



ON TRACK

ANNUAL PENTATHLON & PHOTO WEEK - SAT 3 NOV, 2018

THIS WEEK

EARLY EVENTS (7:45AM)
<Insert Details>

WHAT TO BRING

Please be sure to bring the following each week:

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

DUTY ROSTER

3 November 2018
FROM 7:15AM

U7

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)

Dynamic Motion Physiotherapy, Asquith

Ashburn Tax Accountants

Rebel Sports

PRESIDENT'S UPDATE - MATT GLEESON

It was a delight to see things running so smoothly at Foxglove last weekend. The early season Gremlins in the equipment seem to have settled down, people are getting used to the new locations of track starts (and ends), the Tiny Tots are growing in their confidence, and our wonderful Key Officials, Age Managers and Parent Helpers have adapted to the new format. Thank you all for your patience on this early part of the season and I hope the dividends are being repaid handsomely now.

A special thanks goes to the ONE (!!!) Under 8 Parent who stuck around for pack-up last week. I am delighted to see lots of families attending to be part of their Age Group's Set Up process, but it is still not all families of that Age Group – so if those who cannot make it for setup are willing to help on packup this will be greatly appreciated by all who are still there packing up the shed as people leave. **The Setup and Pack-Away duties for age groups are in addition to (not a substitute for) Parental Help sign-on**, and we really do appreciate those familiar faces we see regularly doing their bit.

This week is our **Pentathlon and Photos Day – so please wear your most resplendent uniforms for the photo and please take care not to be late** – there is not the option to go back and re-take a Pentathlon Event if you missed it earlier in the day. For **U14-U17's** I would request you be ready for an 8:15am start and special briefing – I remind you that Nominations for **Club Captains** are still open. I hope some of you great young people will propose yourself or your peers (with their agreement) for these prestigious roles.

Next FRIDAY NIGHT (9th November), we will have another go at running our Family Relay Twilight Meet (last one washed out by bad weather). We also have a special guest in the Hon Mr Matt Kean coming to officially open our Tartan Long Jump Runway – and I have asked Matt if he would join us on the athletics track too. So please make bookmark this in your diaries for a great night with your NDLAC friends. See you at Foxy.

UPCOMING DATES

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

3 Nov. Annual NDLAC Pentathlon Day (& Photos)

9 Nov. NEW DATE – FRIDAY TWILIGHT MEET from 6pm

11 Nov. Zone event preference nominations due (U7+)

PHOTO & PENTATHLON THIS SAT. BE ON-TIME & WITH BIG SMILES!

A reminder that on next Saturday November 3 we are holding our **annual ND Lac Pentathlon & photo day**.

The Pentathlon comprises of 5 events, in which the athletes accrue points for their performances. The points are all tallied up for the final scores. Athletes need to attempt all 5 events to be considered for trophies. **Please ensure that you athletes are on time** so as to not miss any events & points!

Age Group Photos will be kindly taken by our own Sean Collins this year. This will be scheduled as an Event for each Age Group on the Program, and Sean will kindly make these available online for downloading at no cost. Please have athletes in correct uniform, and on-time.

PB & RECORD HIGHLIGHTS – SAT 27 OCTOBER over 300 PBs!!!

Congratulations to the following athletes for achieving 5 or more PBs at last Saturday's meet, WITH A MASSIVE 316 PBs in TOTAL!!

Athlete	PBS
E MOORE-MULCAHY (U6G)	6
K JONES (U9B)	5
E WHALE (U9G)	5
I COCHRANE (U10G)	5
B STEPTOE (U9B)	5
L PASCOE (U10B)	5
H TOD (U9B)	5
C STEPTOE (U10G)	5
W APOSTOLOFF (U13B)	5
K CARLINO-MIZUNO (U13B)	5
S PASSAFARO (U13G)	5
H EDWARDS (U13G)	5



UNIFORMS – ORDERING INFORMATION REMINDER

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).

ZONE CHAMPIONSHIPS (U7 & above) – AVAILABILITY & EVENT PREFERENCE NOMINATIONS due by 11TH NOV!!

The Zone Championships is for age groups U7-17 and will be held on **Sat 1st – Sun. 2nd Dec. 2018** at the Sydney Academy of Sport, Narrabeen. Zone Championships is a competition where Little Athletes have the opportunity to represent Northern Districts against Little Athletes from other clubs in our Zone.

Athletes who register their interest are selected to represent the club. These selections will be determined through the athlete's performances at our Saturday competitions. Here at Northern Districts, we also give Athletes the opportunity to nominate their preferred events.

The Championships team will work through athlete preferences and performances to make selections, placing as many athletes in their desired events as possible. Due to limitations on the number of events athletes can participate in and the number of athletes NDLAC can enter per event, we cannot guarantee that every athlete preference will be met.

