



ON TRACK

SAT 2 March: 2nd last chance to get those PBs this season!

PRESIDENT'S UPDATE – MATT GLEESON

We hope all athletes enjoyed the format of the NDLAC Multi-Event last weekend. It was so nice to see the groups pushing for PBs and enjoying what ended up to be a beautiful morning at Foxglove. Results for the individual events have been posted, so please do notify if there were any discrepancies or missing recordings so that we can finalize the calculations and present some Multi-Event medals at the commencement of our Saturday 9th March fixture at Foxglove.

Looking like another nice day at Foxglove this coming Saturday, so hoping to see all families and athletes out in force. If you have a neighbor or friend who wanted to athletics at the start of the season but never got around to it, or was absorbed by another sport – feel free to invite them down for a trial in the last weeks of season. It might be just the prompt they need to join us for Season 2019/20.

We only have the two Saturday's left at Foxglove for the season, so that means on the 9th March, we will run our hamstring-testing challenge for Parents over 100m. A womens race and a mens race held at the end of the program. Kids – I hope you will talk Mum and Dad in to running!

We will be holding our annual presentation night and AGM on Saturday 4th May, so watch out for details on this, plus our Cross Country Season which is provided free for all athletes who were NDLAC members in 2018/19 season. The Cross Country will give a good opportunity for athletes to prepare over the longer distance for their school cross country around the same time of year.

To the NDLAC athletes who are heading to Dubbo this weekend to compete in the State Combined Event Championships (previously known as State Multi), we wish you all the best and know you will do our club proud with your efforts and sportsmanship during the event.

See you at Foxy

PHOTOS FROM LAST WEEK'S MEET

Photos from our Muklti-event Championships of Sat 23 Feb 2019 are available online, again thanks to the generosity of Sean Collins. The quality of pics taken by Sean – a NDLAC Dad and local photographer - make them great mementos and certainly worth checking out!!

Quick link for reference: <http://collcash.net/photos/>

Password □ L1ttL3a – it is “case sensitive

THIS WEEK

Program 5. Early Events **U11-17 TRIPLE JUMP**

NB: Differs to usual Program 5 Jav. & Walks early next week

WHAT TO BRING

Please be sure to bring the following each week:

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

DUTY ROSTER

SAT 2 MAR. 2019

7:15AM

U12

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

UPCOMING DATES - IN THE FINAL STRAIGHT!

28 Feb '19 [Thursday afternoon weekly training @ Foxglove](#)
430pm to 530pm All athletes welcome.

9 Mar '19 [Last Saturday meet for the season \(& State Team Photo\)](#)
Come along to celebrate a wonderful season, with a mix of events including the following & more:
- **Parent / guardian 100M race (watch those hamstrings!!)**
- **State team photo**
- **U17 "retiring" athlete march past**

16-17 Mar '19 [STATE CHAMPIONSHIPS, for qualifying athletes](#)
Sydney Olympic Park Athletic Centre. No Foxglove meet

4 May '19 [NDLAC AGM & PRESENTATION AFTERNOON](#)
430pm start. Asquith Girls High School, Stokes Ave Asquith
See below, and watch this space for more details
NB: PLEASE RETURN ANY PERPETUAL AWARDS TO THE CANTEEN @ FOXGLOVE THE NEXT 2 SATURDAYS

CHECK YOUR RESULTS FROM MULTI 23 FEB!

Results from the meet of 23 Feb are now available on our website www.ndlac.org.au Athletes and parents are asked to double check results and advise us ASAP if anything missing or incorrect, to ensure accuracy for our multi-event points tallies and awards.

END OF YEAR SPECIAL AWARDS

As we approach the end of our wonderful 2018-19 season, it is time to get thinking about who you are going to nominate for our 3 end of year special, perpetual awards.

We have an [Athlete award](#), an [Age Manager award](#), & a [Non-Athlete award](#) (generally a parent / guardian but open to all) selected from athlete and parent / guardian nominations – **we need your input!!**

Please read on to see more information on award background, criteria and how to nominate.

JULIE HALSEY OUTSTANDING SERVICE AWARD

Background

This award recognises **an individual (non-athlete)** who has contributed to the Centre through efforts in support roles. This may be in areas such as setting up equipment, key official and / or coaching work, and behind-the-scenes contributions towards ensuring the successful running and improvement of our Centre.

