

Week 5 2015/2016 Season

BALLARAT LITTLE ATHLETICS 122



NEWSLETTER



WEEK 6 NEWS

Week 6 is here, bring it on!

We are really getting into the season now. This week sees program 3 in operation and will see athletes having undertaken all disciplines twice.

Don't Eliza, Alice and Mia look wonderful (in the photo to the right) in the new Ballarat Little Aths jackets. These jackets will be available this week to purchase for the cost of \$55.00 per jacket. We have limited stock available but if they prove popular we will order more, so at the moment it's first in best dressed. Please pay by cash and correct money if possible.

This weeks mid week training will focus on Triple Jump, Javelin/Turbo jav and running technique. For new athletes this is the perfect opportunity to come along and learn correct techniques.

Congratulations to all our athletes who participated at All Schools in Melbourne last weekend. It is always great to see our Athletes perform so well on the big stage. Some athletes medaled, some have qualified for National competitions and Australian All schools. Regardless of how you placed we know you will have all tried your hardest and done your best.

A huge thanks to all those parents and carers who have assisted at their nominated duties so far this year, whether it be on pack up or set up duties or bbq. Just remember all the committee are volunteers too and put in countless hours behind the scenes to make sure everything runs smoothly. A huge thanks to all those new families who have assisted. Also thanks to Daryl Bylsma, former committee member who has proved he still loves his Little Aths family by assisting with setup most weeks.

Keep an eye on our web page and the calendars area. In the next few weeks ECal will be up and running which will allow you to sync our calendar with your smartphones diary.

See you there on Saturday!



MIDWEEK TRAINING

**NEXT WEDNESDAY WE
BE TRIPLE JUMP,
JAVELIN/TURBOJAV,
AND RUNNING
TECHNIQUE**

**STARTS AT 4.30, FREE
ENTRY TO REGISTERED
ATHLETES, ENTRY VIA
THE BACK GATE.**



Paris Murrell
Last weeks
Athletes Foot
Winner

ATHLETES FOOT AWARD

THIS WEEKS AWARD KINDLY DONATED BY ATHLETES FOOT BRIDGE MALL GOES TO

PATRICK MARTIN

FOR REACHING BRONZE PB STATUS AND SOLID EFFORTS

THE ATHLETES FOOT AWARD IS PRESENTED TO AN ATHLETE WHO HAS ACHIEVED EXCELLENT RESULTS IN AN AREA OF ATHLETICS)AND WHO HAS NOT RECEIVED THE AWARD IN PREVIOUS YEARS), THIS AWARD IS NOT ALWAYS ABOUT WINNING AND/OR RECORDS, SOMETIMES ITS ABOUT DEMONSTRATING LITTLE ATHLETICS CORE VALUES.

DATES TO REMEMBER

Wed 11th November - Online State Multi Entries open

Saturday 14th November - Normal Program

Wed 18th November - Mid week Training

Saturday 21st November - Normal Program

Sunday 22nd November - Regional Relays, Warrnambool

WELL DONE TO ALL OUR ATHLETES WHO COMPETED AT ALL SCHOOLS LAST WEEKEND.

	SPONSORS	TRAINING	RESULTS	FACEBOOK
	THANKYOU TO ALL OUR RETURNING AND NEW SPONSORS. WITHOUT YOUR SUPPORT WE COULDN'T GET THROUGH THE SEASON	IS HELD WEDNESDAY NIGHTS FROM 4.30PM TO 5.30PM AT LLANBERRIS. ENTER VIA THE PEAKE STREET GATES.	DON'T FORGET YOU CAN FIND ALL YOUR RESULTS IN RESULTS HQ. www.resultshq.com.au	FOLLOW US ON FACEBOOK AND YOU CAN KEEP UP TO DATE WITH ALL THE NEWS AND EVENTS

AND THIS WEEKS AWARDS GO TO.....

TELSTRA LITTLE LEGENDS AWARD

FELIX KLIX

VOLUNTEER OF THE WEEK AWARD

FAYE KRICAK

Congratulations to this weeks winners.

Weekly awards will be distributed by the team managers.

Other awards will be distributed at announcement.

BRONZE PB CERTS

Congratulations to the following athletes on achieving their Bronze

PB status

Ryan Hovey

Patrick Martin

Kayla Bridges

Molly Klux

Paris Murrell

Declan Hughes

Felix Klux

Kobe Hughes

James Pendred

HIGH JUMP!