To show your availability and submit your preference, we require you to complete a google doc found here: (<https://goo.gl/forms/oEYqMDJEH83syOZW2>) **by Sunday 11th November. If we have not heard from you by that date, we will assume that your child is not available for selection.** NB. The Program for this year's Zone carnival has varied slightly from last year. We will provide a copy of the new program on the NDLAC website Zone Championships page once available.

If your child completes at Zone, **one parent per family will be required to assist at least once during the weekend.** You can make a selection of your preferred assistance on the google doc.

If you would like further details, or you have any questions, you can speak to a championships officer in the records room next to the canteen on Saturdays. If you are unable to access the google doc, please collect a paper copy of the form.

INTRODUCTION TO COACHING COURSES – UPCOMING DATES

Little Athletics NSW has scheduled two Introduction to Coaching Courses during November and December. The course is great for parents, teachers and others to help learn a little more about the skills of the sport, and assist even more in the development of our athletes each week!

Participants are shown event-specific skills, drills, games and activities relevant to the target age group, and no prior athletics or coaching experience is required.

Course 1: Saturday 3 November, 2018, 9.30am – 4.00pm

Course 2: Saturday 22 December, 2018, 9.30am – 4.00pm

Venue: Both courses will be held at Wakehurst Public School 8 Glen St, Belrose.

Fee: The course fee is \$62.00 per participant.

For further information and registrations, click [HERE](#). If you have any questions, please contact Darren Wensor – LANSW Coach & Volunteer Development dwensor@lansw.com.au

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!!!**



Group	Early event(s) <small>(max 1 event allowed)</small>	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Group	
TT		0830-0845 Photos³						TT	
U6		IC1 300m	0850-0930 Shot put (50g-pink)	0930-0950 Photos⁶	S8 100m	1030-1110 Long jump	S10 70m	U6	
U7		IC2 500m	0910-0950 Shot put (1kg-blue)	S5 100m	1010-1030 Photos⁸	1030-1110 Long jump	S11 70m	U7	
U8		S1 100m	0850-0910 Photos⁴	IC4 700m	0950-1030 Shot put (1.5kg-yellow)	OC6 200m	1110-1130 LJ (200 use two runways each)	U8	
U9	0745 700m walk	OC2 200m	0910-0950 Long jump	0950-1010 Photos⁷	IC6 800m	1030-1110 Shot put (2kg-orange)	S12 100m	U9	
U10	0745 1100m walk	OC1 200m	0910-0930 Photos⁵	S4 100m	0950-1030 Long jump	IC7 800m	1110-1150 Shot put (2kg-orange)	U10	
U11		0745-0825 Long jump	0830-0910 IC3 1500m	0930-1010 Shot put (2kg-orange)	S7 100m	1050-1110 Photos¹⁰	OC8 400m	U11	
U12		Triple Jump	0830-0910 Long jump	S3 100m	IC5 1500m	1010-1050 Shot put (2kg-orange; 8kg-white)	OC7 400m	1110-1130 Photos¹¹	U12
U13		for photo reasons, compete in the following order:	S2 100m	0910-0950 Long jump	OC5 400m	1030-1050 Photos⁹	1050-1130 Shot put (2kg-white)	IC- 1500m (to run with U14-17s)	U13
U14-17 Girls	1500m walk	0815-0830 Photos¹ <small>check for early event competitions</small>	0830-0910 Shot put (2kg-white)	OC3 400m	0950-1030 Long jump	S8 100m	IC- 1500m (single heat for 13-17Gs)	U14-17 Girls	
U14-17 Boys		0815-0830 Photos² <small>check for early event competitions</small>	0830-0910 SP (14-2kg-white; 15-4kg-red; 17s-8kg-green)	OC4 400m	0950-1030 Long jump	S9 100m	IC- 1500m (single heat for 13-17Bs)	U14-17 Boys	

Program notes:

- Groups on the lower event number have priority over other groups on the same track or venue, unless otherwise stated.
- 'Small Group Day': if there is no priority indicated (eg boys/girls, U14/15/17s), the sub-group with the smaller number of athletes has priority.
- Track events: Where shown, numbers indicate relative priority when more than one group is waiting to start (S=sprint, IC=inside circular, OC=outside circular).
- Field events: Time slots are indicative only. All on-time athletes should be allowed three trials today. U14/15/17s compete as 2 groups (B/G) for LJ & SP.
- Long jump: Note 40 minutes allocated for jumps (usually 45 mins). No practice jumps.
- Shot put: Note 40 minutes allocated for throws (usually 30 mins). No practice throws. Move quickly in/out of discus cages if used for SP.
- Photos: Time slots are approximate. Please be ready as early as possible and prepared to wait if necessary.