Criteria

- Goes above and beyond expectations in supporting the successful running of our Centre
- Supports ongoing improvement in how different aspects of the Centre are run, coming up with new and better ways of doing things
- Demonstrates respect for the rules and officials of Little Athletics
- Maintains a gracious and friendly attitude towards others
- Is a willing helper without necessarily being asked
- Commits themselves to the spirit of Little Athletics

Nominations – please email to secretary@ndlac.org.au

- Together with your nomination, please indicate your name and reason for the nomination.

KEVIN HIRST AGE MANAGER OF THE YEAR AWARD

Background

This award is made in memory for a parent who passed away after succumbing to a medical condition in December 2010. Kevin held many roles during his time at NDLAC, but most notably he will be remembered as an Age Manager of his youngest daughter's age group for some 10 years. This award is made to **an Age Manager** who displays a number of characteristics which portray the ideals and spirit of athletics.

Criteria

- Acts as an excellent role model, leader, teacher, parent and friend towards his/her Age Group
- Is well respected and liked by fellow Age Managers, Key Officials and his / her Age Group
- Demonstrates respect for the rules and officials of Little Athletics
- Maintains a gracious and friendly attitude towards others
- Maintains a high standard of behaviour, treating all charges under his / her care equally
- Contributes with enthusiasm, eagerness and enjoyment over a number of years
- Is a willing helper without necessarily being asked
- Commits themselves to the spirit of Little Athletics

Nominations – please email to secretary@ndlac.org.au

Together with your nomination, please indicate your name and reason for the nomination.

MEGAN JONES ATHLETE AWARD

Background

This athlete is made in memory of one of our athletes who unexpectedly passed away succumbing to a medical condition in 1999 whilst a member of the U15 girls – Megan Jones.

Megan loved to compete, not for the win but for the enjoyment of athletics. The award is made to [an athlete](#) who displays a number of characteristics which portray the ideals and spirit of athletics.

Criteria

- Places concern for others above themselves
- Demonstrates respect for the rules and officials of Little Athletics
- Maintains a gracious and friendly attitude towards other competitors
- Maintains a high standard of behaviour
- Demonstrates a constant desire to improve and achieve personal goals
- Participates with enthusiasm, eagerness and enjoyment
- Is a willing helper without necessarily being asked
- Commits themselves to the spirit of Little Athletics

Nominations – please email to secretary@ndlac.org.au

- Together with your nomination, please indicate your name and reason for the nomination.

HAVE YOU COMPLETED OUR TRAINING SURVEY?

We want to hear your feedback so we that we can keep improving our training structure. Please fill in this quick 2-3 minute survey <https://goo.gl/forms/8JEfXsNMfSWJBcFJ3> and let us know your thoughts (your answers will be anonymous). It might be helpful to have your children with you during this survey, or for older independent athletes, they might like to complete the survey themselves. The more feedback the better!

Help us make our Centre and in particular our training initiatives the best they can be. Thanks everyone!!

ANNUAL GENERAL MEETING & PRESENTATION DAY, 4 MAY

A heads up that our combined Annual General Meeting and Presentation Day, held at Asquith Girls High School, has been booked in the diary for Sat 4 May from 430pm. In addition to eligible athletes receiving a trophy, we also recognise our high achievers and special awards (see above) plus acknowledge the many parents and guardians and supporters who contribute to the success of our Centre.

The afternoon kicks-off with our formal AGM to which members can [bring forward agenda items, and also nominate for Committee positions](#) which we definitely encourage everyone to consider and discuss with some of our existing Committee over the next 2 Saturdays.

The afternoon wraps up with [a bumper raffle](#), with prizes including complimentary 2019-20 season registrations, gifts from our fantastic sponsors and more (but you must be present!). We look forward to celebrating a fantastic season with our new look, new approach, and continued fun and family focus!

