



Northern Suburbs Little Athletics Centre Inc

P O Box 882, Willoughby NSW 2068

2009/2010 SEASON

NEWSLETTER

No. 5 - 6th February 2010

Check the website regularly for up to date information, coaching details and all your weekly results
- www.nslac.com.au -

Saturday 6th February 2010

CLUB MULTI EVENT DAY CANDID PHOTO DAY

(back up date Saturday 20th February in case of wet weather cancellation)

Things to remember:

- Your uniform must be correct - even for our Saturday carnivals
- You must complete in all the events on the Multi Event Program, and the program must be completed today.
- U12 boys and U12 girls are on data entry - Please make sure you are ready to lend a hand, as all results must be entered immediately so the points can be calculated and medals awarded before everyone goes home.
- Smile for the photographer when you see him - your photo might be in the yearbook.
- Parents who DO NOT want their child/ren's photos to appear in the yearbook must advise the Secretary in writing

The Club Multi Event program can be found on Page 27 of the Red Book.

LAANSW STATE MULTI EVENT Shoalhaven Little Athletics Centre, South Nowra March 6 & 7, 2010

Enter direct on line at www.laansw.com.au
Entries close at 5pm on Wednesday 10th February 2010

AGE GROUP PHOTOGRAPHS

All orders will be ready for collection from today, Saturday 6th February, 2010.

PRESENTATION DAY

Full details of Presentation Day will be issued very soon.

Meanwhile, please note the date in your diary: Sunday 18th April 2010 at St. Ignatius College, Riverview.

REGION 1 CHAMPIONSHIPS

The Regional Championship will be held at Narrabeen Academy of Sport on Saturday 27th and Sunday 28th February 2010.

All qualifiers will receive full details and their roster duties next week, but if you qualified and are NOT ABLE to compete - PLEASE advise the Desk NOW so that the reserve can be notified and given the chance to compete.

COMMUNICATION WITH OUR MEMBERS

Presentation Day details and many other important announcements are distributed to members via e-mail through the 'clubs on line' registration system.

If you selected "NO" to the 'mailing list' option when you registered, or if you have since elected to unsubscribe from Little Athletics e-mails, you will not be receiving all this important information.

If you think this may be the case, and would like to be put back onto the mailing list, please see the desk today to make this change.

Details of registration for next season will also be sent via this system, so it is very important you are on the mailing list if you would like to re-register next season.

TRANS TASMAN CHALLENGE

WELL DONE to the 16 NSLAC athletes who travelled to Auckland for the recent Trans Tasman Challenge. We think this is the largest Norths group ever to tour, and it was certainly the largest number from any one Centre on this tour. Lets see if we can send even more athletes in 2012.

Nicola Bowtell
Andrew Chapman
Raukura Doyle
George Gardiner
Brianna Gibson
Connor Grindal

Caitlan Howle
Tyler Monaghan
Sam Richardson
Georgina Schell
Charlie Seppelt
Luke Skrivanic

Ellington Steanes
Edward Trippas
Madeleine Vaz
Christine Wang

We hear that many pb's were achieved at the Challenge Carnival, and most importantly, NSW returned home victorious - winners of the Trans Tasman Challenge Cup! Great work guys!

A small mention must also go to the 2 North's adults who braved the trip as well: our very own Dr. Annabel Gibson who made sure everyone stayed fit and healthy throughout the long trip, and Sally Richardson who Caitlan can tell you is a totally legendary Assistant Section Manager..... Long Live the Trans Tasman Challenge!!!

OFFICIALS REWARD TICKETS

If you have any Officials Reward Tickets, please place them in the box at the desk on or before 13th March. The second draw for the \$500 grocery voucher will be done at the State Championships at the end of March, and you can't win if your ticket is not in the box! Good Luck!

NEW RECORDS

Congratulations to the following new record holders:

