



ON TRACK

WEEK 5 – FRIDAY TWILIGHT OCT 12, 2018

THIS WEEK

FRIDAY Twilight special!
EARLY EVENTS 515PM
U9+ WALKS & U11+ JAV

WHAT TO BRING

Please be sure to bring the following each week:

- Your registration #
- Water bottle
- Hat & Sunscreen
- Smiles & best effort!!

DUTY ROSTER

FRIDAY 12 October 2018
FROM 5pm
U10 (& anyone else who can assist!)

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 NDLAC)

Dynamic Motion
Physiotherapy, Asquith

Ashburn Tax Accountants

Rebel Sports

PRESIDENT'S UPDATE – MATT GLEESON

So sad to lose a Saturday to wet weather last weekend, even though the ground, the gardens and the entire state all benefitted from the rain. Can you believe it was the first day lost to wet weather in nearly two years! After a day of sulking over no athletics, it was with some delight that we rolled the clocks forward an hour & welcome Daylight Saving back. And to celebrate the "real" arrival of summer (aka longer days), **we're all set for a fantastic night under lights at our Twilight Meet this Friday.** We will run a jam packed program that allows for everyone to get warmed up and doing plenty of PB's (as well as playing some cool fun games lead by Martin ...for the younger ones) – because when the lights come up bright.... It will be time for Family Relays!

Now if you think your family can stride it out with the best of them, & can pass a baton successfully without arguing – then you're the right crew to nominate for:

"The Fantastically Fast Relay"

- Its 4 x 100m on the circular track.
- Members must be from the one family (or extended family by blood ties)
- Maximum three members of same gender in each team
- Teams must come & see me to register a team at the beginning of the night

But if you think your family can still turn on a good showing that lets even the smallest and youngest runners (not to mention the slowest and oldest) join in the mix – then you can run in the:

"The Famously Fun Relay"

- It's a shuttle relay 4 x 50m, like swimming relays, team members forward and back over the same 50m.
- Teams of 4 (or more if you want to run on leg as a duo)
- No need to register a team, just assemble your 4 team members at the 100m start line when called.

There are some other great things happening on the night:

- **Early events** are Walks (Under 9's and up) & Jav. (under 11's and up),
- We're going **full gourmet on the BBQ** this week, so stick around for dinner!
- There are (at least) two big chances of seeing a **Centre Record** broken on the night too.... Kalan Harding going for the U12 Boys Shot Put record, and Ethan Oliver going for the U15 Boys 300m Hurdles record.

Can't wait to see you at Foxy (and under lights),

Matt

UPCOMING DATES

Mark these dates in your diaries, and keep an eye out for related news:

12 October: **FRIDAY (NOT SATURDAY) FAMILY TWILIGHT PROGRAM** under lights

See Matt's message for details!



18 October: **Thurs. night weekly training** commences (430-530pm) @ Foxglove. All ages. No need to wear uniforms. Bring water & enclosed shoes. Come along for some skills training to help get more PBs!

20 October **Bring a friend day.** Share the fun with friends, who can join in our regular program

27 October **State Relay Team (U8-17)** expression of interest due date (see below)

INVITE YOUR FRIENDS ALONG TO JOIN US (REGO STILL OPEN!!)

With 18 regular season meets still remaining, plus championships events, there is plenty of time to sign-up and make the most of the 2018-19 season!! We are pleased to welcome so many new athletes in addition to our returning members this year, and we'd love to have more come along to trial and join in the fun.

Please spread the word to family and friends, with a new look, and a new program with greater flexibility for senior athletes and new skills development for all, plus more twilight and family fun events, now is the best time to join our wonderful club. Families simply need to go to our website www.ndlac.org.au to register online, or come to one of our meets to trial and ask any questions.



UNIFORMS UPDATE – ORDERING INFORMATION

For those who have yet to organise uniforms, here is a reminder on what to do.

Try on sizes at Little A's this Sat (from 8am to start of the meet, and then again at the end of the program). Then, go to the following link to order and pay for your uniforms online. Orders made after 30 Sep. will be shipped direct to athlete families. Athletes can wear what is comfortable in the meantime, don't forget to pin your rego # to your tops!

<https://www.sportsmagic.com.au/clubs/athletics/northern-districts-little-athletics/>

Don't worry if you still have a uniform from last year that fits, we are allowed to continue use of the old uniform in parallel with the new one through to 2019/20. Beyond that, you are still welcome to wear the old uniform for club meetings, but will be required to wear the new uniform for representative carnivals (Zone, Regional, State, State Multi, State Relay, etc).

STATE RELAY TEAMS EVENT – APPLICATIONS BY 27 OCTOBER

The 2018 State Relays will be held at Sydney Olympic Park Athletics Centre on Saturday & Sunday, 17 & 18 Nov. The Junior (U8-11) day will be held on the Saturday, the Senior (U12-17) day on the Sunday. This is a TEAMS EVENT, with each team competing together & points for each athlete's performance going towards a TEAM score.

The field events are now called "Jumps Relay" and Throws Relay" for all age groups. Each team in this section is still made up of 3 athletes, with centres being able to enter 2 teams in each age division if they wish to do so.

