



ON TRACK

END OF SEASON UPDATE

THIS WEEK

No more meets for 2017-18

**GOOD LUCK TO OUR
COMMONWEALTH GAMES
REPS ALYSHA &
ROHAN!!OF**

See below for details

DUTY ROSTER

Enjoy your sleep in!!

2018-19

Duty Roster to be shared
before season start

SPONSORS



**PLEASE SUPPORT OUR VALUED
SPONSORS!**

Mt Kuring-gai Village Butchery

The Coffee Squad (50c from
each coffee donated to NDLAC)

**Dynamic Motion
Physiotherapy, Asquith**

Rebel Sports

Ashburn Tax Accountants

PRESIDENT'S MESSAGE – STUART GUTHRIE

Congratulations to our 20 NDLAC athletes who competed at the LANSW State Championships at Homebush from March 23 – 25. A special mention to our medallists – Jasmin Guthrie (2nd U15 400m), Isabella Guthrie (1st U15 300m Hurdles & 3rd 400m), Annabelle Rodgers (1st Multi Class Discus) & Ethan Oliver (1st U13 LJ, 3rd 200m Hurdles, 3rd 400m, 3rd 80m hurdles).

Congratulations to Isabella Guthrie who set a new State & National Record for the U15 300m Hurdles and to Ethan Oliver who was selected in the U13 NSW Team to compete at the Australia Little Athletics Championship's, best of luck Ethan! Congratulations also goes to Shayla Gleeson, Isabelle Cruickshank, Marco De Paulis & Mikayla Quinlan who all finished in the top 8 for their events.

I'd like to take this opportunity to thank all our **sponsors**, plus LANSW Sponsors, and encourage everyone to support these business in our community:

Dynamic Motion Physiotherapy Asquith

Coffee Squad

Mt Kuring-gai Village Butchery

Rebel Hornsby

Bakers Delight Berowra

Coles Asquith

Athletes Foot Hornsby

Mt Colah McDonalds

Our **presentation night** is booked in for Saturday May 5 at Asquith Girls High School. I look forward to seeing everyone there.

Don't forget to fill out a **brief survey about NDLAC**, to try and help us continue to improve our services. Please click on the following link - <https://goo.gl/forms/ZVw3cpxyBKuyxyQb2>

I bid you all farewell and thank you all for your help and support during my 9 years at Northern Districts. I hope you've all had a great season and thank you for all your time and effort in helping NDLAC continue to be a wonderful club!



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UPCOMING DATES – NOTE THE IMPORTANT NEW DATES ADDED!!

- 5 May (Sat)** **Presentation Day & AGM – 430pm @ Asquith Girls High School, Stokes Ave. Asquith**
Come along to collect end of season awards, and congratulate our athletes.
- 6 May (Sun)** **NDLAC Cross Country season start – 330pm for a 4pm start @ Foxglove Oval.**
Free for all registered athletes! Weekly each Sunday for 8 weeks until 24 June.

A CALL OUT FOR NEW COMMITTEE MEMBERS & ASSISTANTS!!

Our Centre would not be able to put the wonderful week-to-week program and associated events together during the season without the wonderful work of our **Committee team**. Comprised from mostly parents / guardians and former parents of the Centre, the Committee has a range of roles which support the running of NDLAC, in an enjoyable environment.

Each year we put the call out for **new and returning Committee Members** to ensure we can continue the successful operation of the Centre. We are seeking interest from anyone who can help for the 2018-19 season in almost any capacity – **the more support the better!** Please speak to any of our Committee team this Saturday to discuss how you can help!



PLEASE UPDATE YOUR EMAIL ADDRESS!!

As we near the end of the season, there is a constitutional requirement to issue a range of notices concerning arrangements for our annual general meeting and presentation night. To minimise costs and save time we would prefer to communicate most of this information by **email**. If your preferred email address has changed since you registered your athletes at the start of the season, please advise your new email address to registrar@ndlac.org.au

If you keep your email address current with us, you can also ensure that you will receive timely information about the registration process for the 2018-19 season.

GOOD LUCK TO ALYSHA & ROHAN @ COMMONWEALTH GAMES!!

The athletics program at the Commonwealth Games starts today, with our former ND Lac athlete and holder of many ND Lac records – **Alysha Burnett** - scheduled to compete in her heptathlon event on Thursday & Friday this week.

Another great former ND Lac Little A and now member of the Australian Para swim team at the games – **Rohan Bright** - also starts his first of 3 events today.

All the best to both Rohan and Alysha!! Below is a link to an article on Alysha, together with a pic from the opening ceremony. [Alysha Burnett news article](#)



CROSS-COUNTRY SEASON – NO CHARGE FOR CURRENT ATHLETES!

Looking for ways to keep up your fitness over the Winter period? Or to support your efforts at upcoming school cross-country events? Our Cross Country season offers a **FREE** (for current LANSW athletes), fun way to do this in a supportive group environment.

Starting on **Sunday May 6**, the season will run for 8 weeks until June 24th. We have 500m (U6 and younger), 800m (U7-8s), 1500m (U9-10s), 2000m (U11-12s) & 3000m (U13+ & open).

Likely Timetable: 4pm 2000m & 3000m; 4.25pm 500m; 4.35pm 800m & 1500m. The program has been devised so that athletes can run more than once, so come along!!

More details can be found on our website link by clicking here [ND Lac Cross Country Season Info](#)