



# ON TRACK

*FRI 11<sup>TH</sup> JAN – Special inter-club twilight meet!*

## **PRESIDENT'S UPDATE – MATT GLEESON**

To all our wonderful community of athletes and parents, the happiest of new year wishes from the committee of Northern Districts Little Athletics.

We look forward to more fun and excitement over the 2nd half of the Athletics season, recommencing with a Twilight meet on 11th Jan with our nearby compatriots Hornsby Districts joining us at Foxglove. See below for program details and more.

Can't wait to see you all doing your best in 2019!!!

## **REBEL SPORTS – LINK YOUR ACCOUNT TO ND Lac**

A reminder that [Rebel Hornsby](#) provides our Centre with in-store credits from ND Lac member purchases, that go towards providing our club with rewards!!! If you are making the most of sales, or back-to-school purchases, make sure you **link your Rebel account with Northern Districts Little Athletics Club [Rebel Hornsby](#)**.



## **WET WEATHER REMINDER**

Little A's is generally an all-weather sport, in particular for Championships, but for athlete safety our **weekly meets may be cancelled or programs adjusted in the event of inclement weather** including rain, as well as hail events, lightning, and even dust storms (remember those from a few years back??).

Every effort will be made to notify families ASAP, via our website [www.ndlac.org.au](http://www.ndlac.org.au) & [Facebook](#) & [TeamApp](#) pages, **usually by 1 hour prior to start of meets and training.**



## THIS WEEK

**See Program Details Below  
Early & Late events  
subject to # of athletes**

## WHAT TO BRING

**Please be sure to bring  
the following each week:**

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

## DUTY ROSTER

**FRIDAY 11 Jan 2019  
FROM 5pm**

**U9 + anyone else who can  
come early to assist!**

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

## SPONSORS

PLEASE SUPPORT OUR  
VALUED SPONSORS!

**coles**



**Mt Kuring-gai Village Butchery**

**The Coffee Squad** (50c from  
each coffee donated to ND Lac)

**Ashburn Tax Accountants**

**Rebel Sports**

**Thomson Landscape & Supplies**

## UPCOMING DATES - START OF '19

- 11 Jan '19** FRIDAY TWILIGHT INTRA-CLUB MEET  
Celebrate our first meet for the 2019 calendar year with our inaugural Inter-Club meet with Hornsby District LAs. See below for more details.
- 18 Jan '19** FRIDAY TWILIGHT "DISCO" MEET  
Come and boogie the holidays away, our second twilight meet under lights with a Disco theme!
- 26 Jan '19** SATURDAY MEETS RECOMMENCE  
Kick-off Australia Day celebrations with some fun @ Foxy!

## REDUCED REGO. TO \$90 FOR NEW ATHLETES!

We have entered the 2019 calendar year but still have 8 fantastic meets scheduled for our 2018-19 season including this Friday's special inter-club twilight meet @ Foxy with Hornsby Districts (Fri 11th, 545pm for a 6pm start), on top of State and Region Championships. Such has been the success of our new programs, new look, and new approach, we continue to get new member interest and continue to add new registrations as recently as the first week of January 2019.

We are pleased to advise a reduced registration fee of **\$90 for any new athletes** signed up from 6 January 2019 onwards. This is **fantastic value**, covering our costs with LANSW and insurance, but also end of season awards for eligible athletes!

Please share this together with the wonderful philosophy of our Club with your family and friends, and encourage them to join! Interested families can simply go to our Reg Page ([www.ndlac.org.au/registration](http://www.ndlac.org.au/registration)) for details on how to sign-up.

## Personal Best ("PB") HIGHLIGHTS 21 DEC

Congratulations to the following athlete for achieving 5 or more PBs last week!!