Age Group	Event	Record Date	Current Record	New Record	Athlete	Ground
U/10 Boys	60M Hurdles	5/12/2009		10.34	Rory Barkley	Rotary
U/10 Boys	60M Hurdles	12/12/2009	10.34	10.20	Rory Barkley	Barton Park
U/10 Boys	200M Run	13/12/2009	28.54	28.50	Lewis Clabburn	Barton Park
U/11 Boys	200M Run	12/12/2009	28.54	28.51	Andrew Chapman	Barton Park
U/14 Boys	90M Hurdles	16/01/2010	13.53	13.42	William Richardson	Rotary
U/17 Boys	100M Run	23/01/2009		11.97	Alex Northam	Rotary
U/17 Boys	100M Run	12/12/2009		11.70	Alex Northam	Barton Park
U/17 Boys	800M Run	12/12/2009	2-07.95	2-07.5	William Austin-Cray	Barton Park
U/17 Boys	1500M Run	12/12/2009	4-41.15	4-38.4	William Austin-Cray	Barton Park
U/17 Boys	110M Hurdles	22/01/2010		16.39	Aron Hagberg	Rotary
U/17 Boys	High Jump	12/12/2009	1.75	1.76	Aron Hagberg	Barton Park
U/17 Boys	Shot Put	12/12/2009	11.50	13.39	Jack Dempsey	Barton Park
U/17 Boys	Discus	5/12/2009	28.61	34.92	Jack Dempsey	Rotary
U/17 Boys	Discus	12/12/2009	28.61	37.03	Jack Dempsey	Barton Park
Snr Boys	4 x 100m Relay	13/12/2009	49.10	49.10	Tyler Grindal	Barton Park
					William Richardson	Barton Park
					Morgan Paterson	Barton Park
					Alex Northam	Barton Park
U/7 Girls	500M Pack	5/12/2009	1-54.29	1-52.02	Metiria Doyle	Rotary
U/7 Girls	500M Pack	12/12/2009	1-51.9	1-51.3	Metiria Doyle	Barton Park
U/7 Girls	Discus	30/01/2010	15.35	15.79	Hannah Morgan	Rotary
U/9 Girls	700M Walk	12/12/2009	4-29.6	4-24.7	Eliza De Laine	Barton Park
U/8 Boys	Shot / Discus	28/11/2009	1715 pts	1838 pts		Homebush
U/8 Girls	4 x Long Jump	28/11/2009	2130 pts	2289 pts		Homebush
U/9 Boys	4 x Long Jump	28/11/2009	2750 pts	2849 pts		Homebush
U/9 Boys	Shot / Discus	28/11/2009	1815 pts	2151 pts		Homebush
U/9 Girls	Shot / Discus	28/11/2009	1381 pts	1887 pts		Homebush
U/10 Boys	4 x 100m	28/11/2009	57.4 sec	56.47 sec		Homebush
U/10 Boys	Long / High	28/11/2009	2581 pts	2893 pts		Homebush
U/10 Girls	Long / High	28/11/2009	2996 pts	3002 pts		Homebush
U/11 Boys	4 x 100m	28/11/2009	57.4 sec	55.07 sec		Homebush
U/11 Boys	Shot / Discus	28/11/2009	2451 pts	2644 pts		Homebush
U/11 Girls	Shot / Discus	28/11/2009	1575 pts	1811 pts		Homebush
U/11 Boys	Long / High	28/11/2009	2558 pts	2808 pts		Homebush
U/8-U/11Boys	Middle Dist	28/11/2009	10-56.6 sec	10-54.6sec		Homebush
U/8-U/11Girls	Middle Dist	28/11/2009	12-11.31sec	11-56.12 sec		Homebush
U/12 Boys	Shot / Discus	29/11/2009	1698 pts	1895 pts		Homebush
U/12 Girls	Long / High	29/11/2009	2414 pts	3032 pts		Homebush
U/13 Girls	4 x 100m	29/11/2009	51.8 sec	51.74 sec		Homebush
U/13 Girls	Shot / Discus	29/11/2009	2003 pts	2712 pts		Homebush
U/13 Girls	Long / High	29/11/2009	2405 pts	2432 pts		Homebush
U/14 Boys	Shot / Discus	29/11/2009		2139 pts		Homebush
U/14 Boys	Long / High	29/11/2009		3126 pts		Homebush
U/15 Girls	Shot / Discus	29/11/2009	1866 pts	2696 pts		Homebush
U/15 Girls	Long / High	29/11/2009	1802 pts	3148 pts		Homebush
U/17 Boys	Shot / Discus	29/11/2009	1293 pts	1887 pts		Homebush
U/17 Boys	Long / High	29/11/2009	1811 pts	2921 pts		Homebush
U/17 Girls	Shot / Discus	29/11/2009		1434 pts		Homebush
U/17 Girls	Long / High	29/11/2009		1519 pts		Homebush

MID WEEK COACHING

Optional mid week coaching will continue to be available until Wednesday 17th March - the week before the State Championships.

Events being coached for the next few weeks are:

Month	Date	Time	Andy Burton	Paul Switzer	Chris Fuller	Andrew Fuller
FEB 2010	Tue 9	4.00-5.00pm		High Jump U9-U11		
	Wed 10	4.00-5.00pm		High Jump U12-U17		
		4.30-5.30pm	Hurdles		Sprints	Shot U12-U17
		5.00-6.00pm		Long/Triple Jump U11-U17		
	Tue 16	4.00-5.00pm		High Jump U12-U17		
	Wed 17	4.00-5.00pm		High Jump U9-U11		
		4.30-5.30pm	Hurdles		Sprints	Discus U12-U17
		5.00-6.00pm		Long Jump U8-U11		
	Tue 23	4.00-5.00pm		High Jump U9-U11		
	Wed 24	4.00-5.00pm		High Jump U12-U17		
		4.30-5.30pm	Hurdles		Sprints	Shot U8-U11
		5.00-6.00pm		Long/Triple Jump U11-U17		

DUAL REGISTRATON FOR SENIOR ATHLETES

If you are in the U12 or above age groups, Athletics NSW would like to encourage you to Dual Register with them and participate in "senior" athletics, as well as Little Athletics. Please ask at the desk for more details if you are interested in doing this.

**NSLAC is proudly sponsored by North Sydney Leagues Club,
Abbott Street Cammeray**



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