

Toukley District Little Athletics Centre Newsletter

26th September 2014

Your committee

- President: Paul Carty
 - Vice President & Zone Representative: Jo Richardson
 - Treasurer: Stuart Hayward
 - Secretary: Tomiko Barrett
 - Registrar: Vanessa Thompson
 - Uniforms: Helen Kroemer
 - Equipment officer: Emily Carty
 - Chief Time Keepers: Melissa Teale
 - Chief Recorders: Emily Carty
 - Championship Officer: Debbie Hentzschel
- Canteen Managers: Desperately needed!

Welcome to the 2014-2015 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. 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.

For the returning families you will see that we have a **new uniform** and new long jump run-up surfaces. Helen Kroemer and Jo Richardson have worked hard to source affordable uniforms. LANSW stipulated that our colours (purple, black and white) remain the same, but with slightly less purple to make it more pleasing to the boys! Please see Helen to try sizes and order. **Singlets and crop tops are \$35, with a minimum of \$20 deposit for each item.** First delivery of uniforms will be 17/10/14.

The **new long jump run-up** was installed at the beginning of September. It's made from a combination of recycled rubber soft fall and coloured wet-pour rubber. Thank you to Vanessa Thompson who obtained a grant from MacDonaldis to help finance this expensive venture. Thanks also to Tomiko Barrett who obtained quotes and negotiated with Wyong Little Athletics and Lakes Grammar to share the costs.

We currently do not have a canteen officer... please see one of the committee members if you can operate the canteen on Friday evenings. Be assured that there is very little work between competition nights!

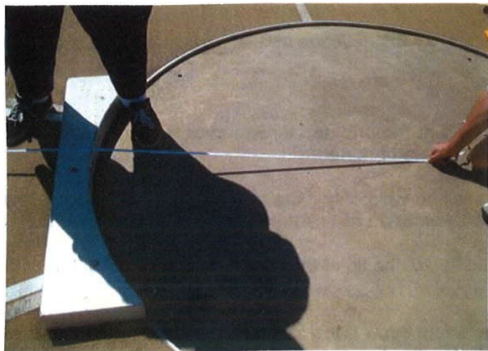
We hope parents & athletes learn a new skill, make friends & have fun!



Shot Put Specific Rules

In this event there are some special points to be watched. IAAF rules state that the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

With the lighter shot used it is possible to "throw" rather than "put" it, and this would gain a material advantage. The position of the shot in relation to the chin therefore needs careful watching.



The measurement of each throw will be made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle, along a line from the mark to the centre of the circle.

LAANSW Uniform Rules... Where do those patches go?

An athlete may wear either bike pants or compression pants under their shorts providing they are worn above the knee and have no contrast stitching or logos contravening rule 1.3 ii, and be of a single colour or if multi coloured be of the approved colours of the Centre. If boys choose to wear bike pants/compression pants as part of their uniform, they must wear sports shorts/pants over the top. Bike pants/compression pants on their own are not acceptable for boys.

Competitors may wear a plain "T" shirt under their competition uniform. (The colouring of such a "T" shirt must be of a neutral colour so that it does not clash with the uniform design or colour. A white "T" shirt would be preferred).

Individual "sponsors" registration numbers are to be worn by ALL LAANSW competitors firmly affixed to the front of the uniform top.

"Sponsors" Centre numbers are to be worn by ALL LAANSW competitors firmly affixed to the back of the uniform.

Individual and Centre numbers must have all printing visible, without modifications to size and must clearly show the sponsor's name. The minimum size of the registration number is that indicated by the red border printed on the number. The border must be visible.

Age numbers are to be worn on the front left hand side of the uniform.