



ON TRACK

SAT OCT 20, 2018

THIS WEEK

PROGRAM 4

**EARLY EVENTS (7:45AM)
U13+ 3km, U11+ T. Jump**

WHAT TO BRING

Please be sure to bring the following each week:

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

DUTY ROSTER

20 October 2018

FROM 7:15AM

U9

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)

Dynamic Motion Physio, Asquith & now Berowra!

Ashburn Tax Accountants

Rebel Sports

PRESIDENT'S UPDATE - MATT GLEESON

Double Whammy!! Two weeks in a row washed out, but it is certainly true that the grass is now a lot greener at Foxglove, so here's hoping this repays itself over the rest of the season. The committee decided this week to plan again for a twilight meet before the Xmas break, so **mark November 9th in for Friday night Athletics under lights and Family Relays.** We will not have a meet on Saturday 10th Nov.

This week, we pick up on Saturday morning from 7:45 for early events and 8:15 for sign-on and warmups – let's hope we get some nice Spring conditions for athletics.

At this time of year, I would like to invite **our Senior Athletes to consider nomination for Centre Captains.** We have one male and one female Centre Captain, and I think the best way to sum up the role of the Centre Captains is that they lead by positive example at all times. So, if you are in U14's, U15s or U17's and might be interested, you can find out more information about the duties of Centre Captain and how to nominate for this prestigious role below and on our website [via this link.](#)

Thursday night this week sees the **beginning of our Training Night Sessions** with Club Coach, Martin. These sessions will rotate through a lot of event disciplines and are suitable for athletes of all ages and ability. We are keen to tie the practice and training from Thursday night with the application of those concepts on Saturdays to reinforce the learnings, but also it is a nice way to catch up with your athletics friends through the week too. Training is 4:30pm-5:30pm on Thursday at Foxglove Oval. For any parents who may be keen to assist with Training, we are also sponsoring parents to take the **Athletics NSW Introduction to Coaching Course.** These are coming up on Nov 3 or Dec 22 – so if you are interested, please talk to me or email me at president@ndlac.org.au

In two weeks time (**Oct 27th**) we will "throw open the doors" to siblings, cousins, neighbours & friends when we have our **"Bring a Friend" Day.** These have been great opportunities for the kids to have school and athletics friends come together and have together at Foxglove, and also helps to entice some folks down to Little Athletics who might not have tried it before. **So please encourage your children to bring a friend to Foxglove on the 27th,** and if you had already planned on doing that for this weekend, please feel free to do so. We will warmly welcome them for a trial day/ friend day with no fee.

Have a great week and see you at Foxy.

UPCOMING DATES

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

- 18 October:** **Thurs. night weekly training** commences (430-530pm) @ Foxglove. All ages. No need to wear uniforms, bring water and enclosed shoes. Come along for some skills training to help get more PBs, watch out for wet-weather updates as usual (website, Facebook etc)
- 27 October** **NEW DATE!! BRING A FRIEND DAY.** Share the fun with friends, who can join in our regular program
- 27 October** **Expressions of interest for State Relays due (see below)**
- 3 November** **Annual ND Lac Pentathlon Day (& Photos)**
- 9 November** **NEW DATE!! FRIDAY TWILIGHT MEET**, from 6PM (replaces Sat 10 Nov meet)

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.

CENTRE CAPTAIN APPLICATION

Interested in becoming a Centre Captain for ND Lac, or know someone who should be nominated?

Athletes in the Under 14, 15 & 17's age groups are invited to nominate for Centre Captain positions. Centre Captains serve an important role as representatives of our Centre and of the athlete group, acting as role models for our younger athletes and contributing to the ongoing success and improvement of ND Lac!

Key Duties include:

- Lead by example and encourage other athletes to do their best
- Assist with pre-competition warm-up activities each week
- Be approachable for other athletes to raise issues and suggestions about any matter to further improve the running of our Centre. Where necessary, discuss with the other co-captain and share feedback and ideas with the Committee.
- Assist with fundraising events at the Centre e.g. Pinkletics, Crazy Hair & Sock Day
- Help with the presentation of awards e.g. Pentathlon, Multi-Event and other awards during the season, and at Presentation Night as applicable.

If you are interested in nominating for this position please complete this application and return either by scanning then email to president@ndlac.org.au or place in the marked box at the sign-on tent. If you wish to nominate someone for the position please have them sign the nomination form acknowledging the nomination.

Nominee: _____ Rego. #: _____

What qualities can you bring to the position of ND Lac Captain?

Signature of Nominee: _____

Nominated By (can be self-nomination): _____

Age Group: _____

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	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
9/11/2018	U6 PARENTS “NEW” 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

COACHING CUES (C/O LANSW) – TRIPLE JUMP

Who can do Triple Jump?

U11-17 athletes

Where do I take-off from?

There are 4 take-off areas: 5m, 7m, 9m, 11m back from the edge of the pit. Athletes take-off from a board or mat (1.22m x 20cm), placed at any one of the four distances listed above. Athletes are to notify the Chief Official which board they will be taking off from, before the start of their first jump. This is so the official knows which take-off area to look at. Athletes can change boards at any time, but must advise the Chief Official before jumping.

