

Week 16 2015/2016 Season

BALLARAT LITTLE ATHLETICS 122



NEWSLETTER

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



WEEK 15 NEWS

Only two weeks to go, where has the season gone?

This week we see Program 3, which means walks, return. While on the subject of walks we would like to congratulate Rachel and Jared Tallent on their selection for the Rio Olympics. Fingers crossed for both of them!

As predicted we have our 1st Gold PB recipient for the year in Ryan Hovey. Well done Ryan! We have some other athletes nearing their golds as well, so this is the week to try your best.

For those who qualified for State Track and Field please note this year the event is being held at Casey Fields in Cranbourne. Make sure you allow plenty of travel time to get there. Keep an eye out on your emails as there may be more athletes progressing. All parents will be assigned duties over the weekend of the Championships and as soon as we are allocated our duties we will let you know what spots are required to be filled.

A big thanks to those who have assisted with set up, pack up and other jobs over the last couple of weeks. Some of our regular helpers and committee have had other commitments and its great to see some new faces jump in and assist.

Don't forget to save the date for Presentation Night to be held at Ballarat Grammar on Friday April 15th at 5.30pm.

See you tomorrow at the track.



**BACK TO NORMAL
PROGRAM WITH
ONLY 2 WEEKS
LEFT FOR THE
SEASON. STATE
CHAMPIONSHIPS
ARE AT CASEY
FIELD ON THE
19TH AND 20TH
MARCH.**



Eliza Lepair
Last weeks Athletes foot Award

ATHLETES FOOT AWARD

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

**MAX PROCACCINO
RYAN FRIEDRICHS
ANGE SELKIRK**

FOR ACHIEVING FOUR GOLD MEDALS AT THE WCR REGIONAL CHAMPIONSHIPS

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 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**

LOUISE PENDRED

**VOLUNTEER OF THE
WEEK AWARD**

**JAMES
WATERHOUSE**

**GOLD, SILVER AND
BRONZE PB CERTS**

Congratulations to

RYAN HOVEY

**our 1st athlete to achieve their
Gold PB status's.**

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

REGIONAL CROSS COUNTRY.

This year the Region is required to conduct a Regional Cross Country Event, which athletes must participate in to be allowed to compete at State Cross Country. This has not been the case in previous years and it is important that you are aware of this change.

The date and venue as yet has not been confirmed, but as soon as the Region advises us we will pass it on to you. Ballarat will field a side, as we do in the other Regional Championships and there is no qualifying criteria to participate in Regional Cross Country, so come along and join in the fun. Keep an eye on your emails for further information once the date is set.

Cross country is a great event to keep fit over the winter months and the opportunity to run against the best junior athletes in Victoria.

COMMITTEE PROFILE STEPHANIE PORTER

Which athletes do you have at BLAC?

Rebecca in U/8 and Ben due to start U/6 next season! Rebecca likes all events but does particularly well in the throwing. Will have to wait and see with Ben!

What is your current position at BLAC?

Team Manager and Coaches Coordinator

How long have you held that position?

Approximately 6 months

Do you have any prior athletics experience/involvement? If so, what?

Only compulsory sport many, many years ago at school!!

What other interests do you have outside of Little Athletics?

I am a proud member of the Rotary Club of Alfredton, since moving into town we have enjoyed family bike rides on the Ballarat/Skipton Rail Trail, I am a netballer (despite medical advice that I should consider retiring!!), we enjoy camping

What sports have you participated in?

As mentioned above, my true love is playing netball! I have played all over the state, and had much success and enjoyment - and injuries ;-). I tried basketball, but could not get my head around it with the contact and I tried indoor cricket but, to be honest, was a bit scared of the ball!! Played social tennis and touch rugby while at Uni.

Why did you choose to become involved in the BLAC committee?

My daughter, Rebecca, joined Little Athletics two years ago in Under 6's. Seeing that she was really enjoying it and knowing that if it wasn't for the contributions of volunteers that she would not be able to enjoy this activity, I decided to become more involved to support her interests. I have Ben keen to get started next season too!

WHAT IS ON THIS WEEK?

SATURDAY

Next Saturday sees the 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 on this week for the final time for the season



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