



THIS WEEK

Program 6

EARLY EVENTS 7:45AM

U9-17 Walks; U11-17 Javelin

WHAT TO BRING

Please be sure to bring the following each week:

- Water bottle
- Hat & Sunscreen
- Smiles & best effort!!

DUTY ROSTER

**16 December 2017
FROM 7:30AM**

U10

Set-up AND Pack-up (in addition to parental assistance)

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

Even with Christmas fast approaching it was great to see everyone on Saturday down at Foxglove, especially to congratulate **our Pentathlon medallists**. I must pass on a huge thank you to Matt Kean for coming along to support our club.

This Thursday will be our **Final Training session** for 2017 (4:30pm – 5:30pm). Training will then recommence on February 1st 2018.

A reminder for any families interested in competing at the **LANSW State Multi** event this season, entries are open on - [this link](#)

The State Multi Event will be held on March 3rd & 4th in Wagga Wagga. Entries close February 5th.

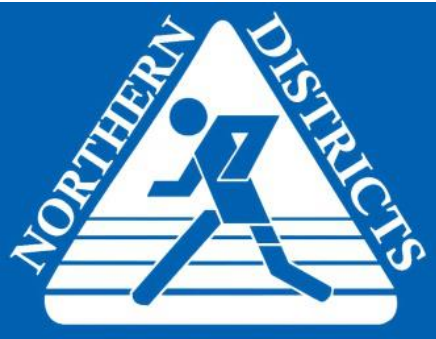
Don't forget **this Saturday is our final NDLAC meet** before Christmas, with a special guest appearance. We will then return next year for 2 Friday night sessions on January 12th & 19th (from 5:45pm), before we start back on Saturdays from January 27th.

Have a great weekend, Merry Christmas!

UPCOMING DATES

- 16 Dec:** Last meet at Foxglove for 2017 + special guest (ho ho ho)
- 12 Jan** 1st **FRIDAY NIGHT TWILIGHT MEET** for 2018 – **6PM**
- 19 Jan** 2nd **FRIDAY NIGHT TWILIGHT MEET** for 2018 – **6PM**
- 27 Jan** **SATURDAY program resumes**
- 3 Feb** NDLAC Multi-event program





REBEL SPORTS – PLEASE LINK YOUR ACCOUNT TO NDLAC!!

A reminder that Rebel Hornsby provides us with in store credits from NDLAC member purchases that go towards providing our club with rewards. Make sure you link your Rebel account with Northern Districts Little Athletics Club next time you go in store!



PHOTOS – THANKS SEAN COLLINS!!

Thanks again to Sean Collins - one of our fantastic Dads - who has kindly provided hundreds of photos, including more from last week's meet and Pentathlon. See the details below for some great shots. URL: www.collcash.net/photos

The photos are available on the left hand side. Click into "Little Athletics", then enter the NEW ALBUM PASSWORD which is L1ttL3a (password is case sensitive). Pentathlon Photos are under "General" Downloading details:

When viewing a photo, find the "download this file" button towards to top right hand side of the screen. Click the button "download this file".





AGE MANAGER REPORTS – SAT 9 DECEMBER 2017

UNDER 11B

I use this week to remind all the boys the importance of showing respect, responsibility & care for their fellow team mates. As we approach the end of 2017 it is important for all of us to appreciate each other & recognise the effort each boy applies every week. I'd like the boys to consider the age group as a team & show comradery amongst themselves. I often see the boys encouraging each other through the events & request this type of behaviour is displayed each week, as the minimum standard & as we return in the New Year after what will be a well-deserved break. With the thought of school holidays it did not stop many PB's falling, Joshua had a great day with 3 PB's (Discus, Shot Put, & 400mts, first tome ever under 3 minutes), as did Toby also with 3 PB's (100mts, 400mts, & 800 mts). Ethan & Will had a great day at the high jump both setting new PB's & being this weeks most improved. Conor Did well in the walk setting the season best & it has also been great to see him try every event available throughout the year thus far. I wish all the boys & families a Merry Christmas & look forward to seeing everyone back on the New Year.

