

# Toukley District Little Athletics Centre Newsletter

5<sup>th</sup> and 12<sup>th</sup> December 2014



## **No competition on Friday 12<sup>th</sup> due to zone carnival!**

### **Thank You!**

We are fortunate this year to have guest coaches most evenings:

- Lyn coaching shot put and discus,
- Noel teaching long jump skills
- Ed Batten showing how athletes how to complete walks events successfully.
- David Bignall has also offered to help instruct our athletes in javelin techniques.

Thank you to these people for volunteering their time. When our guest coaches are present we will focus on skills needed for these events, and limit competition to one jump or throw.

### **Fund Raising**

Don't miss buying a ticket in our tickets in our Christmas Raffle. First prize is a delicious Christmas cake professionally made and decorated by our own Trudi. Tickets are \$1. Please see Tomiko if you can help by selling tickets in your workplace or community. The raffle will be drawn on our Christmas Fun Night: 19<sup>th</sup> Dec.

### **Zone Carnival**

We have 38 athletes entered in the zone carnival on Friday 12<sup>th</sup>-Sunday 14<sup>th</sup> December.

Good luck to

- Susie Barr
- Taylah, Keira and Finley Juckes
- April, Isla and Milly Carty
- Mia Tongue
- Elija Falconer
- Brandy Simpson
- Shelby Thompson
- Nathan Williams
- Kourtney, Sasha, Mackenzie and Keegan Freeman
- Zara Palfi
- Grace Heinemann
- Luca McDermott
- Samuel Buckland
- Jasmine Cant

- James Connolly
- Emily, Jack and Jo Teale
- Abigia Barrett and Gelila Barrett
- Lucinda Middleton
- Courtney Doyle
- Charlotte Wills
- Dane Priest and Justine Priest
- Nicholas Bignall,
- Emma Chalk
- Kaylah Kroemer
- TylarMaddern
- Kyra Powell-Caffin

**Please ensure you have rego, age, centre number and Jetstar patches sewn on correctly.**

Saturday begins with a parade of athletes at 8:30 am. We need all athletes competing on Saturday to arrive by 8am with purple streamers and balloons ready for the parade. Look for the dark blue Toukley gazebos and purple banner on the slope between the start and finish lines.

**What to take to the carnival:** plenty of water, snacks, sunscreen, insect repellent, sun hat and sun safe shirt to cover your shoulders between events. You should also bring some activities to do between events but no balls.

Parent volunteers are essential to run the carnival, supervised by LANSW accredited officials. Thanks to those parents who have already nominated where you can help. **We still need more parents to help with timing and the high jump bar.** The carnival organizers request that parent helpers stay for the entire age group in a field event or whole track event, e.g. all 100m heats. Parents interested in becoming recognized officials can complete the first stage on line at LANSW and use this time as a volunteer to complete the D-grade accreditation.

### **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

**Competition for 2014 ends on 19<sup>th</sup>  
Dec and resumes on 9<sup>th</sup> Jan 2015**