



14th January 2009

Keeping on Track

We're back again. We are planning 7 more competition nights until we finish. Please note the calendar of events for dates.

I was very proud of everyone at the Zone Championships on 13th and 14th December. The athletes and the parents gave 100% of themselves to the cause.

My wonderful worked out roster for duties went out the window because when we arrived we were given different tasks to do. Everyone pitched in - whether it was helping with Long Jump, Triple Jump, Shot Put, High Jump, Marshalling and of course the BBQ you all did a fantastic job and looked out for everyone. I am very proud to say that I belong to Southlakes Little Athletics Club.

Fundraising is going well. - We raised \$800 at the Zone BBQ and \$300 at the Xmas Party therefore so far you have all helped in raising \$1700. We have purchased our new mats (we should see them this week or next week). We have just placed an order for new hurdles, High Jump Posts, and Hurdle trolley. The Club is looking good.

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.

If you have never been to a carnival and would like to come and see how they work please come to our very own Carnival.

We need lots of helpers and I would like to extend an invitation to all of you wonderful parents to please let us know if you can help on the day and what task you would like to be doing.

List of Jobs are:

Canteen
BBQ
Marshalling
Awards
Time Keeping
Event Supervisors

If you are interested but are unsure of the duties ask us. We really would like your help.

We will need Shade Tents for our Carnival. If you have one and don't mind lending it to us please let us know.

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

We are organising a working bee on Saturday 24th January to get ready for the Carnival. We want to build a small Long Jump pit for the little athletes and fix the timers stand. There will be other jobs but they are the main ones. Please come and help we some good strong backs and arms. Food and drinks will be supplied.

I will be away next week Thur 22nd January so there will be no Newsletter.

Keeping running

The Editor
Ph: 4973 2555
Email: rose@first-strike.com.au

The Personal Best certificates are in the black folders.

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

Saturday 17th January

Woodberry Australia Day Carnival

Monday 19th January

Training All Ages

Saturday 24th JANuary

Working Bee

Monday 26th January

Public Holiday - NO Training

Sunday 1st February

THE SOUTHLAKES SUMMER ATHLETICS CARNIVAL

**Sunday 1st
February, 2009
DORA CREEK WORKERS
CLUB
Minnie Rd, Dora Creek
First Call 9:30am**

Forms have been as an email attachment or collect them from the canteen

Interested in helping - Just ask us

Monday 2nd February

Training TBA

Saturday 7th February

Norm Johnson Carnival - Glendale

Monday 9th February

Training TBA

Monday 16th February

Training TBA

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 11th December there were 68 PBs - 12 of these received 4 or more PB. There have been 3 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.

11th December

Age Group Name

U/7 Girls	Kobi Ellis
U/7 Girls	Codie Tisdell
U/8 Boys	Jay Pratt
U/9 Boys	Cameron Johnson
U/9 Girls	Jayanna Gibson
U/9 Girls	Jordann Johnson
U/10 Boys	Craig Martin
U/10 Boys	Nathaniel Ginn
U/10 Boys	Jordan Makin
U/11 Boys	Isaac Goodhew
U/12 Boys	Eamonn Molenaar
U/12 Girls	Alaana Bru

New Records achieved Thursday 4th December

U/12 Girls	Long Jump	3.65	Bonnie Mason
U/7 Girls	100M Run	18.81	Codie Tisdell
U/10 Girls	400M Run	1-27.46	Emma-Sue Greentree

Achievement Corner Zone Championship 2008

We had 42 athletes represent Southlakes and they all did their best. There are 22 who made it to Regional, some received their medals and some just went and had a good day out.

The U7 don't qualify for Regionals but they do receive Gold, Silver or Bronze Medals.

Congratulations to:

70M	Liam Borgas	1	12.4
LJ	Liam Borgas	3	2.79
Dis	Liam Borgas	2	12.89
Pack	Liam Borgas	2	1-59.8
SP	Samantha Johnson	3	3.68
Dis	Samantha Johnson	2	9.57
Pack	Samantha Johnson	2	2-36.3

Those that made to Regional are:

U8	Jordan Henshaw
	Tom Steel
	Jack Youngman
	Jazlyn Evans
U9	Lachlan Borgas
	Cameron Johnson
	Chase Karn
	Jordann Johnson
	Georgie Dodson
U10	Nathaniel Ginn
	Jordan Makin
	Aaron Jackson
	Emma Sue Greentree
U11	Louis Roberts
U12	Zak Armitage
	Jake Ellis
	Zeke Killen
	Bonnie Mason
	Taylah Henry
	Alaana Bru
U13	Liam Talbut
U15	Mitchell Smith
Junior Girls Relay	Jordann Johnson
	Emma Sue Greentree
	Dana Gill
	Bonnie Mason

To find out more information on the events and results please go to

<http://www.laansw.com.au/>
then Results
then Zone - Lake Macquarie

Qualification for Participation Trophy

Part of the centre's rules is that your child requires to attend a minimum of 70% of competition nights (Thursday) to be eligible for a participation trophy.

This means that if we have 17 competition nights you must attend 12 of these to qualify.

If you have concerns that your child may not qualify for the trophy - due to illness, family holiday or school events please make sure that you let us know in writing so that we can make some allowances.

We have 5 more nights of competitions to go until the end of the season. If your name appears on this list you may not achieve our 70% participation award. Please check this list and if you have any questions or concerns come and see me (I'm floating around) or email me on rose@first-strike.com.au

Name	Days to Go	Day Started
Jayson Vale	8	18/09/2008
Emily Kernick	8	15/09/2008
Chloe Vale	7	18/09/2008
Baidon Misiepo-Kelly	7	18/09/2008
Patrick Mellenbergh	7	15/09/2008
David Coleman	7	15/09/2008
Olivia Mellenbergh	7	15/09/2008
Connor O'Loughlin	6	15/09/2008
Tyler Gillett	5	22/09/2008
Emily Dillon	5	18/09/2008
Teigan Gillett	5	22/09/2008
Sam Gillett	5	22/09/2008
Aaron Jackson	5	15/09/2008
Ned Harris	5	15/09/2008
Tyran Williams	5	15/09/2008
Amon Webb	5	15/09/2008
Ryan Leslie	5	15/09/2008
Anthony Robinson	5	15/09/2008
Ryan Dowman	5	18/09/2008
Chloe O'Loughlin	5	15/09/2008
Brooke Martin	5	15/09/2008
Bronte Foley	5	15/09/2008
Max Ogden	5	02/10/2008

Feel free to call me with any
questions on 4973 2555

Rosemarie