



# ON TRACK

FRI 18<sup>TH</sup> Jan DISCO TWILIGHT MEET (see TeamApp for Program)

**PHOTOS FROM OUR FANTASTIC INAUGURAL INTER-CLUB MEET**



## THIS WEEK

**DISCO Twilight Program**

**LATE EVENTS (end of meet)**

**TJ & WALKS**

**Also bonus U14+ early event**

## WHAT TO BRING

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

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

## DUTY ROSTER

**FRIDAY 18 Jan 2019**

**FROM 5pm**

**U8 + 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 NDLAC)

**Ashburn Tax Accountants**

**Rebel Sports**

**Thomson Landscape & Supplies**

## PRESIDENT'S UPDATE – MATT GLEESON

What a tremendous first for NDLAC last week – hosting HDLAC at Foxglove oval for an Intra-Club meet under lights. I couldn't be prouder of the way our kids, parents and officials all made Hornsby feel so welcome. I can tell you that the committee of HDLAC are so thrilled and would definitely like to return the favour and host us some time soon. I think we will look at opportunities in the new season to do this. The misfortune of the night was the weather - which eventually forced us to abandon the relays and late events.

### A couple of housekeeping items to note:

1. We have a LOT of lost property which sits in the room on the left side of the canteen – please pay a visit over the next few meets to find those caps, drink bottles, beanies, bags, lunchboxes, etc that you may have thought were lost forever.
2. **Age Managers – Please be wary of letting the kids climb on the fence** at the West side of the oval. One of the Hornsby Little A's got a decent cut in his leg on Friday from climbing on the fence, & of course ....it's metal, so that means a trip to the doc to get a Tetanus shot too!

This Friday night is our last Twilight meet for the season, and we're going all out and making it a **DISCO NIGHT!** Athletics put to music! What could be better after a hot few days (forecast looks a bit cooler for Friday – phew). Following this we will be back to Saturday meets, starting again on Australia Day (26<sup>th</sup> Jan). Then it will be time for our annual Multi-Event on Saturday, Feb 2. {Reminder too that there is no Foxglove meet on Feb 9<sup>th</sup> due to Regional Representative Carnival}.

Can't wait to see you at Foxy this Friday.

## UPCOMING DATES

**18 Jan '19** FRIDAY TWILIGHT “DISCO” MEET

Come boogie the holidays away, our second twilight meet under lights with a Disco theme! See TeamApp for program.

**26 Jan '19** SATURDAY MEETS RECOMMENCE

Kick-off Australia Day celebrations with some fun @ Foxy!

**2 Feb '19** Annual Multi-event meet at Foxglove Oval

## 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!**





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## **REBEL SPORTS – LINK YOUR ACCOUNT TO NDLAC**

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



## **REDUCED REGO FOR REMAINDER OF SEASON!!**

We have entered the 2019 calendar year but still have **7 fantastic meets** scheduled for our [2018-19](#) season including this Friday's twilight meet, 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.

**[ndlac.org.au](http://ndlac.org.au) | [news@ndlac.org.au](mailto:news@ndlac.org.au) | <https://ndlac.teamapp.com/>**