



Toukley District Little Athletics Centre Newsletter

16th September 2016

Your committee

- President: Paul Carty
- Treasurer: Stuart Hayward
- Secretary: Tomiko Barrett
- Registrar: Vanessa Thompson
- Uniforms: Helen Kroemer
- 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!

For the new families ...a little bit about our club: Toukley District Little Athletics will meet at Warnervale Oval each Friday evening, starting at 5:30pm for set up, followed by warm-up. Competition will start on the third Friday evening of the season. Our first two evenings will be dedicated to training athletes and teaching parents how to start, record and run events. Hints and tips about this will be included in the first few newsletters of the season.

Ours is a small, friendly club. We need every parent to help. When athletes and families arrive each evening both athletes and parents need to sign the attendance sheet. This is for child safety. We ask that parents nominate where they will be helping during the evening, either with their child's age group or according to the **Parent Helper Roster** (available on the website, at the sign in desk and on the pin board). This makes it easier for committee members to locate parents and also to divide the workload fairly. Remember, it is the policy of the Little Athletics NSW that parents remain at the athletics centre and assist with running of the competition.

Important Dates

Friday 7th October: First night for TDAC

Monday 7th November: Committee meeting at Lakehaven McDonalds, starting 7pm, all parents welcome.

Friday 9th-Sunday 11th December: Zone Athletics Carnival. Entrance forms need to be completed and returned to TDAC Team manager by 4th of November

We hope parents & athletes have fun!

Canteen

Our canteen will **start operating on the second training night** with hot dogs, cold drinks and confectionary for sale. When competition starts we will cook a BBQ with alternating sausages and chicken burgers. Each age group is rostered to help in the canteen on 3 evenings per season.

Coaching

We are hosting a full day coaching clinic during the school holidays to prepare our athletes for the start of the season. *Come along and give yourself an advantage at Zone by leaning tips from some illustrious coaches.* Trial athletes are welcome to attend too.

Toukley Holiday Skills Clinic

DATE: Friday, 7 October 2016

TIME: 9.00am - 3.00pm (Arrival 8.45am)

VENUE: Warnervale Athletics Oval, Warnervale Road, Warnervale

COST: \$45 per athlete

AGE: U9 - U17 age group (DOB: 1 Oct 1999-30 Sept 2008)

CLOSING DATE: Sunday, 2 October 2016

PROGRAM: Full day clinic rotating around 4 events of sprints, long jump, shot put and circular relays.

Register at <http://www.lansw.com.au/Education-Training/Athletes/Coaching-Camps-Clinics>

Uniforms

Our uniform is a purple, black and white singlet or crop top, with plain black shorts. Please see Helen 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.