

Week 13 2015/2016 Season

BALLARAT LITTLE ATHLETICS 122



NEWSLETTER



**Well done all
our athletes who
competed in the
Ballarat Gift.**

WEEK 13 NEWS

We are well and truly into the second part of the season. With lots going on over the next few weeks!

It was great to see all the athletes back after the Christmas break refreshed and ready to go. Obviously some had been practicing over the break as there were some field centre records broken 1st week back.

A big Congratulations and thank you to all those athletes who participated in the Relaython and our lady club captains, Talia and Millie for organising it. What a great turn out for this event, especially being a midweek event. There have been some great fundraising efforts and I know the kids at the Royal Children's Hospital will appreciate those who participated and contributed. If you haven't handed in your sponsorship money could you please do so this Saturday to Kellie our treasurer.

Last week saw athletes participating in the Ballarat Gift and there were some great efforts and results. The Gift is a great experience as, due to the handicapping system, it puts all athletes on a level playing field. Congratulations to all! Pop over to our website to see the results.

Next Saturday and Sunday sees the running of the Western Country Region Regional Track and Field Competitions at LLanberris. We are proud of the large numbers from Ballarat who have registered and Good luck to them!

For those athletes not entered and not participating on the weekend just a reminder that there is no normal program running but we will be back again the following week. The Ballarat participants would love to see anyone who is not participating come along and cheer them on.

Midweek training re-commences this week and we hope to see as many attend as possible.

See you tomorrow at the track.



**NO NORMAL
PROGRAM THE
21ST AND 22ND .
REGIONAL TRACK
AND FIELDS AT
LLANBERRIS. IF
YOU HAVEN'T
ENTERED COME
ALONG AND
CHEER ON YOUR
TEAMMATES.**



Brodie Tallent
Last weeks Athletes foot Award

ATHLETES FOOT AWARD

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

XAVIER LENNECKE

FOR FUNDRAISING 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

Saturday 12th February - Normal Program

Wednesday 17th February - Midweek training

Saturday 20th February - NO NORMAL PROGRAM

Saturday 20th and Sunday 21st of February- Western Country Region Track and Field Championships

MIDWEEK TRAINING

NEXT WEDNESDAY MID WEEK TRAINING WILL RE-COMMENCE AFTER THE CHRISTMAS BREAK.

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

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

AND THIS WEEKS AWARDS GO TO.....

TELSTRA LITTLE LEGENDS AWARD

**The Hughes Family
for their fundraising
efforts for the
Relaython**

VOLUNTEER OF THE WEEK AWARD

Claire Stevens

BRONZE AND SILVER PB CERTS

**Congratulations to athletes on
achieving their Bronze PB status**

**Check the notice board and listen
to announcements to find out who
they were this week.**

COACHES PROFILES!

You might all be looking around this week and saying to yourself "Where is Emma, our on track co-ordinator?" Well Emma , or "Coach Wernsy" as she is known amongst her secret group of followers, has a secret life outside of Little Aths. This weekend she is off on a secret mission to conquer the World of Hammer.....yes Emma is a Hammer Thrower. She is competing in Hobart at the Briggs Athletics Classic which is part of the Athletics Australia Grand Prix series.

Name: Emma Werner aka Coach Wernsy

Specialty events: Hammer Throw and Shot put

Coaches: Discus as well as shot put and hammer throw

Qualifications: Eight years coaching- level 2 coach, Active After School Communities coach, On-track coach and Coordinator for 5 years.

Notable Achievements:

3 time Oceania Championship Representative

2 time Bronze medal recipient at the Australian University Games

Peire de Coubertine Recipient

First individual Athlete for WestVic Academy of Sport

2 time N.T Hammer Throw Champion

Current Personal Best:

Hammer throw- 45.36m Shot put 10.65m

Australian Ranking: 21st Victorian Ranking: 4th

Role models: Steven Bradbury, Valery Adams and Betty Heidler

Favourite sporting moment in history: Steven Bradbury Winter Olympics, Salt Lake City, 2002. This moment proved that if you work hard and keep on trying, anything can happen.

