

# Southlake's Little Athletics Centre Newsletter

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website:southlakesathletics.org.au/

## Keeping on Track

I had a lovely trip to Melbourne for my niece's wedding - Did you all miss me!!!

School's back and so I hope are most of our athletes. Many athletes don't return after Christmas it's the same with all the clubs but I believe that this year we have had a good come back compared to other years. Just shows how keen everyone is with health and fitness.

Remember to check out the 70% Participation award list. If your name appears on the list please contact me and let me know what has been happening. I really do not want anyone to miss out on an award.

**Southlakes Summer Carnival** - Keep Sunday 1st February free because it is going to be our turn to show off and shine.

There are several of you who haven't given us your entry form yet. There is still time either by email or even Sunday morning.

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.

That's all I have to say just take a look at the photos of 2 of our youngest Zone competitors. These wonderful athletes don't qualify for Regional because they are U7. Next year watch out everyone.

Keeping running

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To those of you who have graciously offered to help at the Carnival please be at the field at 8am. This is to get a briefing and set up.



Samantha Johnson U7 at the Zone Long Jump



Kobi Ellis U7 at the Zone Long Jump



Jingle Jangle!!!  
Samantha Johnson proud of all her medals

## 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 1st February**

**THE SOUTHLAKES  
SUMMER  
ATHLETICS  
CARNIVAL**

**Sunday 1<sup>st</sup>  
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

**Monday 23rd February**  
Training TBA

## Personal Best Corner 22nd January

Age Group	Name
Tiny Boys	Daniel Evans
Tiny Boys	Ryan Blackburn
Tiny Boys	Timothy Ainsworth
Tiny Boys	Brohden McIlveen
Tiny Boys	Matthew Robinson
Tiny Boys	Mitchell Ainsworth
Tiny Boys	Alan Klepzig
Tiny Boys	Ethyn Gradwell
Tiny Girls	Grace Dash
Tiny Girls	Jasmin Leonard
Tiny Girls	Grace Egan
Tiny Girls	Alyssa Griffiths
U/6 Boys	Bertie Caddey
U/6 Boys	Flynn Karn
U/6 Boys	James Henderson
U/6 Boys	Matthew Gibson
U/6 Girls	Olivia Lineau
U/7 Boys	Jack Gray
U/7 Boys	Mackenzie Smith
U/7 Boys	Liam Borgas
U/7 Girls	Lindsay Milane
U/7 Girls	Jade McKinnon
U/7 Girls	Samantha Johnson
U/8 Boys	Jamison Costa
U/8 Boys	Jack Youngman
U/8 Boys	Lucas Puller
U/8 Boys	Lachlan Wood
U/8 Girls	Chloe Gray
U/8 Girls	Ashleigh Blacker
U/8 Girls	Bronte Foley
U/9 Boys	Bailey Smith
U/9 Boys	Ryan Griffiths
U/9 Boys	Chase Karn
U/9 Boys	Timothy Trudgian
U/10 Boys	Max Ogden
U/10 Boys	Adam Tisdell
U/10 Boys	Matthew Bennett
U/10 Girls	Brooke Dowman
U/10 Girls	Emma Sue Greentree
U/11 Boys	Mitchell Leslie
U/11 Boys	Benjamin Steel
U/11 Girls	Dana Gill
U/11 Girls	Clara Gill
U/11 Girls	Madison Browne
U/11 Girls	Erin Talbut
U/11 Girls	Darian Kekwick
U/12 Girls	Laney Jones
U/12 Girls	Caitlin Browne
U/12 Girls	Courtney Evans
U/12 Girls	Bonnie Mason
U/14 Boys	Sjion Stephens
U/15 Boys	Mitchell Smith

## New Records achieved Thursday 22nd January

U/10 Boys Long Jump	Nathaniel Ginn 3.43
U/11 Girls Triple Jump	Madison Browne 7.02
U/12 Girls Triple Jump	Bonnie Mason 7.89
U/10 Girls Turbo Javelin	Emma-Sue Greentree 12.79
U/14 Boys Discus	Sjion Stephens 19.72
U/14 Boys Javelin	Sjion Stephens 22.70
U/10 Girls 200M Run	Emma-Sue Greentree 35.00
U/10 Boys 200M Run	Jordan Makin 35.81
U/6 Boys 200M Run	Flynn Karn 45.11
U/10 Girls 800M Run	Emma-Sue Greentree 3-17.78

## 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.

### Woodberry Carnival Saturday 17th January

**Luke Johnson U/6 Boys** - 2nd overall, 2nd in Feature event (70m) and Won the U/6-U/8 Handicap race receiving a \$50 gift voucher.

**Samantha Johnson U/7 Girls** - 3rd overall, 1st in feature event (500m) and finalist in U/6-U/8 handicap race.

**Lindsay Millane U/7 Girls** - 2nd overall, 3rd in feature event (500m) and semi-finalist in U/6-U/8 handicap race.

**Jack Youngman U/8 Boys** - Placed overall

**Emma-Sue Greentree U/10 Girls** - 1st overall

**Bonnie Mason U/12 Girls** - 1st overall



## 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 probably 3 or 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](mailto:rose@first-strike.com.au)

Name	Days to Go	Day Started
Matthew Robinson	-6	15/09/2008
Jayson Vale	-6	18/09/2008
Emily Kernick	-5	15/09/2008
Chloe Vale	-5	18/09/2008
Jasmin Leonard	-4	15/09/2008
David Coleman	-4	15/09/2008
Alyssa Griffiths	-4	15/09/2008
Baidon Misiepo-Kelly	-4	18/09/2008
Connor O'Loughlin	-3	15/09/2008
Emily Dillon	-3	18/09/2008
Brohden McIlveen	-3	18/09/2008
Teigan Gillett	-3	22/09/2008
Tyler Gillett	-3	22/09/2008
Sam Gillett	-3	22/09/2008
Daniel Evans	-2	15/09/2008
Ryan Leslie	-2	15/09/2008
Elke Rowe	-2	15/09/2008
Anthony Robinson	-2	15/09/2008
Amon Webb	-2	15/09/2008
Brooke Martin	-2	15/09/2008
Ned Harris	-2	15/09/2008
Chloe O'Loughlin	-2	15/09/2008
Aaron Jackson	-2	15/09/2008
Ryan Dowman	-2	18/09/2008
Max Ogden	-2	02/10/2008
Brooke Dowman	-2	18/09/2008
Laney Jones	-2	18/09/2008
Lochlan McIlveen	-2	18/09/2008
Jack Scarlett	-1	15/09/2008
Lucy Scarlett	-1	15/09/2008
Bertie Caddey	-1	15/09/2008
Grace Egan	-1	30/10/2008
Meg Mortimer	-1	13/11/2008
Matthew Westcott	-1	16/10/2008
Brendan Westcott	-1	16/10/2008
Alec Mortimer	-1	25/09/2008
James Blair	-1	06/11/2008