High jump is an event where sometimes it can be confusing to know what height to start at and how high to move the bar up after each round.

The start height will vary from group to group. It should be of a height that allows all athletes in the group to get a jump in. This should be determined by the team manager based on what heights the athletes have jumped previously.

An athlete may commence jumping at any height above the starting height and does not need to start at the start height.

Three consecutive failures regardless of the height will eliminate the athlete.

At the end of the round the bar should be raised in 5 cm increments. When there are six or less athletes remaining the increments will be 2 cms. The final athlete may continue to jump, at height rises agreed with the Team Manager, until the athlete has three consecutive failures. The bar should always be raised in whole centimetres.

An athlete may pass on the second or third trial at a particular height (after failing the first or second time) and still jump at a subsequent height.

If an athlete fails to commence an attempt within 60 seconds of their name being called by the Team Manager may record a failure. An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced in 60 seconds.

O indicates a Clearance or valid jump.

X indicates a Failure

- indicates a "Pass" or "Did not attempt at that height "

Don't forget a centre record is not a centre record unless it is verified by 2 officials, Julie Bicknell our chief official and another member of committee at the time of jumping.

If you are confused call Julie over and she will assist you.

WHAT IS ON THIS WEEK?

SATURDAY

This Saturday sees us back to Program 3. Keep an eye out for the weather. We do continue the program if rain is light. If we decided to cancel you will receive a text from us, notification will appear on the Web Page, Team App and Facebook. Llanberris is an all weather track, however for safety purposes we may modify the program to suit the weather.



WEDNESDAY

This week will be focusing on Triple Jump, Javelin/Turbo Jav and running technique.

Training starts at 4.30, free entry to registered athletes. Entry Via the Back Gate.

As gates are locked at 5.45, please make sure you have left Llanberris by then and removed your cars as you will be locked in.

REGION RELAYS

Regional Relays are on next weekend on the 22nd November in Warrnambool. Most teams have now been finalised and all athletes have been notified via email.

Please ensure if you have been selected that you check your emails regularly this week for any important information.

All teams have been assigned Team Managers, and all training should be co-ordinated through them. Your team manager will be in contact with you to organise.

Centre uniform **MUST** be worn at Regional Relays. Centre uniform comprises of NAVY shorts with no logos or pockets and the Ballarat Little Athletics competition top. The new Jetstar patch must be affixed. Approved footwear must be worn. All uniform will be checked in the call room and any athlete not following the uniform rules may not be allowed to compete.

If team managers require any technical advice on relays Dan Martin will be available at the end of this Saturday mornings session to assist.

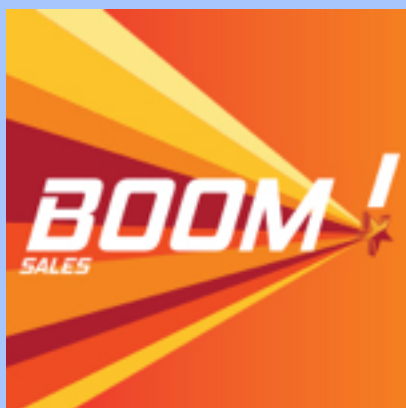
We congratulate all athletes who have been selected and wish them luck!

SPONSORS

WE WOULD LIKE TO THANK THE FOLLOWING SPONSORS FOR THEIR CONTINUED SUPPORT OF OUR ATHLETES. YOU CAN SHOW YOUR SUPPORT BY SUPPORTING THEM.



BALLARAT
GRAMMAR



YOU CAN FIND US AT

www.ballaratlittleathletics.com.au

Club President: Shane Bicknell
Acting Secretary: Deb Darlow

ABN 32 113 662 144
Incorporated Club No: A0054601A

Our Mission - "To be a professionally run club which promotes participation in athletics and provide a framework for continual improvement of all members in a safe, inclusive and family oriented environment."

Our Vision - "To be a successful club with a strong and engaged membership achieving personal development as athletes and people."

Our Values - * Personal Development, * Participation, * Equality, * Enjoyment, * Building friendships

**BALLARAT
LITTLE
ATHLETICS
CENTRE 122**

Box 120 Ballarat 3353