

Toukley District Little Athletics Centre Newsletter

14th October 2016

Your committee

- President: Paul Carty
- Treasurer: Stuart Hayward
- Secretary: Tomiko Barrett
- Registrar: Vanessa Thompson
- Uniforms: Shanen Penny
- Equipment Officer and Chief Recorder: Emily Carty
- Championship Officer: Debbie Hentzschel
- Canteen Managers: Laura Titchener
- Tots Coordinator: Fiona Xuereb

Welcome to the 2016-2017 Athletics season!

Each evening athletes will compete in 5 events including a jump, throw and at least 2 track events. Tots have only 4 events, which includes games aimed at developing skills needed for athletics. The program has a 3 weekly cycle. It will be posted on the website, but may change if we have more athletes registering or need to split large age groups. Athletes are awarded a point for participation and additional points for achieving a personal best distance or time. At the end of the season we will host a presentation night with trophies for athletes with the most points in each age group, plus awards for participation and sportsmanship.

For each age group we need parent volunteers to be age managers, recorders and measurers which will ensure competition runs smoothly. Don't worry if you are not certain what to do be; committee members will be able to help. Introductory instructions for each event are included in the age manager's folders and we have some DVDs available. Age managers please write your name and contact details in the age group folder. **All other parents need to help according to the roster or stay with their age group to help conduct events, especially to hand out place sticks for track events.**

New Coaches

The TDAC committee is thrilled to welcome 2 new coaches. **Skye Hanson** will be coaching jumps. Skye competed with TDAC as a kid. She won gold in the State Relay for LAs in 1996 plus silver for long jump and gold for triple jump at the Arafura Games. She has a level 2 coaching qualification.

Adam Lewer will be coaching throws and sprints. Adam is a local teacher with a black belt in karate and a dog Evie. He has a Level 2 coaching certificate.

Canteen

Our canteen will **start operating on**

thesecondtraining night with cold drinks, confectionary and alternating hot dogs or a BBQ. Each age group is rostered to help in the canteen on 3 evenings per season.

Zone Athletics Carnival

Mingara Athletics Centre
Friday 9th – Sunday 11th December

All TDAC athletes (except Tots and U6) are eligible to enter. **No** qualifying times or distances. U7-U12 Athletes can choose up to 4 events and teens can choose 6 events.

The program is on the pin board and available on the web site. Entry forms are available at the 'Sign-on and Recording' table. **Entry forms need to be returned to club secretary (Tomiko) before 4th November.**

It is a condition of entry that parents will help with running of carnival events. TDAC is responsible for running high jump on both Saturday and Sunday, plus helping at javelin on Friday evening. **Parents need to nominate when they will be available to help at the time of returning their child's entrform .**

Uniforms

Welcome to **Shanen Penny** who volunteered to take on the role of Uniform Officer. Thank you to Helen Kroemer for years of dedicated work as Uniform officer.

Our uniform is a purple, black and white singlet or crop top, with plain black shorts. Please see Helen or Shanen to try sizes and order. **Singlets and crop tops are \$35, with a minimum of \$20 deposit for each item.** Purple shirts are included in the registration price for tots or \$7 for U6. You can purchase black shorts from any local department store.

Registration patches are available for collection after full payment of registration fees. Make sure you know your rego number and have your patches sewn on correctly with the red border visible:

- Rego number on front of shirt
- Age patch on left leg at front
- Centre numbers are not needed this year
- 'Jetstar' top right front of shirt.

Important Dates

Friday 21/10: First night of competition for TDAC

Monday 7/11: Committee meeting at Lakehaven McDonalds, starting 7pm, all parents welcome.