



# ON TRACK

*SAT 9 March – join us for a fun parent / guardian race & family relays!!*

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

A lovely Saturday at Foxglove last weekend had a strong field of eager athletes take the field and post up some impressive performances. So **great to see the PBs continuing** to roll in at the end of this season, with the following being really super highlights:

- All of the Under 15 girls achieved new PB's in their High Jump
- Under 6 Boys & Under 10 Girls compiled 14 PBs across each of their age groups on Saturday!
- Under 9 Girls and Under 6 Girls compiled 16 PBs across each of their age groups on Saturday!!!
- Under 8 Girls compiled an astonishing TWENTY-ONE (21) PBs across their age group on Saturday!!!!!!

I hope that everyone can sign off the season at Foxglove with at least one more PB this coming weekend, and I'm sure all your fellow athletes will be cheering loudly for you as you go for it.

Coming up this weekend is a bumper program – with a few taste tests of next year for athletes, with some more choices available in the program for the older kids, some scheduled events for our Tots, and an opportunity for everyone to post one more PB in each event before we close out the season. **We will conclude Saturday with the annual Pinging of the Hamstrings Sprint for Parents.** Kids, hope you have already talked Mum and/or Dad to running this one!!

Also keep an eye out for the athletes who are in the final week of preparations to represent ND Lac at the **State Championships on March 16<sup>th</sup> and 17<sup>th</sup>**. These competitors will be putting their skills on display this weekend and I hope all athletes will encourage them and wish them best for the weekend after.

**ATHLETES** – Please note that this weekend your Age Manager may be very sad and may have some tears as their time with you this season comes to an end. **Please make sure you give your Age Manager lots of extra hugs this weekend** and tell them you hope they'll be Age Manager again next year, so that they don't become lonely and despondent in the winter months.

I'm really looking forward to two other items coming up on the calendar:

1. Our Annual Presentation night and AGM on May 4<sup>th</sup> at Asquith Girls High School, and
2. The start of our Cross Country Season on Sunday afternoons at Foxglove (plus the chance to run against other centres too).

Can't wait to see you this Saturday at Foxy

Matt



## THIS WEEK

**Program 6. Early Events**  
**U11-17 Jav, U9-17 Walks**

## WHAT TO BRING

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

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

## DUTY ROSTER

**SAT 9 MAR. 2019**

**7:15AM**

**U11**

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!

**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 100M race @ end of meet**
- **State team photo from 825AM**
- **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**

**TBC May '19** [NDLAC Cross-Country Season, Sunday arvo's @ Foxy](#)

Free for our NDLAC athletes, come together on a Sunday afternoon for a fun program including a range of distances, and also some inter-Club runs this year! Great preparation for the school cross-country season.

## DONATIONS FOR OUR EOY MONSTER RAFFLE

At our annual Presentation Afternoon, it has become a tradition FOR A MONSTER RAFFLE to be held after all awards have been presented. Tickets will be on sale at the door, with all proceeds going to our Centre. Up for grabs will be a free registration plus prizes from our generous sponsors and more. [Do you have anything that we can add to the prize pool?](#) Please email us at [news@ndlac.org.au](mailto:news@ndlac.org.au) for any offers, thanks!!

## 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](mailto: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](mailto: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](mailto:secretary@ndlac.org.au)

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

## AGE GROUP PHOTOS PLUS MORE GREAT PICS – THANKS SEAN!!

**Age Group photos** taken back during our Pentathlon Week have been kindly bordered by Catherine Ashley, and presented online together with the other fantastic shots taken by Sean Collins. The Age Group photos can be found in the folder [2018-19 Team Photos](#).

Photos from our meet of Sat 2 March 2019 are also now available online, again thanks to the generosity of Sean. The quality of pics taken by Sean – a ND Lac 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.

## PB HIGHLIGHTS FROM THE LAST 2 WEEKS!!

We are very pleased to see the PBs keep on coming, a special mention to the following athletes who achieved 5 or more at one of the meets the last 2 weeks!! Don't forget to collect your Canteen Vouchers!

**23 Feb 2019:** [S Franic Smith \(U9G\) 6 PBs](#); [R Waddingham \(U9B\) 5 PBs](#); [J Wiesenhaan \(U13B\) 5 PBs](#)

**2 Mar 2019:** [C Matthews \(U6G\) 6 PBs](#); [L Cheal \(U9G\) 5 PBs](#)

## MATT'S NSW STATE COMBINED EVENTS CHAMPIONSHIP WRAP-UP

We had four of our athletes represent ND Lac at the NSW State Combined Events Championship (previously known as State Multi) in Dubbo on the weekend. **Prudence Silver, Shayla Gleeson, Isabelle Cruickshank and Sienna Gleeson** all competed in their Age Divisions and represented themselves and our club proudly. {Presidents Note: Plus Loki Gleeson had great fun at the tots events on both days... almost as much fun as Dad did J}.

I must say, as event formats go, and as an opportunity for a family weekend getaway - This is a great one that I can now recommend wholeheartedly. The athletes join up with their groups early on day 1 and travel as a group around the events of the weekend, forming some really strong friendship bonds across the two days. We took the opportunity as families of ND Lac to get together at a nice local Tavern on the Saturday night and dine as a group, and although we were one of the smaller clubs in terms of representatives at the carnival we made the highlight reel on LANSW's Instagram in two different age groups (U17 : Prudence, and Tots: Loki).

