

Toukley District Little Athletics Centre Newsletter

25th September 2015

Your committee

- President: Paul Carty
- Vice President Michael O'Rourke
- Treasurer: Stuart Hayward
- Secretary: Tomiko Barrett
- Registrar: Vanessa Thompson
- Uniforms: Helen Kroemer
- Equipment officer: Emily Carty
- Chief Time Keepers: Matthew Goodyear
- Chief Recorders: Emily Carty
- Championship Officer: Debbie Hentzschel
- Canteen Managers: Laura Tichener
- Promotion and Fundraising: Tammy Curphey
- School Liaison Officer: Renee Thompson
- Tots Coordinator: Fiona Xuereb

Welcome to the 2015-2016 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, 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.

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. 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:

- Rego number on front of shirt
- Age patch on left leg at front
- '201' on back of shorts/ shirt
- 'Jetstar' top right front of shirt. There are smaller Jetstar patches for crop tops. Jetstar is a major sponsor of Little Athletics NSW and has provided "a bag of goodies" for fully registered athletes.

Canteen

Our canteen will start operating on the first 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. This also means baking cakes or slices for to sell in the canteen that evening. Please make them nut free.

Coaching

We are looking for new coaches. Please see Paul if you are interested and would like to complete the LANSW 'Introduction to Coaching Course'. It's a great way to support your child and improve your fitness.

We hope parents & athletes learn a new skill, make friends & have fun!