

HDLAC News

November 2006

hdlac.org.au

Welcome to the 2006/2007 Little Athletics season. It's great to see so many familiar faces back, and fantastic to see lots of new faces as well.

Parent Helpers

Thank you to all those parents who have been helping out with events each week. It is great to see so many willing helpers, and it does make the morning run more smoothly.

This year all parents signed a form as part of the registration process indicating that they would be prepared to assist on Saturdays. While we know you are keen to see your child/children compete, we do need help out on the field, particularly at discus, shot put and long jump. It's a great way to see how your child is performing against other athletes, and leaves the Age Managers free to help your children.

Helping out is easy: simply go to the sign on table; look at the jobs available; write your name against one you'd like to do; and head to the event. There are heaps of different things you can do. If you are unsure, see one of the Committee members.

Just a reminder: you are not permitted on the oval or in the field event competition areas unless you are signed on and physically helping out. We now have enough Age Managers in most age groups, so in cases where there are two Age Managers already, you may only sign on as an additional Age Manager if a registered Age Manager is absent.

Set Up/Pack Up Roster

Each week, age groups are assigned set up/pack up. Everyone has been doing a fantastic job so far this season - A big thank you to all those parents (and athletes) who have made the effort to come along at 7:00am to put the equipment out, and help pack up afterwards. See the website for your turn.

Committee Positions

Ever thought about getting a little more involved? We urgently need a Treasurer. The role involves keeping track of the Centre finances, doing the banking, and putting together a report for each Committee meeting. Please see Marion Mitchell if you think you can help us out.

Got a skill to share? Interested in some Coaching? Let us know! See the website for other roles.

Program

We are currently running a 4 week program, which is designed to give athletes the opportunity to compete in each event at least twice in four weeks, with many events available three out of four weeks.

1500M and 3000M events are available at 8am on a rotating basis.

Wet Weather

In the event of heavy rain during the week and on Friday night/early Saturday morning, competition will probably be called off. You need to check the website for details. Cancellation information is generally up on the website by 7am Saturday.

If competition proceeds, but the oval is too wet for some events, we switch to the wet weather program. For safety reasons, high jump, hurdles and triple jump are automatically cancelled. Age Managers need to check wet weather programming at the announcement desk if there is light rain or the oval appears to be slippery.

Coming Events:

November 25/26 State Relays (SOPAC)
December 16/17/18 Zone Championships (Barton Park)
January 14 Trans Tasman Challenge (Bass Hill)
February 3 Centre Septathlon (Pennant Hills Park)
February 17/18 Regional Championships (Barton Park)

State Relays

This year State Relays will run over 2 days, with U12-U15s competing on Saturday 25/11, and U8-U11s competing on Sunday 26/11. Age Managers have already nominated which events they will be fielding teams in. If you have been selected, please remember that this is a team event (4 per relay), and all four of you need to turn up to compete. If you cannot make it for any reason, please notify your Age Manager well in advance so that a replacement can be found.

Please note: Normal Centre competition will still run for all age groups on 25/11.

Zone

Zone teams need to be lodged with Deb Fleet by Saturday 18th November at the absolute latest. U13-U15 athletes can nominate a maximum of 4 events they would like to compete in. U7s-U12s will be contacted by their Age Managers if they have qualified. Please help your Age Manager by indicating your availability NOW. Zone will be held at Barton Park, Parramatta on Saturday 16/12, Sunday 17/12, and Monday night 18/12.

A copy of the program is available on the HDLAC website.

Parents –if your child is competing at Zone, you will need to help out with the general roster.

Sponsors

A big thank you to The Athletes Foot (Hornsby), Thornleigh McDonalds, and the Coffee Cart Man

TRAINING –Pennant Hills Park

Tuesdays 5:30-7pm; Thursdays 5:00-7pm.
All athletes welcome