will be given out next week - I just ran out of time.

Your results are in the black age folders that the Age Coordinators carry around all night.

Can you please remember to pick up your sheets before you go home

Important Dates

Please read

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

Competition is on every Thursday for everyone

Sunday 7th December

Racewalking at Bluebell Park, Chittaway Bay

Monday 8th December

ZONE Athletes ONLY - All ages

Thursday 11th December

Last Comp night until January

Sat 13th & Sun 14th December

Lake Mac Zone Chapionships - Glendale

Monday 15th December

Southlakes Littles Athletics **Christmas Party**

Santa Claus
Lollies
Novelty Races
Raffle

Every athlete will receive a

FREE

Soft drink
Ice Block

Sausage Sandwich

BBQ available

SO Exciting Santa's coming

New Records achieved Thursday 27th November

U/7 Boys 9.64	50M Run Liam Borgas	U/10 Boys 6 10.62	1500M Run Jordan Makin
U/7 Girls 4.25	Shot Put Samantha Johnson	U/10 Girls 3.47	Long Jump Emma Sue Greentree
U/9 Boys 3.38	Long Jump Lachlan Borgas	U/10 Girls 6 50.02	1500M Run Emma Sue Greentree
U/9 Boys 2 53.11	800M Run Chase Karn	U/12 Boys 1.4	High Jump Jake Ellis
U/10 Boys 3.36	Long Jump Nathaniel Ginn	U/12 Boys 11.74	60M Hurdles Zak Armitage
U/10 Boys 11.3	70M Run Nathaniel Ginn	U/12 Girls 1.2	High Jump Bonnie Mason
U/10 Boys 11.3	70M Run Jordan Makin	U/15 Boys 17.21	100M Hurdles Mitchell Smith
U/10 Boys 11.78	60M Hurdles Jordan Makin		

Monday 12th January

Start Training TBA

Thursday 15th January

Start Comp night

Saturday 17th January

Woodberry Australia Day Carnival

Sunday 2nd February

Southlakes Summer Carnival

Interested in helping - Just ask us

Monday 19th January

Training TBA

Monday 26th January

Public Holiday - NO Training

Achievement Corner

Since our last correspondence I would like to report some fantastic results in regards to athletes at the weekend carnivals. Its really good to see so many people who attend these carnivals which means its great to hear all those cheers for our young ones.

Kotara Annual Gala Day Sunday 30th December

Emma Sue Greentree 9years 100m 1st High jump 1st Discus 1st 200m 2nd 800m 1st 3rd in the Junior 100m Handicap	Clara Gill 10years 100m 3rd Shot Put 2nd 800m 3rd
Dana Gill 10years 100m 1st Shot Put 1st Long Jump 2nd 200m 2nd	Jordan Makin 10years 100m 2nd Long Jump 1st Shot Put 2nd 200m 2nd
	Jay Pratt 8years Shot Put 3rd

Sean Gill did his personal best one day he will win a medal until then he just perserveres

Personal Best Corner

As we know, not every one can win all of the time. Some athletes may never come first in an event. This does not indicate failure. What we are looking for above everything else is the ability to improve ourselves and achieve great things within ourselves.

Therefore every week we will publish the names of those athletes who have achieved 4 or more Personal Bests.

If your name is on this list there will be a McDonalds Personal Best Certificate waiting for you (unless you have already picked it up last week).

Last week 27th November there were



A REALLY FUN FUNDRAISER

Did you know that 2 of our parents create board games that are sold all over the world? Games like *Sorts*, *Deal or no deal* and *Compatibility*.

So, we thought that since Christmas is fast approaching, what better way to raise funds than to offer a range of quality family board games directly from the inventors and their partner distributors Crown & Andrews. We will hand out a flyer and order form on Thursday 27 Nov. You can order straight from the form or in person, on Thursday 4 Dec (we will have the games on show at this time also). Ordered games will be available for pick up on 11 Dec.

All games are below RRP and 10% from every game sold goes straight towards our High Jump Mats!

190 PBs - 39 of these received 4 or more PB. There have been 15 new/broken records. A list of record breakers is also attached.

This achievement is cause for celebrations.