UNDER 12G

Only a small group of 9 girls this week and was great to see Brianne achieve PB's in the LJ & Discus. Siobhan with a great effort in the hurdles with an SB. The girls teamed up with the U12 boys in the 1500m and Shayla ran an outstanding 2nd overall. It's been a privilege to watch the girls achieve so much and improve in all events so far this season. Well done

UNDER 13B

Great day at foxy, everyone tried their best & there were quite a few PB's! Awesome Saturday morning at Little A's

UNDER 14G

What a great day for our small group of 3 girls. They made the most of the cooler weather, and every event saw a PB. Miranda smashed her long jump PB, and Zoe took nearly a full minute off her 1500m. A clean sweep for the 80m hurdles, with all 3 girls getting a PB in that event.





PB AWARDS – AND AN ADDED BONUS!!!!

Last week we had 135 athletes attend Little A's and in total there were 318 PB's achieved. (compared to the previous week when 136 athletes achieved 255 PB's), maybe it had something to do with Matt Kean being there!!

Effective from 2 Dec onwards, all athletes who achieve 5 or more PBs at the one meet will receive their ribbons as usual, and the added bonus of a **\$2 canteen voucher!** Watch-out for news of results by checking online and through the newsletter. Ribbons and vouchers will be inserted in the Age Manager folders.

PB Champions **from Sat 9 Dec 2017:**

Athlete	PBs
M GALLAGHER (5163 U8B)	5
S GLUSKIE (5183 U6G)	5
H MALNEEK (5198 U8G)	5
N SHARMA (5234 U8B)	5
A KNIGHT (5244 U8G)	5
M AUDITORE (46736 U14G)	5





SET UP AND PACK-UP ASSISTANCE 2017/2018 SEASON

Compared to other sports, Little Athletics needs a larger number of parents to help run all events. Parents find that they get a great deal of enjoyment from active participation in their children's sport and your assistance is greatly appreciated.

The minimum requirement is for one parent per family to assist every second week

In addition, each age group is rostered **twice** each season to assist with setting up the oval before competition **AND packing up the oval after the completion of competition.**

Please make sure you are at the oval at **7.30am** to assist with set-up. You can sign in at the table under the orange Jetstar tent and get pointed in the right direction to help out!

Set-up and pack-up duties are in addition to parental assistance requirements

DATE	AGE GROUP	DATE	AGE GROUP
9/09/2017	U14,15-17 PARENTS	12/01/2018	U9 PARENTS – FRIDAY TWILIGHT
16/09/2017	U13 PARENTS	19/01/2018	U8 PARENTS – FRIDAY TWILIGHT
23/09/2017	U12 PARENTS	27/01/2018	U7 PARENTS – SATURDAY
30/09/2017	U11 PARENTS	3/02/2018	U6 PARENTS
07/10/2017	U10 PARENTS	10/02/2018	U14, 15-17 PARENTS
14/10/2017	U9 PARENTS	17/02/2018	REGIONAL CARNIVAL – NO MEETING
21/10/2017	U8 PARENTS	24/02/2018	U13 PARENTS
28/10/2017	U7 PARENTS	03/03/2018	U12 PARENTS
4/11/2017	U6 PARENTS	10/03/2018	U11 PARENTS
11/11/2017	U14,15-17 PARENTS	17/03/2018	U10 PARENTS
18/11/2017	U13 PARENTS	24/03/2018	STATE CHAMPIONSHIPS – NO MEETING
25/11/2017	ZONE CARNIVAL – NO MEETING	END OF SEASON	
02/12/2017	U12 PARENTS		
09/12/2017	U11 PARENTS		
16/12/2017	U10 PARENTS		

We rely on you to get to events early so we can start competition on time. Delays cause unnecessary frustration for all participants! Help us keep things running smoothly and on time by:

- **Signing on at 8.15 am** so we know where the gaps are for the morning
- Being present at your post at **the start of competition**
- **Introducing yourself** to the event's Key Official prior to the athletes arriving

Thank you for your assistance and cooperation





COACHING CUES – HURDLES (C/O LANSW)

Hurdling is basically an extension of running. The first leg over the hurdle is called the “lead leg” and the second leg over is called the “trail leg”.

