

Week 15 2015/2016 Season

BALLARAT LITTLE ATHLETICS 122



NEWSLETTER



**Well done to all
our athletes who
competed at the
Regionals.**

WEEK 15 NEWS

What a great couple of weeks we have had. Week 13 saw a return to normal program with lots of Pb's and great efforts from all athletes.

Last week saw the running of the Western Country Regional Regional Track and Field Competition, which we hosted. The weekend not only involved 84 of our athletes participating across all disciplines but our committee and parents at their best. Everyone pitched in and assisted at all events and even when not rostered on jumped in and helped out when asked. It was a great weekend for all involved and we are proud of all our athletes who participated for doing their best over the weekend. See further on in the newsletter for a wrap up of the results.

We are back to normal program this week with only 3 weeks of the season left. We have some athletes nearing their gold PB certs which is a great effort.

The new hurdles and blocks have arrived and will be out on the track this week. Equipment is a costly purchase for the club and we are proud that fundraising efforts this year have allowed us to make these purchases.

The committee are currently looking for interested parents to join next year with some of our current committee retiring. We are especially on the lookout for someone to take over the job of Equipment Manager and if you are interested please see Shane over the coming weeks.

Here is a date to pop in your diary! Presentation Night will be held at Ballarat Grammar on Friday April 15th at 5.30pm. We would love to see everyone pop along to celebrate the athletes achievements this season.

See you tomorrow at the track.



**BACK TO NORMAL
PROGRAM WITH
ONLY 3 WEEKS
LEFT FOR THE
SEASON. STATE
CHAMPIONSHIPS
ARE AT CASEY
FIELD ON THE
19TH AND 20TH
MARCH.**



Xavier Lennecke
Last weeks Athletes foot Award

ATHLETES FOOT AWARD

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

ELIZA LEPAIR

FOR BREAKING A WCR RECORD AND IMPROVEMENT DURING THE SEASON.

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 27th February - Normal Program

Wednesday 2nd March - Midweek training

Saturday 5th March - Normal Program

Wednesday 9th March - Midweek training- Final Training night

Saturday 12th March - Normal Program- Final round of season

Saturday 19th March and Sunday 20th March - State Track and Field Championships- Casey Fields

Friday 15th April- Presentation Night

PRESENTATION NIGHT

DATE: APRIL 15TH

TIME: 5.30PM

VENUE: BALLARAT GRAMMAR SCHOOL

	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**

ALIZAH GRACE

**VOLUNTEER OF THE
WEEK AWARD**

DARYL BILNEY

**BRONZE AND SILVER
PB CERTS**

**Congratulations to athletes on
achieving their Bronze and Silver
PB status's.**

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

**REGIONAL TRACK
AND FIELD RESULTS.**

Last weekend saw the running of the Western Country Region Track and Field Championships at Llanberris. What a wonderful weekend it was. Thanks so much to all the committee for their hard work over the weekend and to all the parents who filled their volunteer positions. Without parent assistance the weekend would not have been as successful.

We had 84 athletes participate in a strong Ballarat side and all athletes put in wonderful performances which showed in the medal tally.

We came away with 182 medals, 89 Gold , 57 Silver and 36 Bronze. 57 Athletes have progressed through to the State Finals at Casey Field on the 19th and 20th March, which is a great effort for all involved.

Some notable performances on the weekend were some WCR records broken by Zoe Ferry in the Long Jump, Eliza Lepair in the 800m and Jemma Peart in the 1500m walk.

Ange Selkirk, Max Proccacino and Ryan Friedrichs all achieved 4 gold medals in their 4 events, a great effort by all three.

Abby Bicknell, Alice Lepair, Amelia Cross, Ange Selkirk, Angus See, Chloe Kinnerlsley, Cobi Wilbert, Elijah Cross, Holly Nichols, Isaiah Cross, James Skelton, Max Procaccino, Mia Lepair, Molly Fraser, Olivia Waterhouse, Patrick Martin, Ryan Friedrichs and Ryan Hovey all finished their weekend off with 4 medals from all 4 events they attempted. A job well done!

Our Ballarat squad that is off to the State Championships is made up of:

Abby Bicknell, Alanna Peart, Alice Lepair, Amber Dennis, Amelia Cross, Amy Canavan, Ange Selkirk, Angus See, Ben Nash, Ben Stevens, Billy Kirby, Brodie Tallent, Charlotte Streat, Chloe Kinnerlsley, Cobi Wilbert, Elijah Cross, Eliza Lepair, Flynn Cruickshank, Halle Martin, Harrison Callaway, Harrison Keeble, Holly Nichols, Isaac Rossato, Isaiah Cross, James Skelton, Jemma Peart, Jessika Bridges, Joe Labas, JOrja Bourke, Kasey Bishop, Kate White, Kayla Bridges, Lachlan Kinnersley, Macy Ludeman, Makala Kricak, Matthew O'Brien, Max Procaccino, Mia Darlow, Mia Lepair, Molly Fraser, Olivia Davis, Olivia Waterhouse, Paris Murrell, Patrick Martin, Ryan Friedrichs, Ryan Hovey, Samuel Dutli, Sascha Bilney, Scott Peart, Shaylah Oosterhuis, Sophie Adamson, Stephanie Ferry, Talia Martin, Tristan Leyshan, William Marshall, William Morrison and Zoe Ferry.

Congratulations to all participants!

WHAT IS ON THIS WEEK?

SATURDAY

Next Saturday sees the 2nd last round of the normal season. The season concludes on the 12th of March with State Track and Field Championships being held at Casey Fields on the 19th and 20th March.



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!).



STATE TRACK AND FIELD UNIFORM REQUIREMENTS

If you are participating in State Track and Field on the 19 and 20th March 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.

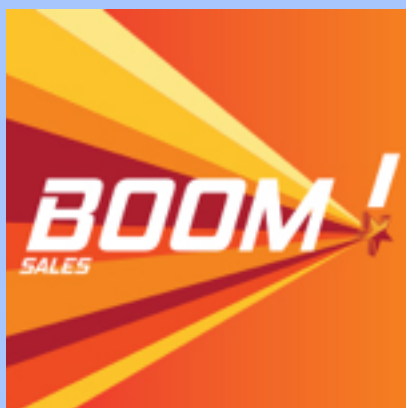
<http://lavic.com.au/Portals/43/Uniform%20Guidelines%20v2.pdf>

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