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 (last Foxglove meet)
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!!!**



Group	8:15am-8:30am	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Group	
U6G	Parental assistance sign-on and athlete warm-up	1 300m	0855-0915 Discus (200g)	9 70m	0930-0950 Shot Put (500g - pink)	15 100m	23 200m	U6G	
U6B		0930-0950 Discus (200g)	7 70m	3 300m	0930-0955 Shot Put (500g - pink)	14 100m	21 200m	U6B	
U7G		0930-0955 Long Jump (Sth)	8 50m	0915-0940 Vortex	7 500m	0950-1010 Shot Put (3kg - blue)	16 100m	U7G	
U7B		0930-0950 Shot Put (3kg - blue)	2 500m	0915-0940 Long Jump (Sth)	10 50m	1000-1025 Vortex	18 100m	U7B	
U8G		0930-0950 Discus (500g)	6 70m	12 400m	0930-0955 Long Jump (Sth)	14 60m Hurdles (45cm)	24 200m	U8G	
U8B		2 70m	0945-0910 Long Jump (Sth)	11 400m	0945-1005 Discus (500g)	13 60m Hurdles (45cm)	22 200m	U8B	
U9G		0930-0940 Long Jump	10 400m	0925-0940 Discus (500g)	12 60m Hurdles (45cm)	13 100m	1020-1050 Shot Put (2kg - orange)	U9G	
U9B		0930-0950 Shot Put (2kg - orange)	9 400m	0925-0940 Discus (500g)	11 60m Hurdles (45cm)	12 100m	1010-1020 Long Jump (Sth)	U9B	
U10G		1 70m	2 60m Hurdles (60cm)	0925-0915 Discus (500g)	4 800m	0945-1040 High Jump (Scaevor)	26 200m	U10G	
U10B		1 60m Hurdles (60cm)	5 70m	0900-0945 High Jump (Scaevor)	8 800m	1010-1020 Discus (500g) (+10m with U13 Cage 1)	25 200m	U10B	
U11G		0745-0925	0930-0910 Long Jump	4 60m Hurdles (60cm)	13 200m	0940-1015 High Jump	9 800m	1040-1100 Shot Put (2kg - orange)	U11G
U11B		0930-0900 High Jump	3 60m Hurdles (60cm)	0910-0930 Shot Put (2kg - orange)	14 200m	0945-1015 Long Jump	10 800m	U11B	
U12G		Junior Mentoring 8:30am - 8:45am U12-U17 to walk with their junior mentorees to their first event and help get them started	4 100m	0950-0910 Shot Put (2kg - orange)	6 1500m	0945-1005 Discus (750g)	19 200m	1020-1100 Long Jump	U12G
U12B			3 100m	0950-0920 Shot Put (2kg - orange)	5 1500m	0945-1025 Long Jump	20 200m	1040-1110 Discus (750g)	U12B
U13G	6 200m Hurdles (60cm)		0925-0940 High Jump	16 400m	1030-1050 Discus (750g)	19 100m	12 1500m	U13G	
U13B	7 200m Hurdles (60cm)		0925-0940 High Jump	15 400m	1010-1030 Discus (750g)	17 100m	11 1500m	U13B	
U14 - U17 Combined	Triple Jump		Hurdle - Outside Track 1 17B 300mH(76cm) 2 17G 300mH(76cm) 3 15B 300mH(76cm) 4 15G 300mH(76cm) 5 14B 200mH(76cm) 6 14G 200mH(76cm)	0900-0940 Long Jump - B Long Jump - G	Senior Choice:		Senior Choice:		13 1500m B14-17 14 1500m G14-17
					11 100m	17 400m B14-17 18 400m G14-17 (note: possible clash with U13 Discus - watch for flag)	1015-1100 High Jump	or 1010-1030 Shot Put - G Shot Put - B (14: 3kg white; 15-17G: 3kg white; 15B: 4kg red; 17B: 5kg green)	

Program 5

- Track events: 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/DV/J: +5 mins allowed for measuring).
- 'BOYS DAY': (Pgms 1, 3 & 5) Boys have priority over girls in the same age group for today, unless otherwise stated.
- Seniors Choice: U14-U17 athletes may choose one of the two available options in that event timeslot. No mixing and matching across Event timeslots to be undertaken. Officials must be informed if no-one will be attending event.
- Junior Mentoring: Senior Athletes are to go with their corresponding Junior Age Group to their first activity for 15mins before commencing their own program

Senior Athlete:	U12	U13	U14	U15	1st Yr U17	2nd Yr U17
Junior Athlete:	U6	U7	U8	U9	U10	U11