



JUL 2018

# NEWSLETTER

## HORNSBY DISTRICT LITTLE ATHLETICS CENTRE

### MESSAGE FROM YOUR PRESIDENT



My philosophy is that Little Athletics is a place where kids learn to enjoy being active. I am a firm believer that a good technique is the biggest part of an athlete's performance so we are investing heavily in coaching this year and we are in the process of finding coaches that will be a good fit for the club. I also believe an athlete with a good attitude will perform to the best of their ability every time they compete and so I will be encouraging all age managers to recognise good sportsmanship.

This year we are faced with some changes to the age groupings, which will impact some athletes. This change is coming and we all need to embrace it. The good news is that athletes born between 1 October 2001 and 31 December 2001 will still be eligible to register in the U17 age group for this season. Our Centre will be championing training and skills development to ensure all athletes get the support that they need to be the best they can be. You can help us by encouraging your kids to listen to the coaches and TRY their best. Those PBs will come. Please visit the pinned post on our Facebook page for information relating to the age group changes.

Most of all we want the kids to have fun. Children who have fun while doing their sport will be more inclined to want to keep coming back and associate being active with having fun, which is what I as a parent want for my own children's futures.

*Lance Erasmus*

### SAVE THE DATE

**Sunday 2/9:**

Registration day 8am-12pm

**Saturday 8/9:**

First Competition Day U7+ only

**Saturday 15/9:**

Competition starts for U6 & Tiny Tots

**Saturday 29/9**

No Competition - October long weekend

**Sat 17/11 - Sun 18/11:**

State Relay Champs at SOPAC

**Fri 30/11 - Sun 2/12:**

Zone Championships at Narrabeen (no centre competition)

**Saturday 15/12:**

Festive Bonanza and last day of competition before Christmas

### DON'T MISS A THING!

Our facebook page is always updated

### WHAT'S NEW FOR 2018/19

Last season saw the introduction of some big time saving initiatives resulting in faster set up and pack up times and quicker competition. Most days we were finished competition by 10:30.

The plans for this season include:

- Introduction of professional coaching
- Updated weekly programs with technique coaching integrated throughout September.
- Review and refresh of centre uniforms.

### CAN YOU HELP?

A number of committee positions remain empty which will impact how well we can run the centre. See the website page for details. You can help with as much or as little time as you have available. All positions can be adjusted to suit.

### REDUCE REGISTRATION FEES

If you haven't already used your \$100 active kids voucher for your winter sport activities, head over to the website to see how you can redeem for your Little Athletics registration. Visit the pinned post on our Facebook page for a link to redeem your active kids voucher!

