

Toukley District Athletics Centre Newsletter

March 2016



Congratulations Mia and Maddie Cross

These girls recently competed at the **State Multi-Event in Dubbo**. Maddie was in a group of 25 competitors and came 21st including 6th in the 500m. She smiled all the way around despite the heat. Mia competed in a group of 31 competitors and came 12, including a first in hurdles and 2nd in 100m sprint! Tammy Curphy-Cross contributed significantly to the carnival as Age Manager for a group of 12 girls from U7. Tammy said it was so much fun; particularly seeing the girls make friends during the day, then all meet up at the camping ground to swim and play afterwards. The facilities were brand new. The officials were so supportive for example in the shot put they demonstrated the technique to stop girls fouling. Mia and Maddie can't wait to compete at next year's State Multi-Event in Glendale.

Sportsmanship

It's lovely to see our athletes encouraging one another and kids learning to accept a later place in a race graciously. **Good sportsmanship includes how we treat the volunteers running events** as well as how athletes relate to each other. Sadly in the last few weeks some athletes and even parents have been abusive to the starter and timekeepers, particularly from the Teens group. This includes pushing in at events before it is your age group's turn, bullying the starter to allow your children to push in and muttering rude comments. All of these are unacceptable behaviours. **LANSW Rules of competition allow for disqualification of athletes who harass, bully or are rude to competition officials.** We want everyone to enjoy our Friday evenings so please show some good sportsmanship towards everyone at the track.

Behind the Scenes

Laura Tichener has been our calm, capable canteen manager for 2 seasons.

What got you interested in Little Athletics Laura?

It's not really a competitive sport, only for my son against himself. He gets to have fun and burn off energy.

What does your role involve during the week? It can take up to 3 hours during the week. I shop for canteen supplies and search out specials for the confectionary. On Friday morning I begin preparing the bread & serviettes, chop the salad and cook some of the sausages.

What would you like to see for the TDAC Canteen next season? Maybe a bit more variety of the menu. Most importantly **I would like someone to share the canteen manager role** so that I can get out there with Jayden, maybe every other week. Finally I would like to beat this year's profit, which all goes back into the club for equipment etc.

Good Luck

We wish Mia Cross, Keegan Freeman, and Nicholas Bignall fun and success at the upcoming State Competition. We are proud of you!

Presentation Evening

We look forward to celebrating our fun and successful season with all athletes, parents and other proud family members at the:

TDAC Presentation Ceremony.
Toukley Neighborhood Centre,
Heador St Toukley,
On Saturday 2nd April, Starting at 5pm

We will begin with a dinner, live music and games in the park. Dinner (boxed chicken nuggets and French Fries) is complimentary for athletes but parents and family need to pay. **Hot food must be ordered and paid for tonight.**

We need parent helpers to supervise games on the grass outside the hall. Parents are responsible for their own children while in the park.

Trophy presentation will begin promptly at 6pm. Athletes are only eligible for trophies if they attended 50% or more of competition nights after Christmas. We aim to finish by 8pm, and hope some families stay to help with packing up the hall. There are a limited number of chairs so please bring your own fold-up chairs.

Coaching

We are organizing a **School Holidays Coaching Clinic** with senior coaches from LANSW, at Warnervale Track in either the July or September holidays. We hope this will help athletes maintain interest and skills during the winter months, and attract new athletes. Please invite your friends. Check www.toukleydistrictathletics.org.au for time and date.

Important Dates

Last night of competition 11th March

Fun Night on 18th March: dress in your PJs or onesy. Parents wear your joggers to compete against your kids.

General meeting: Monday 4th April. This meeting will finalise the new constitution ready for voting at the AGM.

Annual General Meeting: Monday 2nd May: all parents invited. All committee positions vacant! Both meetings are at Lakehaven McDonalds Café.

Little Athletics resumes: Friday 7th October. Registration on line www.lansw.com.au from August.