

Southlake's Little Athletics Centre Newsletter

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11th December 2008

Keeping on Track

It's nearly over for this year. It's has been a good season so far. We have had lots of Personal Bests and a week doesn't go past without a record being broken. The weather has been kind to us as we have only cancelled 2 nights. Keep your eyes on the Calendar because we may have Monday night comps next year.

We don't have as many PB or records this week because our athletes from both Morisset Public School and Bonnells Bay had school events on last Thursday so they weren't around.

Our athletes are getting ready for **Zone this weekend**. Some may get to Regional and some may not. Everyone who attends should be congratulated for giving it a go. Please remember to have fun while you compete.

Fundraising is going well. - Did everyone get their Tupperware? If you are still interested in products or holding a party please contact Amanda on 0413183503 or 49734702

Did you see the Games to You display? What a great idea. I bought my Xmas present "Dr Who - Trivia Game". I just love my Dr Who. If you missed it contact 4977 1211 or sales@gamestoyou.com.au

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.

Mark and Geoff are organising some fun events for everyone to join in. So

remember to wear your joggers and get in the spirit of things.

Southlakes Summer Carnival - Keep Sunday 1st February free (NOT 2nd February - I thought I checked everything) because it is going to be our turn to show off and shine.

Entry forms have been sent via email. If you do not have email access I will have them to give out.

Keeping running and have a safe and relaxing holiday.

I'm looking forward to the rest.

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 are in the black folders. There are 2 weeks worth.

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

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

SO Exciting Santa's coming

Monday 12th January

Start Training TBA

Thursday 15th January

Start Comp night

Saturday 17th January

Woodberry Australia Day Carnival

Monday 19th January

Training TBA

Monday 26th January

Public Holiday - NO Training

Sunday 1st February

Southlakes Summer Carnival

Interested in helping - Just ask us

Monday 2nd February

Training TBA

Saturday 7th February

Norm Johnson Carnival

New Records achieved Thursday 4th December

U/8 Boys	Discus	18.71	Thomas Steel
U/8 Girls	400M Run	1-41.37	Jazlyn Evans
U/9 Boys	200M Run	34.55	Chase Karn
U/9 Boys	400M Run	1-19.52	Chase Karn
U/10 Boys	Turbo Javelin	22.47	Jordan Makin
U/10 Boys	400M Run	1-29.28	Jordan Makin
U/11 Boys	Turbo Javelin	25.86	Louis Roberts
U/13 Boys	800M Run	3-15.06	Liam Talbut
U/13 Girls	Javelin	9.21	Louise Dash
U/14 Boys	Javelin	22.23	Sjion Stephens

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 94 PBs - 20 of these received 4 or more PB. There have been 10 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.

27th November

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

4th December

Age Group Name

U/6 Boys	Luke Johnson
U/8 Boys	Tyler Gillett
U/8 Boys	Nathan Williams
U/8 Girls	Jazlyn Evans
U/9 Boys	Ryan Dowman
U/9 Boys	Sam Rowe
U/9 Boys	Timothy Trudgian
U/9 Boys	Chase Karn
U/9 Girls	Teneille Knight
U/11 Boys	Benjamin Steel
U/11 Boys	Elliot Copping
U/11 Boys	Louis Roberts
U/11 Girls	Darian Kekwick
U/12 Boys	Zeke Killen
U/12 Boys	Amon Webb
U/12 Girls	Hayley Evans
U/13 Boys	Liam Talbut
U/13 Girls	Kirby Barrett
U/13 Girls	Louise Dash
U/14 Boys	Sjion Stephens

Little Athletics - History

Little Athletics evolved, like most voluntary community organisations, through the mind and conscience of one man. Trevor Billingham followed the pattern set by many pioneers in the field of community service. He recognised a need and introduced an idea designed to meet that need.

On an October day in 1963 three boys turned up at an athletics meeting in Geelong. They were ready to compete. On approaching an official they were told that they were too young to take part. That official was Trevor Billingham.

The disappointment, evident in the boys, left a marked impression on his mind.

The thought was forgotten; it came alive again several months later. At a coaching clinic designed for secondary school students it was noted that the majority of children were of primary school age.

Reminded of his earlier experience, Trevor Billingham had an idea. The answer to the need expressed in the children would be a simple Saturday morning competition.

On the first Saturday of October 1964, he met with a small group of children on a Geelong oval. They took part in a short program of running events.

From that simple beginning, athletics for under 12 boys and girls developed at a phenomenal rate. Little Athletics created tremendous interest; by 1967 the Victorian Little Athletics Association was formed.

Australian Little Athletics Union was formed in Perth on the 31 March 1972.

Victoria, New South Wales, Northern Territory & Western Australia were the founding members.

South Australia, Queensland & Australian Capital Territory joined in the 1973/74 season

Tasmania joined in the 1974/75 season.

The first Executive members of the Australian Little Athletics Union were:

- * Bruce McKenzie, President
- * Alan Triscott, Secretary/Treasurer.

Australian Little Athletics Union became Australian Little Athletics (ALA) during the 1992/93 season.

In 2004/2005 season there were approx 92,500 Little Athletes competing throughout Australia on a regular basis.