



# NATHALIA

## LITTLE ATHLETICS CLUB

Family, Fun & Fitness

NEWSLETTER No 2

SEPTEMBER 26TH, 2018

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

**WE WILL FOLLOW**  
**PROGRAM C**  
**TONIGHT**

As it is pre daylight savings we do 3 events

### Week 3

- 4:00pm** **Set up** - Under 14-17 families & athletes to please help
- 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
- End** **Pack up** - Under 13 families & athletes to please help
- U6** 100m, Shot Put, 400m
- U7** 100m, Long Jump, 400m
- U8** 60m Hurdles, 800m Discus
- U9** 60m Hurdles, Triple Jump(Standing), 800m
- U10** Long Jump, 60m Hurdles, Vortex
- U11** High Jump, 60m Hurdles, Javelin
- U12** Long Jump, 60m Hurdles, Shot Put
- U13** 100m, 800m, Long Jump
- U14/15/16** 100m, Discus, 800m

### SEPTEMBER 26TH VOLUNTEER ROSTER

To take the Group to the events & Record Results

|                        |                  |
|------------------------|------------------|
| <b>U6</b>              | Hubbard          |
| <b>U7</b>              | Ron Watson       |
| <b>U8</b>              | Michelle Carmody |
| <b>U9 - Girls</b>      | Lauren Carlisle  |
| <b>U9 - Boys</b>       | Amy Cooper       |
| <b>U10</b>             | Courtney Baker   |
| <b>U11</b>             | Trimble          |
| <b>U12</b>             | Cavallaro        |
| <b>U13</b>             | Hobbs            |
| <b>U14/5/6</b>         | Hansford         |
| <b>BBQ Cook</b>        | Peter Hansen     |
| <b>BBQ Serving</b>     | Bron Leslie      |
|                        | Jane Waser       |
| <b>Timers</b>          | Emma (computer)  |
|                        | Anthony Oliver   |
| <b>Hand Held Timer</b> | Tamara Green     |
|                        | Anthony Oliver   |
| <b>Starters</b>        | Kevin Botterill  |
| <b>First Aid</b>       | Kylie Botterill  |

## AWARDS

**WEEK 2 - SEPT 19th**

**YMCA Swim Pass**

Dylan Dohn - U11

**\$5 BBQ Voucher**

Kade Rogers- U8

**Drink Bottle**

James Ryan - U6

Savannah Ryan - U7

Shaun O'Keefe - U9

**AI's Cafe**

Jules Cook - U10

Amber Watson - U12

**Sportsfirst Numurkah**

Zac Newby - U13

**Nathalia Hair & Beauty**

Connor Peachy - U14

## NEXT WEEK - OCTOBER 3RD VOLUNTEER ROSTER

To take the Group to the events & Record Results

|                        |                                   |
|------------------------|-----------------------------------|
| <b>Set Up</b>          | Under 12s                         |
| <b>Pack Up</b>         | Under 11s                         |
| <b>U6</b>              | Ryan                              |
| <b>U7</b>              | Cavallaro                         |
| <b>U8</b>              | Bron Leslie                       |
| <b>U9 - Girls</b>      | Jorgensen                         |
| <b>U9 - Boys</b>       | Weeks                             |
| <b>U10</b>             | James                             |
| <b>U11</b>             | Sarah Hansen                      |
| <b>U12</b>             | Vicki Watson                      |
| <b>U13</b>             | Newby                             |
| <b>U14/5/6</b>         | Olivia Emo                        |
| <b>BBQ Cook</b>        | Peter Hansen                      |
| <b>BBQ Serving</b>     | Gemma Hawks<br>Di Wilson          |
| <b>Timers</b>          | Emma (computer)<br>Anthony Oliver |
| <b>Hand Held Timer</b> | Tamara Green<br>Anthony Oliver    |
| <b>Starters</b>        | Kevin Botterill                   |
| <b>First Aid</b>       | Carly Connolly                    |

**Program D** - October 3rd  
(as it pre daylight savings we do 3 events)

- U6 - 400m, Discus, Long Jump
- U7 - 400m, High Jump, Vortex
- U8 - Vortex, 200m, Shot Put
- U9 - Long Jump, 200m, High Jump
- U10 - 100m, 200m, 800m
- U11 - 100m, 70m, 800m
- U12 - High Jump, 100m, 800m
- U13 - 400m, Shot Put, Discus
- U14 to U16 - Javelin, High Jump, Hurdles

## BBQ PRICE LIST

**Sausages with/without onion \$2.00**

**Hamburgers \$3.00  
with/without coleslaw & onion**

**Plain Chicken Steak \$3.00**

**Chicken Steak \$5.00  
with onion and/or coleslaw**

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.



### **Kylie Italiano**

Thank you to all who attended Sunday's fundamental game based workshop with Kylie Italiano from Athletics Victoria on Sunday 23rd September.

## **Two Records Broken 19th September**

Charlie McDonald - Under 7 Boys  
60m Hurdles - 13.02

Riley James - Under 16 Boys  
300m Hurdles - 52.87

**Congratulations Boys!!!**

## **Australian Sports Commission's Position on Physical Literacy**

With well-developed physical literacy skills in early life, people will be more likely to have the confidence and capability to participate and be physically active throughout their lives.

Physical literacy enhances a person's:

- Ability to perform a variety of fundamental movement skills competently and confidently
- Attitude toward physical activity and sport and can increase the motivation to be active
- Understanding of how to adapt to different movement settings and engage effectively with others
- Knowledge and understanding of how and when to apply tactics and strategies in games.

The development of physical literacy is a lifelong process that is ongoing and dynamic. It is not developed to a point of completion but requires continual refinement and re-focusing based on life stage and circumstances, paving the way for a healthy and physically active life.

Keegan et al, 2017

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/nathalialittleathleticsclub**  
**Team App - www.teamapp.com/nathalialittleath**