

BALMORAL LITTLE ATHLETICS NEWSLETTER

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Centre Manager - Tony Frampton
Secretary - Alison Frampton
Treasurer - Rosalie Robinson
Registrar - Jo Carvey

From the Centre Manager

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Welcome back to the second half of the season and the run on in to the major championships. Coming up in a little over 2 weeks are the South-East regional Championships followed soon after by the State Championships. The under 13's may then be eligible for State team selection and go on to compete in the Australian Little Athletics Championships to be held in April down in Tasmania.

Please note that the Regional Championship nominations close for us with LAQ on or before 9:00am Monday 30th January - please refer to the competition details further in this newsletter to ensure you don't miss out.

Late addition: If this weather continues as expected, competition is not likely to be cancelled for Wednesday night. Committee members will be at the clubhouse in any event, to take nominations between 5:00pm - 7:00pm. Alternatively the other options are to fax and pay online as outlined in the Competitions section.

In the Results section you will find out how well we did in the regional Relays and State Relays championships held prior to the break. Well done to all those who competed and proudly wore the Balmoral colours on to the field of play.

With the season end bearing down on us our attention will be turned to trophies, parent levy refunds and the Annual General meeting.

A few quick notes now - please ensure that you attend as many competition nights as possible to ensure the 60%

attendance requirement is met. Similarly all the parent helpers should be having their names included in the result sheets each week.

The Annual General Meeting is held as part of the Trophy night planned for the 24th April in the Chadwick Hall room of the Carina Leagues club - to be confirmed. Parent levy refunds will be available at the end of this evening.

All of the committee positions will be declared vacant and there will be a few of the existing committee not standing for re-election. In particular the registrar position currently undertaken by Jo Carvey will be vacant and needs to be filled. Jo has offered to tutor anyone interested. The only prerequisites would seem to be a little computer knowledge and a bit of common sense. Please take the time to consider taking that next step in helping your children have a great time at Little Athletics! Please remember to keep looking at our website as it is updated regularly, has a full list of carnivals and upcoming events, details coaching activities and most importantly lets you know when we cancel events due to weather or other circumstance.

If you have any queries, comments or feedback we would love to hear from you - even the negative stuff can help in the long run.

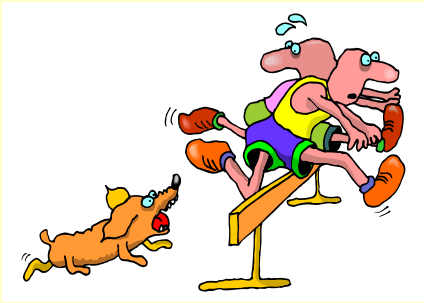
Hoping to see you all back to finish out the season strongly.

Best wishes
Tony

Upcoming Events

- ◆ Regional Championships
12-13th February 2012
- ◆ State Championships
23-25 March 2012
- ◆ Trophy Night
24th April 2012

Competition News



Run for your life!

As noted earlier the Bendigo Bank Summer Regional Championships are coming up on the 12-13th February being held at Beenleigh Little Athletics fields - see website for directions.

Nominations close for our club at 9:00am Monday 30th January. We must by that time have collated the entries, put them in to our Team manager program and emailed them off to LAQ. To meet this deadline we are closing entries for you this Wednesday night at the end of competition.

To enter you must complete a nomination form and submit it to the Registrar along with your payment by the above deadline. The nomination form is available for download from the website so that it may be filled in prior to Wednesday. Alternatively it may be faxed to 07 3823 2205 no later than 5:00pm Friday 27th January (keep the transmission record as confirmation). We no longer have EFTPos facilities so payment can only be accepted by online deposit (as per instructions for uniforms on website), cash or cheque. If using the online deposit method (preferred) please use your full name in the reference line.

Note the entry fee is a flat fee of \$10 for up to 5 events. U15-17 can nominate for the pentathlon plus a maximum 2 other events.

A copy of the submitted entry will be available for checking the following week - you should check that it matches your submitted entry. If it has been incorrectly transcribed a correction will be allowed.

An athlete must compete at the Regional Championships in order to progress to the State Championships, unless a medical exemption is sought and approved prior.

Only the top 3 place-getters will progress provided that they have also met any pre-qualification criteria (i.e. walks have cutoff times that mean a top 3 place-getter may not qualify if their time is not quick enough).

