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[www.ballaratlittleathletics.com.au](http://www.ballaratlittleathletics.com.au)
**Club President:** Shane Bicknell

**Secretary:** Jo Edwards

## 11/12 Newsletter Edition 5 – 12/11/11

**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, this is another normal program round this week. I do send a longish message mid week to all, which I do urge you to read, (a full message can be seen on the noticeboard if you don't receive emails) but a couple of quick points here are congratulations to our All Schools athletes, there were some excellent performances but also some big congratulations to many more of our athletes for their sportsmanlike behavior, some of which has been noted for awards this week by our managers, and also by some out of town visitors. Sometimes it is not all about the time on the stopwatch. 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

Please sign the „Ordinary members form“ if you haven't already

**Unpaid Registrations** – If you have registered, but not yet paid please see Glenn in the LA Shed today. Thank you.



### Sports Stars

**Congratulations All Schools athletes Elijah Dale, 5<sup>th</sup> in U14 Jav, Liam Proccacino 6<sup>th</sup> & PB in U15 200m. Anna Maria Rice for 2 golds in hurdles, & a bronze in 100m. Jesse Fullerton claimed 2 bronze in 800m & 1500m, Ashlea Bylsma U14 finalist in 100m & bronze medallist in long jump, Kate Jones also got bronze in long jump. Last but not least, U10 Jade Severino for her outstanding sportsmanship – she clapped & cheered every girl in every event.**

## REGIONAL RELAY CHAMPIONSHIPS

Athletes from all clubs within our region will compete in this event at BALLARAT on Sunday 11th DECEMBER. This is a great opportunity to compete as a team and enjoy an exciting day of competition. Entry forms are now available at the Little Aths shed and close by round seven of competition. Teams will be put together based on performances in the sprint events.

Please refer to "Relay Selection Criteria" on noticeboard. Successful teams at this competition in the U9 to U15 age groups will go on to the State Relay Championships on SATURDAY 28th JANUARY to be held at ALBERT PARK. Please note that if you compete at Regionals you must also be available to compete at States. 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 in the Little Aths shed.



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). This week we have two deserving winners, Amber Braybrook and Jade Severino.

## McDONALD'S ENCOURAGEMENT AWARDS –

**McDonald's Bakery Hill** donate encouragement awards each week to one person in each age group. Congratulations to this weeks winners, who can collect their certificates from the Canteen.

<b>Under 6 Girls</b>	<b>Zoe Ferry</b>	<b>Under 6 Boys</b>	<b>Cody Powers</b>
<b>Under 7 Girls</b>	<b>Maddison Doyle</b>	<b>Under 7 Boys</b>	<b>Ziggy Lee</b>
<b>Under 8 Girls</b>	<b>Amy Cook</b>	<b>Under 8 Boys</b>	<b>Ashley Cutts</b>
<b>Under 9 Girls</b>	<b>Abby Bicknell</b>	<b>Under 9 Boys</b>	<b>Alex McCallum</b>
<b>Under 10 Girls</b>	<b>Olivia Davis</b>	<b>Under 10 Boys</b>	<b>Ben O'Beirne</b>
<b>Under 11 Girls</b>	<b>Janessa Fitzgerald</b>	<b>Under 11 Boys</b>	<b>Kaylab Eggers</b>
<b>Under 12 Girls</b>	<b>Isabelle Freeman</b>	<b>Under 12 Boys</b>	<b>B Castleman</b>
<b>Under 13 Girls</b>	<b>Maddie Wills</b>	<b>Under 13 Boys</b>	<b>Bailey Squire</b>
<b>Under 14 Girls</b>	<b>A Bilney</b>	<b>Under 14 Boys</b>	<b>Paddy Walsh</b>
<b>Under 15/16 Girls</b>	<b>Shae Ohlsen</b>	<b>Under 15/16 Boys</b>	<b>Liam Procaccino</b>

**DATES**      **12 Nov**      **8.30am Normal Program 1 - Round 6 Llanberris**  
**19 Nov**      **8.30am Normal Program 2 - Round 7 Llanberris**  
**TO**            **19 ,20 Nov**      **STATE MULTI EVENT CHAMPIONSHIPS Albert Park**  
**26 Nov**      **8.30am Normal Program 3 – Round 8 Llanberris**  
**REMEMBER**      **27 Nov**      **Kannamaroo Gift Open Day Gertrude St Horsham**

### HEALTH AND FOOD REGULATIONS

Health and Food Regulations prohibit the self serving of food at the BBQ. We apologise for the inconvenience this might present when you are waiting for service, but we can't afford to run foul of the legislation. Thank you for your understanding.

### THE JUDGE IS COMING TO TOWN

An A grade racewalking judge is coming to Ballarat and will be able to train anyone interested - D grade certificate can be gained. This will occur as part of our program 26/11. Contact John Ohlsen for more details on 0439393752.

### Under 10 Girls and Under 12 Boys- Take a Bow!

Well done Team Managers and kids. You made a visiting family feel very welcome. Good job; this epitomises what we are about as a Centre. Angela and Grahame Williams are currently selling up in Sydney and hope to move to Ballarat in January and send an email of thanks for your hospitality

*"We are the family from Sydney moving to the Ballarat area and I just wanted to thank you on behalf of my children (Emily & Sam Williams) who competed at your little A's centre on 8/10/2011. They were made to feel welcome by all the children and the age managers so please pass on our thanks to the U12 boys & U10 girls."*

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).

