

# Toukley District Athletics Centre Newsletter

January 2017



## Welcome Back

We hope everyone enjoyed their summer holiday and are ready for fun-filled, fine weather Friday evenings.

## Our first night of competition for 2017 is Friday 20<sup>th</sup> of January.

Safety Warning: Snakes and ticks abound so please do not allow athletes to play in the bushes around the track!

## Fundraising Events

Toukley District Athletics will be operating the Lakehaven Bunnings BBQ on Sunday 12<sup>th</sup> March. This is a fantastic opportunity to raise money – possibly \$2000 – so save the date. We need 4 volunteers in every 2 hours from 7am to 5pm. Tomiko will be writing the roster in February.

Tomiko is considering organizing a fundraising movie night in March at Lakehaven Metro Cinemas...depending on interest. Please talk to Emily at sign on desk, Vanessa or Tomiko if you and your family attend

## Regional Carnival

Congratulations to the 24 athletes qualified (either place getters or with times/distances) to compete at the Regional Carnival at Hunter Sports Centre (Glendale) on the 11<sup>th</sup> and 12<sup>th</sup> of February. Can you please check that you have your correct uniform. Also check that your registration, age and centre number patches are sewn on the correct sites, with the red border visible. Athletes will not be allowed to compete if patches are incorrect. Vanessa Freeman will be our team manager for the weekend. Please look for the TDAC banner under our blue gazebo, opposite grandstand.

1. Marley Gristwood - #59 Girls U 8 100 Metre Sprint Heats & #169 Girls U 8 70 Metre Sprint
2. Hunter Simpsom - #38 Boys U 8 Long Jump #60 Boys U 8 100 Metre Sprint #170 Boys U 8 70 Metre Sprint Heats #182 Boys U 8 200 Metre
3. Travis Eagleton - #27 Boys U 9 Shot Put (2.0 Kg) #62 Boys U 9 100 Metre, #210 Boys U 9 800 Metre Run
4. Mia Cross #27 Girls U 10 60 Metre Hurdles (60cm), #63 Girls U 10 100 Metre Sprint #165

Girls U 10 70 Metre Sprint, #177 Girls U 10 200 Metre Sprint

5. Joshua Eslick - #34 Boys U 10 Discus (500 Gram) , #81 Boys U 10 Shot Put (2.0 Kg)
6. Vincent Hottes - #12 Boys U 10 Long Jump, #64 Boys U 10 100 Metre Sprint Heats, #178 Boys U 10 200 Metre Sprint Heats 31.35, #208 Boys U 10 800 Metre Run 2:49.08
7. Brandy Simpson #63 Girls U 10 100 Metre Sprint Heats
8. Mia Tongue - #76 Girls U 10 High Jump (S/H 0.95m), #81 Girls U 10 400 Metre Sprint Heats #207 Girls U 10 800 Metre Run
9. Tarni Eagleton #8 Girls U 11 Shot Put (2.0 Kg)
10. Keegan Freeman - #30 Boys U 11 60 Metre Hurdles (60cm) Heats, #40 Boys U 11 Triple Jump #66 Boys U 11 100 Metre Sprint Heats, #68 Boys U 11 Long Jump
11. James Thomas - #196 Boys U 11 800 Metre
12. Tara Hottes #50 Girls U 12 High Jump
13. Bailey Howlett-Frewell #6 Boys U 12 1500 Metre Run
14. Mia Watts #6 Girls U 12 Discus (750 Gram)
15. Max Barsby #5 Boys U 13 Triple Jump #28 Boys U 13 Javelin, #132 Boys U 13 80 Metre Hurdles (76cm)
16. Mackenzie Freeman #42 Girls U 13 Shot Put (3.0 Kg), #74 Girls U 13 Javelin (400 Gram)
17. Sammii Koedsawang-Roberts #149 Girls U 13 1500 Metre Walk
18. Samuel Mudge - #67 Boys U 13 High Jump, #78 Boys U 13 Long Jump, #132 Boys U 13 80 Metre Hurdles (76cm)
19. Elizabeth Thomas - #175 Girls U 13 200 Metre, #199 Girls U 13 800 Metre Run
20. Abigia Barrett - 0 #19 Girls U 14 Shot Put (3.0 Kg) , #37 Girls U 14 Javelin (400 Gram)
21. Lilly-Ann Campbell - #19 Girls U 14 Shot Put (3.0 Kg), #37 Girls U 14 Javelin (400 Gram) , #93 Girls U 14 Discus (1.0 Kg)
22. April Carty - #19 Girls U 14 Shot Put (3.0 Kg) , #37 Girls U 14 Javelin (400 Gram)
23. Tallin Rapley - #7 Boys U 14 Discus (1.0 Kg)
24. Nicholas Bignall - #35 Boys U 15 Shot Put (4.0 Kg), #47 Boys U 15 Javelin (700 Gram), #55 Boys U 15 Discus (1.0 Kg), #56 Boys U 15 100 Metre Sprint Heats, Boys U 15 200 Metre Sprint Heats

## Parents are required to help at this carnival.

TDAC roles will be available at the end of January. This carnival is likely to be very hot so bring plenty of water, frozen drinks, sunscreen and sunsafe shirts. There is a canteen available but they often sell out of cold drinks.

## Coaching

Coaching is now available on Tuesday afternoons at the **Warnervale Oval** in Toukley with Paul Carty and Adam.