



The Gap LA Newsletter

A Message from the Centre Manager

Congratulations to all the athletes who participated in the Regional Championships at Redcliffe. The athletes put in some fine performances and were outstanding representatives for our club. Twelve of our athletes have qualified to compete at the State Carnival in March. Souvenir polo shirts are available for the State event; if you want one please place your order at the canteen

For those athletes who missed out on the Championships, and those athletes who just can't get enough competition, the Senior Pentathlon and Junior Carnival will be held at the Nathan Sports Facility on 9 March 08. There is a small fee for this event; a programme of events and nomination forms are available at the canteen.

Tuesday night training has been slowed down by the wet weather lately, but will continue for the remainder of the season - thanks to all our coaches who are volunteering their time and doing a great job. These sessions are dedicated to

games and practicing techniques for the improvement of athlete's skills - 5:30 to 6:30pm Tuesday. U7 and U8 are also welcome to attend.

Hope you are all enjoying the season so far; happy running jumping and throwing.

*Gary Morrisby
Centre Manager*

Have you reached a green, red or blue level on the McDonald's Individual Achievement Awards (the pink & Blue Cards)???

Hand them into Deidre or Ivy for confirmation and you will get a McDonald's award.

Special notices

- **Junior Carnival (for U7 – U10)**
Sunday 9th March 2008
At State Athletics Facility
Nominations by 29th February 2008
- **Senior Pentathlon (for U11 – U15)**
Sunday 9th March 2008
At State Athletics Facility
Nominations by 27th February 2008

STATE CHAMPIONSHIPS
28th – 30th March 2008
QSAC
See timetable for details

- **COACHING SESSION (for U7 – U15)**
Tuesday 5.30 – 6.30 pm

Committee Meeting

Monday 3rd March 2008 at 7 pm

PRESENTATION DAY

Saturday 19th April (after school Holidays)
3 – 5 pm

COACHING SESSION

This will be conducted from 5.30 pm to 6.30 pm on Tuesday nights. There is no extra fee – as it will be run by volunteer coaches. Children are only required for one(1) hour. They do not need to wear a uniform but **MUST WEAR SHOES.**

Coaching is for both boys and girls from U7 to U15.

Winner of the Scooter and Helmet Draw, simply for attending Friday Night Meets is Joshua Critchley U6



PARENTS-

We need interested parents to become a D Grade Official.

Are you interested????

For details see Ivy Handley (at the canteen) or check out the QLAA Website:

www.qlaa.asn.au

Requirements: Ability to read the manual and sit a short open book exam.

Junior Carnival Senior Pentathlon

This will be held on Sunday 9th March 2008 at the State Athletics Facility at Nathan (next to ANZ Stadium)

Juniors (U7 – U10) can nominate up to five events. Cost is \$2.50 per event. The main focus is to allow athletes to compete in a large scale competition without the pressures of championships.

Seniors (U11 – U15) Pentathlon is where athletes are encouraged to compete in a broad range of events. See the grid at the Canteen for details. Points are allocated according to the level of performance achieved in all five events. Cost is \$12.50.

Nominate

Nominations close on Friday 29th February 2008.

Payment must be obtained first, before your name is entered.

Presentation Ceremony

This year – due to the Easter break and holidays calendar, the presentation ceremony will be on SATURDAY 19th April 2008 from 3 pm to 5 pm. This is where all athletes will be awarded medals and some trophies. More details will follow.

Thanks to all the following athletes who participated in the REGIONAL GAMES on 9th- 10th February at REDCLIFFE.

Peter Ainsworth

Fyndley Anderson

Austyn Boardman

Ryley Boardman

Cameron Bull

Sean Carroll

Alexander Coates

Samantha Coates

Sebastian Condric

Reigne Dadey

Rosi Drodrolagi

Zali Eason-Coutts

Loic Fery

Simon Forbes

Jared Godkin

Joel Gould

Jack Gullo

Karlee Hogan

Kelsey Innes

Josh Kelly

Michael Makeham

Patrick Makeham

Isabella Morrisby

Priyanga Senthilvasan

Eliza Toze

Patrick Toze

Anton Vellneagal

Highlighted names are athletes competing at the State Championships for the Metro North Region at Nathan on the weekend 28th – 30th March 2008. Please check the QLAA website or at the Canteen for program information.