

PO Box 120 Ballarat 3353 ABN 32 113 662 144

www.ballaratlittleathletics.com.au
Club President: Shane Bicknell

Secretary: Jo Edwards

11/12 Newsletter Edition 5 – 19/11/11

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 and welcome to another round of great competition.

More and more of our athletes are feeling the excitement of achieving personal bests and this is great to see. Please remember your sunscreen and hats, the weather is warming up! A big thank you to all of our volunteers, but particularly this week to our canteen and BBQ volunteers, the takings are up! That's all from me for now and please feel free to provide me with any feedback and ideas via 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.

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 next week 26/11. Contact John Ohlsen for more details on 0409393752

Two records were broken last week, the U15 Girls 90 metre hurdle record was broken by Anna Maria Rice in a time of 14:37 and the U12 Boys High jump record was broken by Bradley Castleman by a jump measuring 1.57m. Well Done!



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). This weeks winner is Bradley Castleman for breaking the boys U12 high jump record, leaping 1.57m – a fantastic effort! Well done Bradley!

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.

Under 6 Girls	Sascha Bilney	Under 6 Boys	Isaiah Cross
Under 7 Girls	Emily Thomas	Under 7 Boys	Dakodah Emmerson
Under 8 Girls	Charli Jones	Under 8 Boys	Matrix Walters
Under 9 Girls	Matilda Lloyd	Under 9 Boys	Joseph Freeman
Under 10 Girls	Phoebe Johnson	Under 10 Boys	Matthew Catherall
Under 11 Girls	Chloe Porter	Under 11 Boys	Thomas O'Beirne
Under 12 Girls	Hannah Drew	Under 12 Boys	Luke Castleman
Under 13 Girls	Johanna Pinch	Under 13 Boys	Thomas Scott
Under 14 Girls	Grace Nichols	Under 14 Boys	Mitchell Clark
Under 15/16 Girls	Bethany Simpson	Under 15/16 Boys	Corey Baker

DATES TO REMEMBER

19 Nov

8.30am Normal Program 2
Round 7 Llanberris

19, 20 Nov

STATE MULTI EVENT
CHAMPIONSHIPS
Albert Park

26 Nov

8.30am Normal Program 3
Round 8 Llanberris

27 Nov

Kannamaroo Gift
Open Day
Gertrude St Horsham

For this sensational shot and many others please go to our website to check out the Photo Gallery –

<http://www.flickr.com/photos/43346494@N08>

All photos taken each week are displayed at Tom Roberts Pavilion on a proof sheet with options for printed sizes available for purchase.

(may make an ideal Xmas gift!) If you are keen for a photo but haven't yet seen your "perfect shot" contact Courtney via

dobbbyn@vic.chariot.net.au



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Check out our website at 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).

