

Toukley District Little Athletics Centre Newsletter

9th & 16th October 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 & Fundraising: Tammy Curphey
- School Liaison Officer: Renee Thompson
- Tots Coordinator: Fiona Xuereb

Welcome to our First Competition Nights for 2015-2016

Each evening athletes will compete in 5 events including a jump, throw and at least 2 track events. Tots have only 4 events, which includes games aimed at developing skills needed for athletics. The program has a 3 weekly cycle. It will be posted on the website, but may change if we have more athletes registering or need to split large age groups. Athletes are awarded a point for participation and additional points for achieving a personal best distance or time.

For each age group we need parent volunteers to be age managers, recorders and measurers which will ensure competition runs smoothly. Don't worry if you are not certain what to do be; committee members will be able to help. Introductory instructions for each event are included in the age manager's folders and we have some DVDs available. Age managers please write your name and contact details in the age group folder. **All other parents need to help according to the roster or stay with their age group to help conduct events, especially to hand out place sticks for track events.**

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 with the red border visible:

- 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.

Fund-Raising

Your registration fees go to LANSW affiliation and Wyong Council for ground fees. The club needs to raise funds for equipment and consumables e.g. batteries, recording paper. Each week we hope to hold a fundraising cake stall at the canteen. The cakes, slices etc will be made by the age group rostered to help in the canteen. Treats today are from the teens group and on 16/10/15 will be from the U 9&10 group. Please make your treats nut free.

Coaching

The next "Introduction to Coaching Course" run by LANSW is at Adcock Park, Gosford on 18th October. It's a fun, practical course that will give you confidence to help your athlete. Don't worry, there is no exam! See www.lansw.com.au or ask Tomiko for details.

Important Dates

Monday 12th Oct, 7pm: Committee meeting at Lakehaven McDonalds. All parents welcome.

Friday 11-Sun 13th Dec: Zone Carnival at Mingara Tack.

Roster for Parents

Friday 9th October:

- Starter U7 & U8
- Timekeeping Tots & U6
- Recording U11 & 12
- Equipment organizer U9 & U10
- Canteen Teens

Friday 16th October:

- Starter U11 & 12
- Timekeeping U7 & 8
- Recording Tots & U6
- Equipment Organizer Teens
- Canteen U9 & 10