



ON TRACK

SAT 9 FEB – NO MEET AT FOXY THIS WEEK – REGION CHAMPIONSHIPS

THIS WEEK

Region Championships for qualifying athletes
No Meet @ Foxglove

GOOD LUCK REGION REPRESENTATIVES!

Don't forget to check uniform to ensure you are compliant with strict Region standards. See email for details.

DUTY ROSTER

SAT 16 FEB. 2019
7:15AM
U14, 15-17

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 ND Lac)

Ashburn Tax Accountants

Rebel Sports

Thomson Landscape & Supplies

PRESIDENT'S UPDATE – MATT GLESSON

It was a shame to lose a Saturday morning meet to wet-weather last week, however Foxy got a good soaking and is looking great as we enter the final straight for our 2018-19 season. I trust that everyone had a restful Saturday morning during what I know is a busy period for many.

We have an action-packed newsletter this week including some updated event details, in particular our Invitational Sprint coming forward 1 week to be combined with our Middle Distance Handicap event on 16 Feb, and our Multi-event Championships now scheduled for 23 Feb. **Please be sure to update your diaries, and note some of the "non-standard" start times and qualifier info below.**

Our very best wishes go to our qualifying athletes competing at **Region Championships** this weekend at Narrabeen! A HUGE thanks to our wonderful parents and guardians for their commitment in driving athletes to the event, and also volunteering your time with assistant and key official duties, plus cheering and supporting everyone. We look forward to hearing about all the PBs and fun had over the weekend.

UPCOMING DATES (WITH SOME CHANGES)

7 Feb '19 [Thursday weekly training 430pm-530pm @ Foxglove](#)
All ages welcome, every Thursday afternoon

9-10 Feb '19 [Regional Championships for qualifying athletes](#)
NO FOXGLOVE MEET ON SAT 9 FEB!!

16 Feb '19 [Annual Middle Distance Handicap PLUS Invitational Sprint Challenge \(NEW DATE!\)](#)
1500m handicap race for U10-17 before the start of our Sat meet. Register at 8:05AM for an **8:20AM SHARP start**. See below for more details.
And at the end of the meet, watch the 100m sprint-off between our fastest male and female athletes who will compete for the perpetual trophies.

23 Feb '19 [MULTI-EVENT CHAMPIONSHIPS \(NEW DATE!!\)](#)
Postponed from the cancelled 2 Feb meet. **745AM start for U13-U17 athletes**, 830AM for others.

WEEKLY TRAINING THU AFTERNOONS 430-530PM, ALL WELCOME!

The more preparation and training and skills development you undertake in any discipline, the better the ultimate results produced. This holds very true for athletics also!!

We will continue to ramp our Age Manager and Key Official coaching and skills development over the next 12 months, which together with work done on Saturday morning meets by our Centre Coach Martin will help bring out the personal best in all our athletes attending Foxglove each week.



On top of this we also have our weekly Thursday training held at Foxglove, at which skills are taught and techniques refined across a range of event types including running, jumps, and throws. The program is varied each week, with some of our Junior Development Coaches from the NDLAC senior athlete group on hand to also assist.

All ages & levels are catered for, no uniforms need be worn – just have your enclosed shoes on & bring along a water bottle. This is all included in your NDLAC rego. fees, so come along & make the most of it!

NDLAC ANNUAL MIDDLE DISTANCE HANDICAP 16 FEB

All U10-17 athletes are invited to compete in the 19th running of the prestigious NDLAC Middle Distance Handicap (“MDH”) to be held 8.20 sharp prior to our regular program Saturday 16 February 2019.

The MDH is a mixed age race over 1500m for athletes U10 through U17. As competitors will be allocated a time handicap, the winning boy and girl will not necessarily be the fastest runners, and this evens out the challenge across the age groups.

The first three boys and girls across the line will be awarded trophies at our end of season presentation night, whilst the names of the two winners will be inscribed on perpetual trophies. Two additional prizes will also be awarded to the boy and girl whose net running time is closest to a time they nominate before the race starts (no watches please!).

Pre-registration is NOT required. Any athlete interested in competing should be at Foxglove Oval no later than 8.05am to receive their handicaps, record their net time prediction and warm up. The handicap stopwatch will start at 8.20am.



NDLAC ANNUAL INVITATIONAL SPRINT 16 FEB (NEW DATE!)

At the **END** of our next Saturday meet, the fastest boy and girl athletes over 100M based on year-to-date results will compete in this prestigious invitational event, with the whole Centre cheering the races on.

