



NATHALIA

LITTLE ATHLETICS CLUB

Family, Fun & Fitness

NEWSLETTER No 1

SEPTEMBER 19TH, 2018

WE WILL FOLLOW PROGRAM B TONIGHT

As it is pre daylight savings we do 3 events

Week 2

4:00pm	Set up
4:40pm	Announcements
4:45pm	All athletes to warm up: whilst this is happening Doug Cobbledick will run another session with the parents on how some events run.
5:00pm	Events start
U6	60m Hurdles, High Jump, 200m
U7	60m Hurdles, Discus, 200m
U8	Long Jump, 100m, Shot Put
U9	Vortex, 100m, Shot Put
U10	Shot Put, 70m, Triple Jump
U11	Discus, 200m, Long Jump
U12	Triple Jump, 200m, Javelin
U13	200m Hurdles, High Jump, 200m
U14/15/16	300m Hurdles, Shot Put, 200m

BBQ PRICE LIST

Sausages with/without onion	\$2.00
Hamburgers with/without coleslaw & onion	\$3.00
Plain Chicken Steak	\$3.00
Chicken Steak with onion and/or coleslaw	\$5.00

The BBQ runs weekly by rostered volunteers. It runs as a service to our members due to our times running into tea time along as a small fundraiser for the club to keep fees down.

THIS WEEKS VOLUNTEER ROSTER

Roster - To take the Group to the events & Record Results

U6	Courtney Baker
U7	Jo McDonald
U8	Bron Leslie
U9	Weeks
U10	Michelle Cavallaro
U11	Kylie Botterill
U12	L. Cook
U13	Creer-Pope
U14/5/6	Tracy Tymensen
BBQ Cook	Peter Hansen
BBQ Serving	Sharon Griffies Gemma Hawks
Timers	Emma (computer) Anthony Oliver
Hand Held Timer	Tamara Green Anthony Oliver
Starters	Kevin Botterill Tony Cavallaro
First Aid	Carly Connelly

Please note: All families will be allocated a min of 2 duties for the season. Best tip is get in first and nominate your own, otherwise they will get allocated for you. For each week to happen we need all families to contribute throughout season. Go to:

[https://www.dropbox.com/ow/msft/edit/personal/Club%20documents/2018%20Season/2018%20Season%20Roster%20%20\(1\).xlsx?hpt_click_ts=1536573268828](https://www.dropbox.com/ow/msft/edit/personal/Club%20documents/2018%20Season/2018%20Season%20Roster%20%20(1).xlsx?hpt_click_ts=1536573268828)

Results HQ

You can log into www.resultshq.com.au using the email you signed your child up with (click forgot password to be sent to you) a see all your childs results, pbs, records, upcoming weekly program. Another great feature is: click the achievement book tab in the green header and then Instructional Content - view events. There are some really great coaching tips to help your child with each event.

**SKILLS WORKSHOP
OPPORTUNITY - FREE
Sunday 23rd September**

1.00pm Start

Nathalia Recreation Reserve (Small oval)

We are implementing a major goal this year with all athletes to partake in skill training every week prior to the start of the nights events. This will start in October with daylight savings.

To achieve this goal we will be hosting Kylie Ittaliano from Athletics Australia (Lv.3 Advanced Event Group Coach Jumps & IAAF Kids' Athletics Coach)

who will run a 3 hour FUNDAMENTAL MOVEMENT PATTERN GAME BASED leaders workshop on Sunday 23rd September at 1pm. At our track (small oval).

We would like to invite coaches and parents who would like to learn about the program and assist in training our kids.

This is a most important goal for our club to achieve. To provide skill development for every child at little athletics. Please rsvp that you can commit to this event.

Arrive at 12:30pm bring sports clothes, drink bottle and runners and be prepared to have fun!

To register your spot click here-

<https://www.trybooking.com/book/event?eid=426507&>

**Nathalia
Little Athletics
is on during the
September
holidays!!!**

Team App and Facebook,
please join them. These are our
information highways. Info on these are in
your handbook. Our Newsletters are
available on Team App each week.

www.facebook.com/nathaliathleticsclub
Team App - www.teamapp.com/nathaliathletics

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