

Ballarat Little Athletics NEWSLETTER



Week 2 2014/2015 Season



Week 3. 1,2,3 Go!!

From the President's Desk:

The third week of the Little Aths season is already here. There has been a flurry of flying feet, shot puts, discus, javelins, and even kids (did you see how high and long the kids can jump!?). The weather has been beautiful – but the smiles and laughter around the track is even better. It's great to see the friendly competition, the encouragement of team mates, and the support for each other throughout the day. This is the basis for a successful individual and athlete, and sets a great foundation for a strong Club.

We are thrilled to have our returning athletes back with us and look forward to watching them progress through the season. Our young athletes are starting to get the idea of how the day works, and getting to know the other children in their group. Our team leaders are doing a great job remembering everyone's name, as are the coaches! It is a big ask to remember who is who, so just introduce yourself a few more times and soon enough we will all be able to remember each other's names! If you are new and not sure who is who, or what is where – just ask – our members are a pretty friendly bunch!

If you can't get enough of athletics remember the Wednesday night training, and the WCR Coaching Day in Stawell next Sunday! See you there! Shane

Friendly Reminder!

Registration Fees are Due!

Your results will be recorded only once you have paid your registration!

Online: credit card

Competition Days: cash/cheque



We are always looking for helpers. If you have twenty minutes or the whole morning we will be happy to find you a little job!



Round 2 Athletes Foot winner xxxx

DATES TO REMEMBER

DON'T
FORGET
THESE
IMPORTANT
DATES

Run Ballarat is on this weekend!

Join in the fun and help redevelop the Kids Ward

At Ballarat Base Hospital!

Great for families – heaps of options for all ages and fitness

Check out <http://www.ballaratlittleathletics.com.au/news.html>

17th October – Secondary Track and Field Championships

27th October – Primary Track and Field Championships


ATHLETES FOOT AWARD

This week's award kindly
donated by Athletes Foot
Bridge Mall goes to

****Billy Kirby****

Billy had a great day with
four wins, a second and
lots of smiles!

The athletes foot award is
presented to an athlete who has
achieved excellent results in an
area of athletics This award is not
always about winning and/or
records, sometimes its about
demonstrating little athletics core
value

Photos by Michael Jones	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. FREE ENTRY, ENTER VIA THE PEAKE STREET GATES.	DON'T FORGET YOU CAN FIND ALL YOUR RESULTS THROUGH THE WEB PAGE. JUST FOLLOW THE LINK EACH WEEK.	LIKE US ON FACEBOOK, AND YOU CAN KEEP UP TO DATE WITH ALL THE NEWS AND EVENTS.

AND THIS WEEKS MACDONALDS AWARDS GO TO...

McDonald's Bakery Hill donates encouragement awards each week to one person in each age group.

Girls

- U/7 Georgina Nash
- U/8 Mikala Kricak
- U/9 Olivia Waterhouse
- U/10 Patricia Harris
- U/11 Halle Martin
- U/12 Kate White
- U/13 Stephanie Ferry
- U/14 Eliza Lepair

Boys

- U/7 Declan Hughes
- U/8 Xy Wilson
- U/9 Isiah Cross
- U/10 Josiah Pattinson
- U/11 Isaac Rissato
- U/12 xxx
- U/13 Matthew Catherall
- U/14 Brayden Sands

Congratulations to this week's winners.

Please collect your certificate from the canteen.



Want to do more Athletics!!??

Check out the Little Athletics Victoria Website [calendar](#)

Or sign up for.....

Regional Relays

Open for Registration

They will be held in Stawell
On November 23rd 2014

Please contact
Dan Martin or Leo Simpson
For more information

If you need to know anything regards any of these events, please ask one of our committee in their special committee tops and they will be able to help.



COACHES CORNER

Belonging to a Club

We are very fortunate in Ballarat to have access to all sorts of sporting clubs. Ballarat Little Athletics is a stand-out as we have amazing training facilities, dedicated coaches, fabulous parent helpers, kids who love doing athletics, and a friendly social atmosphere! So how is it we are so lucky?? Well actually, luck is nothing to do with it – the reality is all these wonderful attributes come about from hard work and commitment. How does the track magically get set up by 8am on a Saturday morning? Because people were there at 6:30am to get it ready! How do you get your times so promptly after a competition day? Because a dedicated volunteer sits there and types them in! How do you get a new javelin? Because volunteers cooked sausages for events and competitions to raise some money! How do you know what to do next on a competition day? Because your team leader volunteer has taken the time to organise your group and help you. Why is it so much fun? Because all our members make it that way!

If you are new to the club it all seems a bit of a maze of organised chaos and new faces; If you have been around a while, you know just how much work the volunteers put in! So, if you haven't already, put your hand up to help! It is a great way to get to know people, to understand how things work, it distributes a very heavy work load a bit more evenly, and it is a great boredom reliever! Our club needs every single family to volunteer their time. You will be pleased with how friendly and helpful the "old hands" are, and it will give you a real sense of achievement and belonging – to your club – to Ballarat Little Athletics!

Thank you to our Sponsors. They support us, so please support them.
Athletes Foot-Bridge Mall McDonalds Family Restaurants-Bakery Hill
Ballarat Grammar School Craig's Hotel Steam Coffee
National Australia Bank Lateral Plains

Don't forget to check out the weekly photos on our website by our photographer Michael Jones.
Inquiries regarding photos can be made to michaldebbyjones@bigpond.com

You can find us at

www.ballaratlittleathletics.com.au

Club President: Shane Bicknell
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