First place getters will have their names etched on the perpetual handed out at Presentation Night. The current rankings by YTD personal bests are as follows. **The fastest 8 athletes in attendance on the day from these lists will be eligible to participate:**

Rank	Athlete	Reg	Club	Best	Date	Second	Date	Third	Date	Results	Average
1	15 G CASEY GRIFFITHS	43533	N	13.9s	24/11/2018	14.2	21/12/2018	14.3	29/9/2018	3	14.1
2	15 G MAYA MCMULLEN	43555	N	14.2s	24/11/2018	14.3	15/12/2018	14.4	21/12/2018	3	14.3
3	15 G ELLA HOSCHKE	43506	N	14.4s	29/9/2018	14.6	24/11/2018	14.8	15/9/2018	3	14.6
4	13 G SARAH PASSAFARO	43512	N	14.6s	24/11/2018	15.0	17/11/2018	15.2	3/11/2018	3	14.9
5	17 G RHONA CHOAT	43566	N	14.8s	24/11/2018	15.0	27/10/2018	15.1	15/12/2018	3	15.0
6	13 G SIOBHAN MCMAHON	43529	N	14.9s	24/11/2018	15.0	26/1/2019	15.1	21/12/2018	3	15.0
6	14 G SARAH HUGHES-NARBOROUGH	43507	N	14.9s	29/9/2018	14.9	26/1/2019	15.0	15/9/2018	3	14.9
8	13 G NATASHA TINDALE	43556	N	15.0s	17/11/2018	15.1	26/1/2019	15.4	24/11/2018	3	15.2
9	17 G ANNIKA NICKLIN	43545	N	15.2s	24/11/2018	16.0	27/10/2018	16.0	21/12/2018	3	15.7
9	15 G MINHA LEE	43564	N	15.2s	17/11/2018	15.4	20/10/2018	16.0	21/12/2018	3	15.5
11	17 G MIKAELA QUINLAN	43546	N	15.4s	15/12/2018	15.4	17/11/2018	15.4	27/10/2018	3	15.4
12	14 G ELLA GIBBONS	43561	N	15.5s	24/11/2018	16.4	29/9/2018	17.4	27/10/2018	3	16.4
12	14 G ERIN JONES	43549	N	15.5s	24/11/2018	15.9	29/9/2018	16.0	17/11/2018	3	15.8
14	13 G APRIL MULLER	43548	N	15.6s	15/9/2018	15.9	24/11/2018	16.1	26/1/2019	3	15.8
15	14 G ABBEY LE LIEVRE	43538	N	15.6s	21/12/2018	15.8	29/9/2018	16.2	9/11/2018	3	15.9
16	15 G MIRANDA AUDITORE	43525	N	15.6s	29/9/2018	16.1	15/9/2018	16.2	3/11/2018	3	16.0

Rank	Athlete	Reg	Club	Best	Date	Second	Date	Third	Date	Results	Average
1	17 B CAMERON ROSS-EGARR	43517	N	12.5s	24/11/2018	12.8	17/11/2018	13.0	9/11/2018	3	12.8
2	15 B ETHAN OLIVER	43530	N	12.6s	24/11/2018	12.6	15/12/2018	12.7	17/11/2018	3	12.6
3	17 B BENJAMIN MCNAMARA	43552	N	12.8s	15/12/2018	12.9	18/1/2019	12.9	9/11/2018	3	12.8
4	15 B MARCO DE PAULIS	43499	N	13.0s	17/11/2018	13.4	27/10/2018	13.4	15/12/2018	3	13.3
5	17 B LIAM OLIVER	43540	N	13.1s	15/12/2018	13.2	24/11/2018	13.4	18/1/2019	3	13.2
6	15 B HARRISON LARKIN	43508	N	13.3s	24/11/2018	14.7	15/9/2018			2	14.0
7	17 B RUBEN SAMER	43558	N	13.7s	27/10/2018	14.0	9/11/2018	14.3	15/9/2018	3	14.0
8	14 B DANIEL HATCH	43503	N	13.8s	3/11/2018	14.0	17/11/2018	14.3	27/10/2018	3	14.0
9	13 B LYNDEN WIESENHAAN	43519	N	13.9s	24/11/2018	14.2	17/11/2018	14.6	11/1/2019	3	14.2
10	13 B JESSE ROBINSON	43515	N	14.2s	24/11/2018	14.4	21/12/2018	14.5	15/9/2018	3	14.4
10	14 B MALAKYE ENASIO	43568	N	14.2s	24/11/2018	14.6	17/11/2018			2	14.4
10	17 B CONOR CAHILL	43542	N	14.2s	29/9/2018	14.3	15/12/2018	14.6	21/12/2018	3	14.4
13	15 B KANE ROBINSON	43516	N	14.3s	21/12/2018	15.2	24/11/2018	15.3	29/9/2018	3	14.9
14	13 B KISHO CARLINO-MIZUNO	43494	N	14.6s	17/11/2018	14.8	24/11/2018	14.8	3/11/2018	3	14.7
15	13 B COOPER EASTWOOD	43537	N	14.7s	15/9/2018	15.0	17/11/2018	15.7	9/11/2018	3	15.1
16	14 B JAI COHEN	43557	N	14.8s	24/11/2018	15.2	29/9/2018	15.9	9/11/2018	3	15.3

ANNUAL NDLAG MULTI-EVENT CHAMPIONSHIPS – NOW 23 FEB!