Next year it will be held in **Tamworth at the end of February** and I hope you will give this some consideration for a fun way to enjoy athletics in a new surrounding next year.



## **DO YOU HAVE A FLAIR / INTEREST IN WEBSITE DESIGN & SET-UP?**

We propose to migrate to a new website and results platform, as used by many other Little A's Clubs, ahead of the 2019-20 season. This will involve some online set-up and data migration work, which we are sure some parents / guardians amongst us have some great talents with.

Please contact us via [news@ndlac.org.au](mailto:news@ndlac.org.au) or call Troy on 0402 174 540 (also available for a chat this Saturday) should you be willing and able to assist. Thanks!

## **WE NEED YOU TO SPREAD THE WORD ABOUT OUR CENTRE!!**

We trust that everyone has had a wonderful 2018-19 season, during which there were many highlights including our new look with updated logo and uniform, new program approach with greater flexibility for our senior athletes and with more coaching, plus some fantastic PB and representative results and more!!

**Word of mouth remains our best form of advertising**, so we encourage all to spread the word on our fantastic Centre, and bring along a friend or 2 for a trial as we kick-start the 2019-2020 season.

- ❖ **Do you belong to a Winter sports club?** Soccer, netball, league, anything ..... please keep an eye out for our 2019-20 season advertising flyer and pass on to your publicity contacts to include in their communications – we are happy to return the favour for them!
- ❖ Spread the school within your School, in particular the **Sports / PE Departments** who are generally very happy to promote Little A's to other students.

2020 is an Olympic year, and who knows, we may have the next Sally Pearson or Brandon Starc in our future ranks!

## **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!!!**





NORTHERN DISTRICTS

GIRLS DAY

## Northern Districts Little Athletics Centre

## Competition program 6 (modified)



NORTHERN DISTRICTS

GIRLS DAY

Group	Early event(s)	8:15am-8:30am	8:30am-8:45am	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Group
Tots				Warm Up	Long Jump (Sth)	Tots Activities	9:45am: 150m	Tots Activities		Tots
U6G				Discus (300g)	70m	200m	Shot Put (500g - pink)	100m	300m	U6G
U6B				Shot Put (500g - pink)	300m	70m	Discus (300g)	200m	100m	U6B
U7G				Vortex	500m	Long Jump (Sth)	50m	200m	Shot Put (1kg - blue)	U7G
U7B				Long Jump (Sth)	Shot Put (1kg - blue)	50m	500m	Vortex	200m	U7B
U8G				400m	Discus (500g)	100m	200m	Long Jump	700m	U8G
U8B				700m	Discus (500g)	400m	100m	Long Jump (Sth)	200m	U8B
U9G	0745			Long Jump	100m	Discus (500g)	800m	70m	High Jump (Scissor)	U9G
U9B	Walks			High Jump (Scissor)	800m	Long Jump	70m	100m	Discus (500g)	U9B
U10G	U9 - 700m			Discus (500g)	400m	70m	Long Jump (Sth)	800m	Shot Put (2kg - orange)	U10G
U10B				Shot Put (2kg - orange)	70m	400m	Discus Cage 1 (500g)	800m	Long Jump	U10B
U11G	U10 - 1100m	0745-0815		High Jump	1500m	Shot Put (2kg - orange)	200m	Discus (500g)	100m	U11G
U11B				High Jump	1500m	Shot Put (2kg - orange)	200m	Discus Cage 1 (500g)	100m	U11B
U12G	U11 - 1100m	Javelin		1 100m	60m Hurdles (60cm)	High Jump	800m	Discus (750g)	Choice: Long/Triple Jump	U12G
U12B	U12 - 1500m	Girls 400g		2 100m	60m Hurdles (60cm)	High Jump	800m	Discus Cage 1 (750g)	West lane: LJ East lane: TJ	U12B
U13G	U15-U17: 500g			2 800m		100m	High Jump (Combined with U14-17's)	200m	Shot Put (3kg - white)	U13G
U13B	U13 - 1500m			3 800m		100m		200m	Shot Put (3kg - white)	U13B
U14G	U14 - 1500m	Boys 400g		Senior Choice:	Choice:	100m	Senior Choice:	80mH - 14G (75cm)	Discus - G Cage 1 (1kg)	U14G
U14B	U11-U12: 400g		2 400m	Gender Combined Long/Triple Jump	100m	High Jump (Combined with U13's)	90mH - 14B (75cm)	11:20-11:40		U14B
U15G	U15 - 1500m	U13-U14: 600g		3 400m	West lane: LJ East lane: TJ	100m		90mH - 15G (75cm)		U15G
U15B	U15 - 1500m			or		100m	or	Discus - B Cage 1 (14-15B-1kg; 17B-1.5kg)	100mH - 15B (75cm)	U15B
U17G	U17 - 1500m	U15-U17: 700g		4 800m - B		100m			100mH - 17G (75cm)	U17G
U17B				5 800m - G		100m	1500m		110mH - 17B (75cm)	U17B

Version 2018:

## Program notes:

Track events: Numbers indicate relative priority when more than one group is waiting (S=sprint, H=Hurdles, OC=outside circular, IC=inside circular).

Senior 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.

'GIRLS DAY': (Pgms 2, 4 &amp; 6) Girls have priority over boys in the same age group for today, unless otherwise stated.

Senior 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.

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