How do I jump?

Once the athlete's foot hits the take-off area, they need to hop off one leg, then step on the other foot, then jump into the pit, landing on both feet. The saying, "same, other, both" can help remember the sequence.

When is a foul recorded?

- If the athlete does not perform the hop, step, jump sequence.
- If the athlete does not finish the jump phase by landing in the pit.
- If the athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off with two feet.
- If the athlete walks back through the sand towards the take-off area, after landing.
- If any sort of somersault is used.

How do I measure?

- U11 - U17: Whether the athlete takes off on or before the take-off area, measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.



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Northern Districts Little Athletics Centre



GIRLS DAY

Competition 20th October (P4)

GIRLS DAY

Group	Early event(s)	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	0830-0855	Long Jump	S4	70m	0930-0955	Shot Put (500g - pink)	OC16	200m	S13	50m	1030-1100	Run-Jump-Throw Games	U6G	
U6B			0830-0910	Long Jump (Sth)	OC10	200m	S8	70m	S10	50m	1000-1025	Shot Put (500g - pink)		U6B		
U7G			0830-0855	Long Jump	S3	100m	IC3	500m	0945-1015	Run-Jump-Throw Games	S15	70m	1100-1125	Discus (350g)	U7G	
U7B			0830-0855	Discus (350g)	S5	100m	IC4	500m			S14	70m	1045-1125	Long Jump (Sth)	U7B	
U8G			OC1	400m	0900-0930	Run-Jump-Throw Games	S9	100m	1000-1025	Discus Cage 2 (500g)	0900-0925	Shot Put (1.5kg - yellow)	H8	60m Hurdles (45cm)	U8G	
U8B			OC2	400m			1030-1055	Discus Cage 2 (500g)	S12	100m	0900-0925	Shot Put (1.5kg - yellow)	H9	60m Hurdles (45cm)	U8B	
U9G			S1	70m	OC3	400m	0915-0940	Long Jump (Sth)	OC13	200m	1000-1055	High Jump (Scissor)	H10	60m Hurdles (45cm)	U9G	
U9B			0830-0925	High Jump (Scissor)	S7	70m	OC12	200m	1000-1040	Long Jump (Sth)	H7	60m Hurdles (45cm)	OC21	400m	U9B	
U10G			0830-0855	Shot Put (2kg - orange)	S2	100m	H4	60m Hurdles (60cm)	0945-1025	Long Jump	1030-1055	Discus (500g)	OC20	400m	U10G	
U10B			0830-0855	Shot Put (2kg - orange)	H3	60m Hurdles (60cm)	S6	100m	0945-1025	Long Jump	OC18	400m	1100-1125	Discus (500g)	U10B	
U11G	0745-0825	0830-0925	High Jump	0930-0955	Shot Put (2kg - orange)	S11	100m	IC9	800m	1030-1055	Discus (500g)	OC22	400m	U11G		
U11B		0830-0855	Discus (500g)	0900-0940	High Jump	IC5	800m	1000-1025	Shot Put (2kg - orange)	OC19	400m	S18	100m	U11B		
U12G	0745	Triple Jump	Junior Mentoring 8:30am - 8:45am	OC4	400m	0900-0925	Discus Cage 2 (750g)	H5	60m Hurdles (68cm)	0945-1025	High Jump	IC11	1500m	1100-1125	Shot Put (2kg - orange)	U12G
U12B				OC5	400m	0900-0925	Discus Cage 1 (750g)	H6	60m Hurdles (68cm)	0945-1025	High Jump	IC12	1500m	1100-1125	Shot Put (2kg - orange)	U12B
U13G				H10	80m Hurdles (76cm)	0900-0940	Long Jump	OC14	200m	IC7	1500m	1030-1110	High Jump	OC23	400m	U13G
U13B				H2	80m Hurdles (76cm)	0900-0940	Long Jump	OC15	200m	IC8	1500m	1030-1110	High Jump	OC24	400m	U13B
U14-U17	3000m		IC1 IC2	<u>Senior Choice:</u> 1500m or Hurdle - Outside	0900-0925	Shot Put - G Shot Put - B (14: 3kg white; 15-17G: 3kg white; 15B: 4kg red; 17B: 5kg green)	OC11	G - 200m	IC6	G - 800m	1000-1025	G - Discus Cage 1 (14-17G-1kg)	1030-1100	<u>Senior Choice:</u> Long Jump or 100m G14-17 100m B14-17	U14-U17G	
		OC6 OC7 OC8 OC9	15-17B 300mH(76cm) 15-17G 300mH(76cm) 14B 200mH(76cm) 14G 200mH(76cm)	0930-0955			B - Discus Cage 1 (14-15B-1kg; 17B-1.5kg)	OC17	B - 200m	IC10	B - 800m	S16 S17			U14-U17B	

Version 2018B

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).
- 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).
- 'GIRLS DAY': (Pgms 2, 4 & 6) Girls have priority over boys 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.
- 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