<b>Athlete</b>	<b>PBs</b>
<b>D GALLAGHER (U11B)</b>	<b>5</b>



## **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 – SATURDAY
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!!!**





# Northern Districts Little Athletics

*Warmly invites*

## Hornsby District Little Athletics

To the Inaugural

# NDLAC/HDLAC Twilight Intra-club Meet

Friday 11th January, 2019. 6:00PM to 9:00pm

At Foxglove Oval, Mt Colah

Fun and competition with your Age Group combined from both clubs

Also featuring lots of fun relays, Canteen, BBQ, and a welcoming, friendly atmosphere



## Twilight Competition - Intra Club Meet

Group	Early events	5.45pm-6.00pm	Event 1	Event 2	Event 3	Event 4	Relay Event	Relay Event	Late event(s)					
U6	5.15-5.55 Triple Jump	Parental assistance sign-on and athlete warm-up	IC1/2	300m	6:15-6:45	Games	S5/6	50m	7:00-7:30	Long jump (Sth)	U6			
U7			6:00-6:30	Long jump (Sth)	IC3/4	500m	6:45-7:15	Games	S13 \14	100m	SHUTTLE RELAY (Self Selected Teams of 4)	U7		
U8			6:00-6:30	Shot Put (1.5kg-Yellow)	6:30-7:00	Long jump (Sth)	IC5/6	700m	7:15-7:45	Games		U8		
U9			H1/2	60mH (45cm)	S3/4	100m	6:40-7:15	Long jump (Nth)	7:15-7:30	Shot put (2kg orange)	SWEDISH RELAY One boy & One Girl from each Club for: 1 x U9 100m 1 x U10 200m 1 x U11 300m 1 x U12 400m	4 x 100m RELAY One boy & One Girl from each Club for: 1 x U9 100m 1 x U10 100m 1 x U11 100m 1 x U12 100m	700m walk	U9
U10			H3/4	60mH (60cm)	6:30-6:45	Shot put (2kg orange)	S7/8	100m	7:15-7:45	Long jump (Nth)			1100m walk	U10
U11			S1/2	100m	H5/6	60mH (60cm)	OC8/9	200m	7:00-7:15	Shot put (2kg orange)	SWEDISH RELAY One boy & One Girl from each Club for: 1 x U13 100m 1 x U14 200m 1 x U15 300m 1 x U17 400m	4 x 100m RELAY One boy & One Girl from each Club for: 1 x U13 100m 1 x U14 100m 1 x U15 100m 1 x U17 100m	Javelin	U11
U12			OC1/2	200m	6:15-6:30	Shot Put (2kg Orange)	H7/8	60m hurdles (68cm)	S9/10	100m			1500m walk	U12
U13G			6.00-6.40	Long jump (Nth) Girls 14-17 Boys 14-17	6:00-6:30	Shot Put (3kg White)	OC3/4	200m	H9/10	80m hurdles (76cm)	S11 \12	100m	(11-14G & 112B - 400g; 15-17G - 500g; 13-14B - 600g; 15-17B - 700g)	U13G
U13B					OC5	200m	H11	80mH - 14G (78cm)	7:15-7:45	Shot Put (3kg White)				U13B
U14G					OC6	200m	H12	90mH - 14B (76cm)	7:15-7:45	Shot Put (3kg White)				U14G
U14B	OC7	200m			7:00-7:15	Shot Put (3kg White)	H13	90mH - 15G (78cm)			U14B			
U15G	OC10	200m			6:30-6:45	Shot Put (4kg Red)	H14	100mH - 15B (76cm)			U15G			
U15B	OC11	200m			6:45-7:00	Shot Put (3kg White)	H15	100mH - 17G (78cm)			U15B			
U17G	OC12	200m	6:45-7:00	Shot Put (5kg Green)	H16	110mH - 17B (76cm)			U17G					
U17B										U17B				

Program notes:

1. Starters to follow event order as indicated on the program.
2. Field events: throw cage based on implement weight (ie. can have girls & boys in same cage), if all the same weights, split even numbers between two cages.
3. U9+ Age Managers to discuss and put forward one runner for Swedish Relay and one runner for 4 x 100m relay, preferably giving different kids a change to run
4. Early & Late Events: dependant on time & number of competitors and parental helpers