

Toukley District Little Athletics Centre Newsletter 4th December 2015



No competition at Warnervale on Friday 11th December due to Zone Carnival.

Zone Carnival

The Central Coast Zone Carnival is at Mingara Athletics Centre on Friday 11th to Sunday 13th December. **Saturday begins with a parade of athletes at 8:30 am.** Four years ago Toukley won the march past and last year **Abigia, April and Sasha** impressed all as they cartwheeled around the track in front of the team. Can we wow the crowd again? **We need all athletes competing on Saturday to arrive by 8am with purple streamers and balloons ready for the parade.** Please ensure you have rego, age, centre number and Jetstar patches sewn on correctly.

Each athlete must have a parent or carer at Mingara Athletics track during the zone carnival. **Parent volunteers are essential** to run the carnival, supervised by LANSW accredited officials. Toukley has been asked to provide a check starter for all the carnival and run the high jump. **Please see Vanessa (our team manager) to confirm where you will be helping and receive your information packages.** Parent helpers must wear enclosed shoes and cannot chat with or encourage athletes during the event.

Unfortunately there is no BBQ during this carnival. Please bring a packed lunch, plenty to drink, sunscreen, shirt with collar and hat. Toukley will have 2 gazebos near the finish line. You should also bring some activities to do between events but no balls.

Good luck to our 34 athletes competing!



Christmas Special

Friday 18th Dec will be our last competition night for the year. We will be celebrating with a Chicken burger BBQ. Athletes and parents please wear a Santa hat, Christmas shirt or decorations. Parents from U7 Age group can you please bring some Christmas goodies for the canteen to sell.

There will be other surprises through the evening!

Competition resumes on Friday 15th January.

Behind the Scenes with our Committee

Introducing Tomiko: our Secretary

❖ *Why did you become involved in Little Athletics?*

I became interested in Toukley athletics because my eldest daughter enjoyed school athletics. I started helping in the canteen then as recorder...filling roles where ever needed and making friends in the process.

❖ *Tell us about the secretary's role:*

There are the usual secretarial jobs such as minutes from committee meetings, newsletters and correspondence. The beginning of each season is very busy with ground applications and re-writing the competition program. It's like doing Sudoku: ensuring each age group has a jump, throw, short and longer track event each night. At the same time making sure that events don't clash at field sites and the track runs smoothly. This year I've introduced a supplementary program for our starters and recorders. I also process all the zone entries. In all it takes about 3 evenings per week.

Information for Parents

LANSW has **extreme weather warnings**, which we follow to protect athletes from heat stroke etc. When the temperature is above 31 we cannot hold long distance events and above 35 we should consider postponing all comp. On hot days please check the website after 4pm.

Roster for Parents

Friday 5th December:

- Equipment set up Tots
- Starter U6
- Timekeeping U7
- Recording U8
- Canteen U9 & U10
- Equipment Pack up U11 & U12

Friday 19th December:

- Equipment set up U11 & U12
- Starter Teens
- Timekeeping Tots
- Recording U6
- Canteen U7
- Equipment pack up U8

Watch for details about the Wyong vs Toukley Carnival in February.