A reminder that our competition nights start at 5.30pm. We encourage as many parents to help out to ensure refund of the parent levy at the end of the season. Each family must provide parent

help for at least 60% of the competition nights - help must be provided on all that nights events to be registered. These are the same qualifying rules for the athletes, and as advised at sign-on. We ask that all Age groups follow their program in order as we have about 16 age groups that compete each week. Following the program out of order will put out other groups who in turn might not finish their events within a reasonable time. Should there be scope to change please receive approval from a committee member first. Report to the starter on arrival at all track events. A further reminder that when recording events the correct distance is written down. For example, a throw of 5.72m for Shot Put is recorded as 5.72m. It is not rounded up to 5.75m or down to 5.70m. Also for 400m, 800m and longer, please record the full time - 3.45.32 rather than writing down 3.45. All athletes receive a ticket to paste in to their personal achievement booklet and the folder recording sheets are handed in to our registrar at the end of the night with all results entered in to our computer system. If there are no results recorded, the athlete will miss out on points which all goes towards end of year trophies.

Please note that only those athletes listed on the recording sheets are allowed to compete. Athletes who have registered and do not appear on the sheet will be given a green slip to allow their names to be added to the list. They will need to see Jo Carvey in the clubhouse for the slips.

A BBQ will be available on Wednesday nights with sausages and drinks (juice & water) on sale.

Zero Tolerance Policy

As a courtesy, we would like to remind all our families that unsportsmanlike behaviour will not be tolerated from athletes, parents or Officials.

A copy of the LAQ policy is available from their website or we can provide a copy for you on request.

"I can accept failure. Everyone fails at something. But I can't accept not trying."- Michael Jordan

Coaching Corner

Coaching is provided as part of your membership fee and will continue until 13th March 2012.

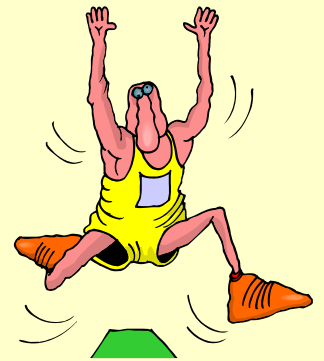
Refer to the website for details on the coaching being provided for any particular week.

Steve Barraclough runs our coaching program and is ably supported by a number of specialist, qualified coaches in all disciplines of athletics.

In the weeks prior to the championships the schedule has been kept open to allow the athletes to request the coaching they would like to revisit.

Our coaching is not meant to replace the more regular coaching that may be required by the more serious athlete but to provide a good set of skills from which to work.

We fully appreciate the assistance provided by Sarah Aitken, John & Lisa Crouch, Eddie Fabian and Naomi Geradin to help deliver our coaching program.



It's all about style!

Results

It is with pleasure that we can show the results from the recent Regional relays Championships held at Springwood LAC in early November. All teams competed well and there were a large number of Balmoral teams placing just outside the top 3 so the future looks promising. Next year we should look to have an even bigger and better team. Congratulations to all involved and special thanks to those that helped run the Boys High Jump events and to Karen Rolley & Rosalie Robinson who acted as Team managers - Rosalie still not recovered from all the calls to the officials tent!

Girls U9 4x100m 3rd
 Girls U10 4x100m 1st
 Girls U12 4x100m 2nd
 Girls U10 4x200m 2nd
 Girls U12 Medley 1st
 Girls U13 Medley 1st
 Girls U17 Medley 2nd
 Girls U13 High Jump 3rd
 Girls U14 High Jump 2nd
 Girls U7 Long Jump 3rd
 Girls U10 Long Jump 2nd
 Girls U17 Long Jump 2nd
 Girls U7 Shot Put 3rd
 Girls U8 Shot Put 2nd
 Girls U17 Shot Put 1st
 Girls U11 Discus 3rd
 Girls U17 Discus 1st
 Boys U8 4x70m 2nd
 Boys U9 4x100m 3rd
 Boys U10 4x100m 2nd

Boys U12 4x100m 1st
 Boys U9 4x200m 2nd
 Boys U10 4x200m 2nd
 Boys U12 Medley 1st
 Boys U13 Medley 1st
 Boys U9 High Jump 1st
 Boys U10 High Jump 3rd
 Boys U11 High Jump 3rd
 Boys U14 High Jump 2nd
 Boys U8 Long Jump 1st
 Boys U12 Long Jump 3rd

All of the above teams qualified for State Relay Championships held at QSAC in the first week of December again acquitting themselves well. Below are these results.

Girls U12 Distance Medley 1st
 Girls U17 Shot Put Relay 1st
 Girls U17 Discus Relay 1st
 Boys U10 4x200m Relay 3rd
 Boys U12 Distance Medley 3rd
 Boys U9 High Jump Relay 1st.

A full list of results with times and distances is available off the LAQ website. There are a couple of results awaiting confirmation as records and these will be advise once confirmed.

*Champions
 aren't made in
 the gyms.
 Champions are
 made from
 something they
 have deep inside
 them -- a desire,
 a dream, a
 vision.*

- Muhammad Ali

Committee 2011 / 2012

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Family, Fun & Fitness

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