

PO Box 120 Ballarat 3353 ABN 32 113 662 144

[www.ballaratlittleathletics.com.au](http://www.ballaratlittleathletics.com.au)

Club President: Shane Bicknell

Secretary: Jo Edwards

## 11/12 Newsletter Edition 6 – 26/11/11

**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

**From the President** –Hi everybody, hopefully this week we can get some competition in. It seems every time sunscreen is mentioned on this page, the weather turns on us. From here on in, take it as a given, be sun aware, no hat no play, and I promise no more mention of sunscreen. Although the weather forecast is not looking good.....That's all from me for now and please feel free to provide me with any feedback and ideas via [shane@bicknell.com.au](mailto:shane@bicknell.com.au)

**Points to remember** - \$2 per athlete for track hire to be paid at "Parents Hub"  
Please ensure at least one parent/carer is present for the program.

Below are 3 of the under 9 boys and 3 of the under 9 girls selected for the regional relay championships, from left to right, Abby Bicknell, Sophie Stephenson, Ebonie Squire-Robison, Luke Zuell, James Doherty, and Sam Pope, missing are Leroy Appleby and Nicola Macaulay.



Team Managers held a pizza night last Thursday, there was a good roll up of team managers who were shown correct measuring techniques for the field events. John Ohlsen & Zack Smith provided technical assistance.



Anyone who is interested in notes (even if not a team manager) from the night please email Shane at [shane@bicknell.com.au](mailto:shane@bicknell.com.au). A big thank you to Pizza Hut for the great food and the good deal they did on the purchase.

## REGIONAL RELAY CHAMPIONSHIPS

Congratulations to those athletes selected for the Regional relays to be held in Ballarat on Sunday the 11th December starting at 10.00am. Teams will be posted on the Noticeboard this week. In some teams, final selections for 200m positions will be decided by performances in today's event. Athletes will need to pay a fee of \$4.00 for each event they are selected in (not counting emergencies). Payment to be made at the Little Aths shed ASAP. Relay Managers have also been appointed. Please advise or Mark Dobbyn if you are unable to commit to this role.

Athletes in the junior age groups, U6, U7 and U8 also have an opportunity to join in the fun. These younger age groups will not progress to Melbourne, but will enjoy a fun day and anyone can compete. It is a great way to keep the younger siblings of competing athletes entertained during the day, so if you are interested, please write your name on the list today at the parents hub.



Bakery Hill

## ATHLETE'S FOOT AWARD:

Each week The Athlete's Foot Award is donated by **The Athlete's Foot in the Bridge Mall** and is presented to an Athlete who has achieved excellent results in an area of athletics. (and who has not received the award in recent years). Due to last week's rain, there is no award this week.

## McDONALD'S ENCOURAGEMENT AWARDS –

**McDonald's Bakery Hill** donate encouragement awards each week to one person in each age group. There are no awards this week due to the washout.

## DATES TO REMEMBER

<b>27 Nov</b>		<b>Kannamaroo Gift</b>	<b>Open Day</b>	<b>Gertrude</b>	<b>St Horsham</b>
<b>3 Dec</b>	<b>8.30am</b>	<b>Normal Program</b>	<b>Round 9</b>	<b>Llanberris</b>	
<b>10 Dec</b>	<b>8.30am</b>	<b>Normal Program</b>	<b>Round 10</b>	<b>Llanberris</b>	
<b>11 Dec</b>	<b>10.00am</b>	<b>Regional Relay Championships</b>		<b>Llanberris</b>	

## Ballarat Little Athletics Centre 122 Hits the State Multi Event Championships.

Ballarat Little Athletics, as a club, made a giant leap forward on the weekend in their quest to develop a Team Culture and a Team Environment for its Junior Athletes and their parents. Over the two day State Multi Event Championships the effort made by the athletes and their parents will be memories they will cherish and which they will hold dearly for a long time to come. The weekend was jam packed with excitement and suspense and there were tears of joy and despair as the day unfolded for each and every one of us. There were too many highlights for us to recount them all but amongst them were Anna- Maria's sensational effort to finish second in the under 15 girls championship on Saturday and James Doherty's who raised the roof of the stadium with his sensational run for 3rd in the 800m in the 3rd last heat of the two day event on Sunday. Results were:

### GIRLS

Under 9:	Ebonie Squire-Robison	47th with 401 Points
	Abby Bicknell	58th with 253 Points
Under 13:	Natalya Hall-Deklever	29th with 832 Points
Under 14:	Ashlea Bylsma	8th with 1295 Points
Under 15:	Anna-Maria Rice	2nd with 1502 Points
Under 16:	Racheal Beardall	10th with 752 Points

### BOYS

Under 9:	James Doherty	27th with 775 Points
Under 10:	Travis Scott	16th with 909 Points
Under 11:	David O'Donnell	24th with 1001 Points
Under 12:	Bradley Castleman	31st with 967 Points
	Christopher Hall-Deklever	61st with 400 Points
Under 13:	Thomas Scott	10th with 1263 Points
	Brandon Prior	33rd with 936 Points
Under 14:	River Robson	14th with 1406 Points
	Ashley Firth	25th with 840 Points

"Thank you to all the parents who volunteered to help out at the State Multi's last weekend, we managed to fulfill all our duties and the centre officials were very impressed overall with the high standard of those carrying out the various tasks assigned." Wayne Castleman

The results were enormous, the participation meant even more. Each and every athlete, parent and/or guardian should be proud of their efforts. Coming from where we did last year this is a critical step into the development of our "Club Culture" lets forge ahead with the momentum we have created.

### Who Smashed Their PB ???

As you know, we have a strong focus on personal improvement at BLAC and while we honor our many elite athletes, we value equally highly the effort, attitude and perseverance of our athletes. The State Multi day was a great way to apply these mission qualities, so we have some fantastic prizes for the athletes who have 'Smashed their PB'. The 3 athletes in U9-U11 and U12-U16 who smashed their Ballarat Multi score by the biggest margin will be presented with their prizes 8.45am Saturday and a special photo published in next weeks newsletter !!!!

Check out our website at [www.ballaratlittleathletics.com.au](http://www.ballaratlittleathletics.com.au) for results, events or even our photo gallery. (<http://www.flickr.com/photos/43346494@N08>). Weekly results of competition are also published in the Ballarat Courier (normally Wednesday).