If by any chance you think I have made a mistake please accept my apologies. To organise this list there is alot of cutting, copying and pasting and if I get distracted I may delete or paste something incorrectly. If you feel strongly that you have not been recognised on this list please let me know.

Age Group Name

U/6 Boys	Jack Stamford
U/6 Boys	Bayley Foley
U/6 Boys	Matthew Gibson
U/6 Boys	James Henderson
U/6 Boys	Jack Warren
U/7 Boys	Lochlan McIlveen
U/7 Boys	Liam Borgas
U/7 Girls	Nicole Henderson
U/7 Girls	Samantha Johnson
U/8 Boys	Lachlan Wood
U/8 Girls	Bronte Foley
U/8 Girls	Tiana Fenton
U/9 Boys	Brett Gray
U/9 Boys	Kalab Stephens
U/9 Boys	Lachlan Borgas
U/9 Boys	Sean Dash
U/9 Boys	Jack Leonard
U/9 Girls	Georgia Dodson
U/10 Boys	Toby Leslie
U/10 Boys	Aaron Jackson
U/10 Boys	Ryan Fenton
U/10 Boys	Sean Gill
U/10 Boys	Adam Tisdell
U/10 Boys	Jordan Makin
U/10 Girls	Emma Sue Greentree
U/11 Boys	Louis Roberts
U/11 Girls	Sam Gillett
U/11 Girls	Teigan Gillett
U/11 Girls	Rachael Dash
U/11 Girls	Erin Talbut
U/12 Boys	Jake Ellis
U/12 Boys	Zak Armitage
U/12 Boys	Ayden Richards
U/12 Boys	Eamonn Molenaar
U/12 Girls	Alaana Bru
U/12 Girls	Chloe O'Loughlin
U/12 Girls	Bonnie Mason
U/12 Girls	Taylah Henry
U/14 Boys	Timothy Evans

gamestoyou.com.au

Visit our website to find out more about the games.

Sorts
2-6 players 12 yrs+
\$35.95 rrp \$49.95
As seen on TV

2. SORTS
The fun family game of putting things in order. Could you sort your favourite movie stars by their height or their age? What about by the number of husbands or wives they've had? Could you pick which animals have females called a cow, or that live in a den, or lay eggs? Well, in the game of Sorts you'll get to find out!

1. SORTS FOR KIDS
The junior game of putting things in order! There's hundreds of topics specifically for kids that will have you, your family and your friends, laughing, learning and really sorting yourselves out!

3. BACKYARD FAMILY GAMES
Whether you are having a party with family and friends or just some great outdoor fun with the kids - Backyard Family Games is sure to be a winner. There's everything you need to run your very own backyard sports and games carnival.

4. COMPATIBILITY
Do great minds really think alike? This multi-award winning board game will have you laughing and chatting for hours. Players form pairs and choose from a pack of image cards to show what a topic means to them (topics like: politics, friendship, love, children, school, dreams). The more matching cards a couple has, the more points they score. The winners are declared the most compatible couple!

5. DEAL OR NO DEAL
Now you and your family can experience the fun, the tension and the cheers with this unique board game version of the hit TV gameshow! There's plenty of twists to keep you guessing right up to the end. So get ready to make a deal at home!

6. CHILDRENS CHARADES
A unique game of charades, with 3 levels of game play, that make it fun and easy for young children and families to enjoy the classic game of pantomime together!

Deal or No Deal
3-6 players ages 12 yrs+
\$32.95 rrp \$39.95

Childrens Charades
3 or more players ages 4yrs+
\$22.50 rrp \$32.95

Backyard Family Games
\$35.95 rrp \$49.95
Play as individuals or teams - 4yrs +

Sorts
\$22.50 rrp \$32.95
Just released! 2-6 players 7 yrs+

TO ORDER call: 02 4977 1211 email: sales@gamestoyou.com.au



Buy direct from the inventors! All games are designed in Australia by 2 ex-school teachers in their company called Relatively Creative Pty Ltd. RC games are made and normally distributed to stores by well-known games company Crown & Andrews and carry the C&A logo. gamestoyou.com.au is a Relatively Creative initiative. ACN 075 432 012 ABRN 57 075 012. All prices include GST.