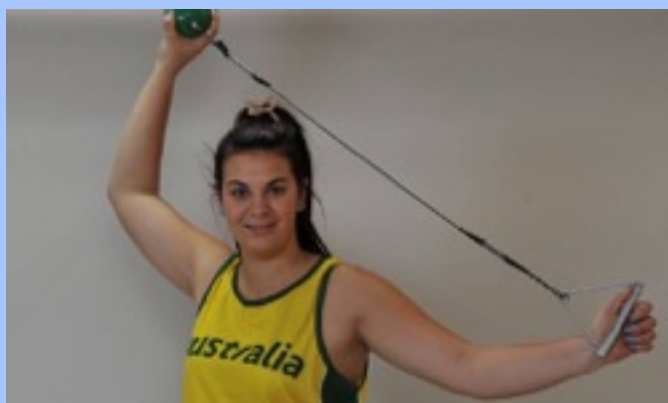
Coach Wernsy's words of wisdom: Just do it! Get in and have a go. You don't know how good you are at something until you have a go. You never know you might enjoy it!

Favourite training foods: Ice-cream, ice-cream and ice-cream

Favourite saying : "It's hammer time!"

Favourite musician : MC Hammer

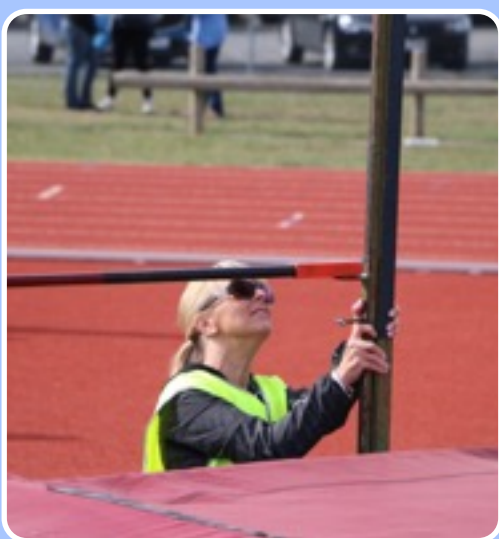
Favourite Place to visit: Bunnings "i'm always on the lookout for new hammers"



WHAT IS ON THIS WEEK?

SATURDAY

Just a reminder that there is no normal competition next Saturday, the 20th as Regional Track and Field is being conducted on Saturday and Sunday at Llanberris that weekend. You may only compete if you have met the qualification requirements and have registered for this event. (registrations are now closed). Events are available for u6 to u8 athletes, just turn up on the day.



WEDNESDAY

Midweek training is back this week.

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.

Please make sure that you follow the track safety rules (parents too!!!). Please cross the track between the orange cones and make sure you look both ways (just like crossing the road!).

REGION TRACK AND FIELD UNIFORM REQUIREMENTS

If you are participating in Region Track and Field next weekend the 20th and 21st of February please note that a Call Room system will be operating. All uniforms will be checked in call room and you must comply with the Championship uniform rules.

Ballarat competition top must be worn with the orange Jetstar patch affixed in the correct position, it must not be pinned on. You will not be able to purchase tops on the day so please ensure that you have one. If not they are available for purchase from Kellie in the Tom Roberts pavilion this Saturday. Navy shorts with no unapproved branding or no logos larger than 30mm x 30mm are to be worn. Please note shorts must be NAVY blue. Logos may be taped over with navy tape. The call room does not provide tape so bring your own. Please note the rules with regard to skins, t-shirts worn underneath and footwear in the attached document link. Please check all requirements carefully as call room staff have been advised to reject any athlete who does not comply with the rules.

<http://lavic.com.au/Portals/43/Uniform%20Guidelines%20v2.pdf>

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