

Toukley District Little Athletics Centre Newsletter

7th & 14th November 2014

Your committee

- President: Paul Carty
- Vice President & Zone Rep 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: Laura Titchener

Information for Athletes

Congratulations to the athletes who completed the 1500m walk last week. Walking can be surprisingly hard work! The technique is quite difficult when you are new to the event. There are some photos over the page to help you walk correctly when we hold the next walks on 21/11.

400m sprint is another hard event...this is a staggered start and runners must stay in their lane for the entire lap.

The Central Coast Zone Carnival is at Mingara Athletics Centre on Friday 12th to Sunday 14th December. The program is pinned to the notice board. Entry forms for are available on the website or sign-in desk. Last chance to enter on Friday 7th Nov by placing completed forms in the box on sign in table. Sprinters: please put your name down for the junior or senior relay teams, as an additional event.

Well Done

Thanks to all the families who baked the imaginative Halloween goodies. We have saved some of the yummy contributions for the future. Proceeds will be used to purchase extra 2-way radios.

Information for Parents

Do you have any experience with jumps or throws? We need **help with coaching** our athletes...particularly with **javelin**. Please see one of the committee members if you can help.

Age Managers and recorders: The 5 event program will be finalized this week to cater for the increasing number of athletes. Each event should take a maximum of 30 minutes. Most groups should have time for each athlete to have 3 jumps or throws at their filed event. Larger groups may be limited to 2 rounds. If athletes arrive late to an event they enter the competition at that round. Please note that in inter-club carnivals athletes have only 1 minute from when their name is called to complete their jump or throw.

Roster for Parents

Friday 7th November:

- Equipment set up U9 & 10
- Starter U11 & 12
- Timekeeping Teens
- Recording Tots
- Canteen U6
- Equipment pack up U7

Friday 14th November:

- Equipment set up U8
- Starter U9 & 10
- Timekeeping U11 & 12
- Recording Teens
- Canteen Tots
- Equipment Pack up U6
- BBQ assistant U7

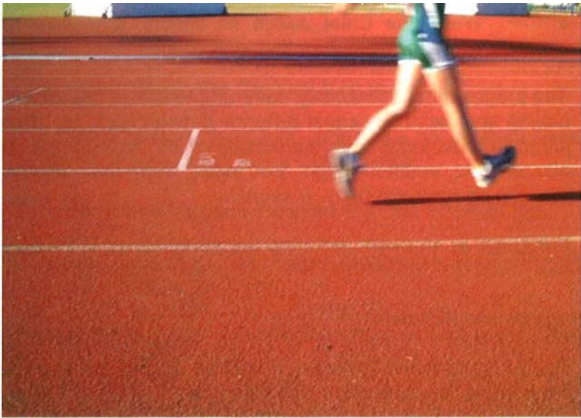
Child Safety

Committee members recently attended a workshop by LANSW regarding child safety and the new "Working with Children" checks. These will be gradually introduced over the next year, for volunteers who are not working with their own children or who are in particular roles with the club. See www.kidsguardian.nsw.gov.au/check for more information.

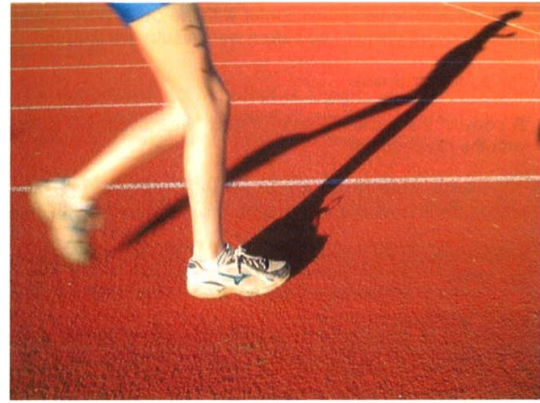
BBQ on 14/11/2014...pre-order your marinated chicken fillet today!

Information for Walkers

Disqualification if this happens twice in a race:

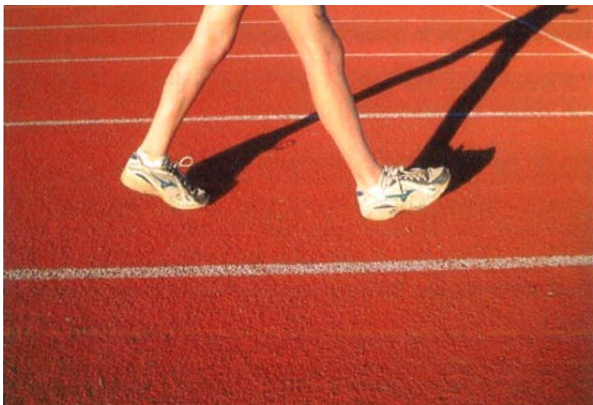


Loss of Contact



Bent Knees

Correct style for walk: straight knees and 1 foot in contact with ground at all times



Information for Starters

- i. In any event where there are more competitors than can be placed in the front row, there shall be a second or more rows as needed. Competitors shall be placed according to draw.
- ii. All races will be started by the report of a gun, but not before all competitors are quite still on their marks.
- iii. In races run entirely in lanes up to and including 400m, 4 x 100m, 4 x 200m and 4 x 400m a crouch start, standing start or three point start may be used. The words of the Starter will be, "On your Marks", "Set", and when all the competitors are "Set" the gun will be fired.
- v. Once the command "On your Marks" has been given, late competitors are not permitted to join the event.
7. On the command "Set" all competitors shall immediately assume their final "Set" position.
4. In races not covered by rule iii above, a standing start must be used. The words of the Starter will be, "On your Marks" and when all the competitors are steady, the gun will be fired.