- **Lead leg** – straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle)
- **Trail leg** – lift the leg to the side with the heel to the bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running (some coaches like to tell their athletes to “pop the balloon” for this part of the action).

Who runs what distance?

U8, U9, U10, U11, U12

U13, U14G

U14B, U15G

U15B, U17G

U17B

U13, U14

U15, U17

60m hurdles

80m hurdles

90m hurdles

100m hurdles

110m hurdles

200m hurdles (circular track)

300m hurdles (circular track)





Northern Districts Little Athletics Centre



GIRLS
DAY

Competition program 6

GIRLS
DAY

Group	Early event(s)	8:15am-8:30am	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Group								
U6		Parental assistance sign-on and athlete warm-up	0830-0855	Shot put (500g-pink) S1	100m	0930-0955	Discus (350g) OC	200m	S2	70m	IC-	300m	U6				
U7G			IC1	500m	Fin by 0910	Vortex	0915-1000	Long jump	S3	100m	S3	70m	1100-1125	Shot put (1kg blue)	U7G		
U7B			0830-0915	Long jump	S3	100m	Fin by 1010	Vortex	S4	70m	IC2	500m			U7B		
U8G			0830-0855	Discus (500g)	H	60m hurdles (45cm)	OC1	400m	1000-1045	Long jump	OC3	200m	S-	100m	U8G		
U8B									S2	100m	OC2		1045-1130	Long jump	U8B		
U9			H	60m hurdles (45cm)	0900-0925	Shot put (2kg orange)	IC	800m	1000-1025	Discus (500g)	S1	70m	1045-1130	Long jump	U9		
U10G			S2	70m	OC2	200m	0910-0955	High jump	1000-1025	Shot put (2kg orange)	IC1	1500m	1100-1125	Discus (500g)	U10G		
U10B			0830-0910	High jump	S2	70m	OC2	200m							U10B		
U11			0745-0825 Triple Jump	IC2	1500m	0900-0925	Discus (750g)	H	60m hurdles (60cm)	S1	100m	1000-1045	Long jump OR triple jump	OC-	200m	U11	
U12				0830-0915	Long jump OR triple jump	IC	800m	0930-0955	Shot put (G-2kg orange; B-3kg white)	H	60m hurdles (68cm)	OC1	200m	1030-1130	High jump	U12	
U13	0745			S1	100m	OC1	200m hurdles (68cm)	0915-1000	Long jump OR triple jump	IC	800m	1030-1055	Discus (G-750g; B-1kg)	OC-	400m	U13	
U14				3000m	OC	200m hurdles (76cm)		400m	0930-1030	High jump U14-17 B/G ~~~~~ Starting heights: Pool A: 1.00m Pool B: 1.25m	1030-1055	Shot put (14-17G-3kg white; 14B-3kg white; 15B-4kg red; 17B-5kg green)	S4	100m	IC-	800m U14-17 girls	U14
U15	100m					U15											
U17	100m					IC-	800m U14-17 boys	U17									

Version 2017a

Program notes:

- Groups having completed the fewest events (excluding 'early events') have priority over other groups.
- Track events: Where shown, numbers indicate relative priority when more than one group is waiting (S=sprint, H=hurdles, OC=outside circular, IC=inside circular).
- Field events: Groups must cease throwing or jumping by the end of their indicated timeslot, even if the next group has not yet arrived (SP/D/V: +5 mins allowed for measuring).
- 'GIRLS DAY': (Pgms 2, 4 & 6) Girls have priority over boys in the same age group for today, unless otherwise stated.
- Shaded Cells are specific Skills Sessions with NDALAC Coach planned for this day - Competition measuring may not be recorded