Track Relays

SECTION 1

U8 to U17 4 x 100m Boys & Girls

SECTION 3

U8 & U9 4 x 200m Mixed (2 boys/2 girls)

U10 to U17 4 x 400m Mixed (2 boys/2 girls)

U8 to U11 4 x Middle Distance Boys & Girls

U12 to U15 4 x Middle Distance Boys & Girls

Field Relays

U8 to U10 Jumps Relay - Long Jump Boys & Girls
(3 athletes performing long jump per team)

U8 to U10 Throws Relay - Discus/Shot Boys & Girls
(2 athletes performing discus & 1 athlete performing shot put)

U11 to U17 Jumps Relay - Long/High/Triple Boys & Girls
(1 athlete performing each discipline per team)

U11 to U17 Throws Relay - Shot/Discus/Javelin Boys & Girls
(1 athlete performing each discipline per team)



If you would like to participate in the State Relays, **you need to form a team**, and contact our Centre Championships Officer, Heather Shepherd **by Saturday 27th October** to complete your entry. Email via champs@ndlac.org.au or ask for Heather who will be at most of our weekly meets.

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 5pm** 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 | 02/02/2019 | U6 PARENTS |
| 12/10/2018 | U10 PARENTS – FRIDAY TWILIGHT | 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 |
| 10/11/2018 | U6 PARENTS | 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

COACHING CUES (C/O LANSW) – HURDLES

What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'.

- Lead leg - straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle)

Trail leg - lift the leg to the side with heel to bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).

When can an athlete be disqualified in hurdles?

- If in the opinion of the referee, an athlete deliberately knocks down a hurdle by hand or foot.
- If an athlete interferes or impedes another athlete's performance.
- If an athlete goes under or around a hurdle.
- If an athlete trails their foot around the side of a hurdle.
- If an athlete jumps a hurdle not in their own lane.



Northern Districts Little Athletics Centre

Twilight Competition - October 12th

BOYS
DAY

BOYS
DAY

| Group | Early events | 5.45pm-6.00pm | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 | Event 6 | Group |
|-----------|--|---|---|---|---|--------------------------------------|---|---------|------------|
| U6 | | Parental assistance sign-on and athlete warm-up | 6.00-6:25 Long jump G&B combined (Sth End) | 6:30-7:00 Run-Jump-Throw Games | S12 G-100m S11 B-100m | 7:30-7:55 Discus | OC18 G-200m OC17 B-200m | | U6G U6B |
| U7 | | | 6.00-6:25 Discus | OC8 G-200m OC7 B-200m | S8 G-100m S7 B-100m | 7:15-7:45 Run-Jump-Throw Games | 8.00-8:25 Long jump G&B combined (Sth End) | | U7G U7B |
| U8 | | | 6.00-6:25 G-Long jump B-Long jump | IC6 G-700m IC5 B-700m | 7:00-7:25 Discus | S16 G-100m S15 B-100m | 8:00-8:30 Run-Jump-Throw Games | | U8G U8B |
| U9 | 5:15pm 700m walk | | S2 G-100m S1 B-100m | 6.15-6:40 Discus | IC8 G-800m IC7 B-800m | 7:30-7:55 G-Long jump B-Long jump | OC20 G-400m OC19 B-400m | | U9 |
| U10 | 5:15pm 1100m walk | | IC2 G-800m IC1 B-800m | S6 G-70m S5 B-70m | 7:00-7:25 Long jump G&B combined (Sth End) | OC16 G-200m OC15 B-200m | 8.00-8:25 Discus | | U10 |
| U11 | 5:15 - 5:55pm | | OC2 G-400m OC1 B-400m | 6:30-6:55 Long jump G&B combined (Sth End) | S10 G-100m S9 B-100m | IC10 G-800m IC9 B-800m | 8.00-8:25 Shot Put | | U11 |
| U12 | 5:15pm | | S4 G-100m S3 B-100m | 6.45-7:10 G-Long jump B-Long jump | OC12 G-400m OC11 B-400m | 8:15-8:40 Shot Put | IC12 U12-U13G 800m | | U12 |
| U13 | | | 6:15-6:40 Shot Put | OC10 G-400m OC9 B-400m | 7:00-7:25 G-Long jump B-Long jump | S18 G-100m S17 B-100m | IC11 U12-U13B 800m | | U13 |
| U14 - U17 | 1500m walk (11-14G & 11-12B - 400g; 15-17G - 500g; 13-14B - 600g; 15-17B - 700g) | | OC3 Hurdle OC4 Outside OC5 14G 200mH(76cm) OC6 14B 200mH(76cm) 15-17G 300mH(76cm) 15-17B 300mH(76cm) | 6.45-7:10 G - Shot Put B - Shot Put | OC 13 G-400m S13 B-100m | S14 G-100m OC 14 B-400m | 8.00-8:25 G-Long jump B-Long jump | | U14 - U17 |
| | | | IC3/4 or 800m | | | | | | |

Family Relays

| Shot | |
|------|---------|
| G | B |
| U6 | 500g |
| U7 | 1kg |
| U8 | 1.5kg |
| U9 | 2kg |
| U10 | 2kg |
| U11 | 2kg |
| U12 | 2kg |
| U13 | 3kg |
| U14 | 3kg |
| U15 | 3kg 4kg |
| U17 | 3kg 5kg |

| Discus | |
|--------|-----------|
| G | B |
| U6 | 350g |
| U7 | 350g |
| U8 | 500g |
| U9 | 500g |
| U10 | 500g |
| U11 | 500g |
| U12 | 750g |
| U13 | 750g |
| U14 | 1kg |
| U15 | 1kg |
| U17 | 1kg 1.5kg |

Program notes:

- When there is more than one group ready, track events should be run in the number order indicated.
- Track events: run heats for each age group for girls then boys (no mixed age groups, no mixed boys/girls) unless specified, or three or less athletes for a age group is present, then combine boys/girls
- 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.
- Early Events: dependant on time & number of competitors