The Multi-Event competition structure is similar to last November's Pentathlon, where **athletes accumulate points for their performances** (not placings) across all the events they compete in that day. An excellent warm-up for Region Championships, all athletes may also use their total score as an extra event towards their yellow / green / red / blue achievement levels.

Events for all age groups (except U13-17s -- see below*) will start at 8.30am. Athletes arriving late will miss the opportunity to accrue points from any events conducted in their absence. Awards will be presented to the top three point scorers in each age group, provided they make a reasonable attempt at ALL events.

***Under 13 to 17 athletes will need to be at Foxglove by 7.45am sharp for their first two events -- long jump and shot put. These are program events, not optional early events!**

- U6s: 100m, 200m, long jump, shot put;
- U7s: 100m, 500m, long jump, shot put;
- U8s: 100m, 700m, long jump, shot put, discus;
- U9s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U10s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U11s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U12s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U13s: 80m hurdles, 200m, 800m, long jump, shot put, discus, HJ
- U14s: 80m H (girls) or 90m H (boys), 200m, 800m, LJ, SP, discus, HJ
- U15s: 90m H (girls) or 100m H (boys), 100m, 800m, LJ, SP, discus, HJ
- U17s: 100m H (G) or 110m H (B), 100m, 800m, LJ, SP, discus, HJ.



REGIONAL CHAMPIONSHIPS UPDATE

Congratulations if you are one of the 50 or so athletes we have proudly representing themselves, their families, and NDLAG at the upcoming Regional Championships on Sat-Sun 9-10 February!

Emails have been sent out to qualifying athletes, including:

- **Athlete event information**
- **Track and Field Programs, including “not-before” start times**
- **Venue map**
- **Important information on uniforms, event marshalling, fees payable (in advance) and more**

Please refer to these important details ASAP, and contact our Centre Championships team – Heather Shepherd and Adelle Toynbee – if you require any further information. Details will also be updated via our TeamApp site.

For those of you not participating, we will not have a meet at Foxglove so save those arms and legs for more PBs and our multi-distance handicap on Sat 16th Feb.

SET UP AND PARENTAL ASSISTANCE 2018-19 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 **7.15am** 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
15/09/2018	U14,15-17 PARENTS	11/01/2019	U9 PARENTS – FRIDAY TWILIGHT
22/09/2018	U13 PARENTS	18/01/2019	U8 PARENTS – FRIDAY TWILIGHT
29/09/2018	U12 PARENTS	26/01/2019	U7 PARENTS
05/10/2018	U11 PARENTS - washout	02/02/2019	U6 PARENTS
12/10/2018	U10 PARENTS – washout	09/02/2019	REGIONAL CARNIVAL – NO MEETING
20/10/2018	U9 PARENTS	16/02/2019	U14, 15-17 PARENTS
27/10/2018	U8 PARENTS	23/02/2019	U13 PARENTS
03/11/2018	U7 PARENTS	02/03/2019	U12 PARENTS
9/11/2018	U6 PARENTS – FRIDAY TWILIGHT	09/03/2019	U11 PARENTS
17/11/2018	U14,15-17 PARENTS	16/03/2019	STATE CHAMPIONSHIPS – NO MEETING
24/11/2018	U13 PARENTS	END OF SEASON	
01/12/2018	ZONE CARNIVAL – NO MEETING		
08/12/2018	U12 PARENTS		
15/12/2018	U11 PARENTS		
21/12/2018	U10 PARENTS – FRIDAY TWILIGHT		

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!!!**





CROUCH START

When doing a crouch start: -

"On your marks"

- Place your front foot a forearm's length behind the start line
- Place the knee of your back leg on the ground level with your front foot
- Place your hands shoulder-width apart - behind, not on the line.

"Set"

- Raise your hips slightly higher than your shoulders
- Make sure that both your legs remain bent (front leg at about 90 degrees; back leg at about 120 degrees)

"Go"

- Drive your back leg forward
- Swing your arms hard