



The Gap LA Newsletter

A MESSAGE FROM THE CENTRE MANAGER

Welcome to a new season of Little Athletics at The Gap; I hope you and all the athletes have an enjoyable time with us and we can meet your expectation for "family, fun and fitness".

This newsletter will be issued regularly during the season and is intended to provide information on the Centre's activities and procedures; upcoming events and athlete's performances. Additional information will be displayed on the notice board every week during the Friday competition.

Congratulation to all the coaches who completed the Introduction to Coaching Course. I understand that it was extremely valuable with some good tips passed on to our new coaches. If you are interested in this course please express your interest at the canteen; another course will be scheduled if there is enough interest.

Wednesday night training begins on 9 Sep and thanks to all the coaches who will make it possible each week. A programme will be developed so that all events are covered, and aligned to the Friday night programme, throughout the course of the season.

Tests for D grade officials can

now be done at the canteen on any Friday nights – speak to Greg for information packs or sitting the tests. On completion of the course you will be certified by QLAA as a D grade official and can then continue to higher grades.

The Regional Relays will be held on 7 November 2009 at NUDGEE COLLEGE- so get your team organized now – we would like representatives from all age groups to attend. Relays include both track and field events; any number of athletes can participate from U7 to U17. Also parents, we need to supply 2 track umpires, 1 place judge and 1 timekeeper as officials for the day in addition to running the discus. If you can assist, please leave your name at the Canteen.

I hope you enjoy the season; and please help your little athletes in any way you can to ensure that our season is as enjoyable as possible for everyone.

Happy running jumping and throwing.

Gary Morrisby
Centre Manager

Date Claimers

- **Senior Carnival (for U11 – U 15's)** Sunday 1st November 2009 State Athletics Facility, Nathan. NOMINATIONS by 16th OCTOBER 2009
- **Junior Pentathlon (for U9 – U10)** Sunday 1st November 2009, State Athletics Facility, Nathan. NOMINATIONS by 16th OCTOBER 2009
- **Regional Relays (for U9 – U15)** Saturday 7th November 2009 Nudgee College, Sandgate Road. Note U7 & U8 can compete, but will not go to State Finals. NOMINATIONS by 23rd OCTOBER 2009. WE need adult volunteers to officiate on this day.

FRIDAY 16th OCTOBER is BRING A FRIEND NIGHT – on this night, friends can join in all the activities for Free.

Wednesday night training and Friday night meets continue over September School Holidays

COACHING SESSION

This is conducted from 5.30 pm to 6.30 pm on Wednesday nights. Children are only required for one(1) hour. Coaching is for both boys and girls from U7 to U15. See Centre Handbook for dates.



Indooroopilly, Forest Lake, Springfield and Mt Ommaney – by purchasing all the family's footwear from these stores, the Centre receives \$5.00 for every pair of shoes purchased. When you purchase any pair of shoes, make sure you mention you are a member of The Gap Little Athletics so the sale can be linked to our club.

BRING A FRIEND NIGHT 16th OCTOBER 2009

This is an opportunity for registered athletes to invite some friends to see how Little Athletics operates. Athletes who bring a friend on this evening will go into the draw for a centre prize. All names will also go to QLAA for a chance to win an Athlete's Foot Pack. Make sure you sign in your friend on the special forms available on the night.

Please ensure athletes are wearing current registration numbers. If you cannot sew, there is iron on webbing that allows you to iron the number to the shirt or fabric glue.

Junior Pentathlon Senior Carnival

This will be held on Sunday 1st November 2009 at the State Athletics Facility at Nathan (next to ANZ Stadium)

Seniors (U11 – U15) 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.

Juniors (U9 – U10) 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 \$7.70.

Nominate

Nominations close on Friday 16th October 2009. Payment must be obtained first, before your name is entered.

Regional Relays

(for U7 – U15) - Saturday 7th November 2009 at Nudgee College, Sandgate Road. All children are encouraged to compete in teams of 2 (field events) or 4 (track events). Teams are not mandatory. All athletes can compete in the field events in each age group, but the best two form a team. Track teams will practice relays prior to the day. This event is THE GAP

BRANCH versus other branches within our region. It is also a means of qualifying (1st, 2nd, 3rd placing) for the State Regional Championships. U 7 & U8 can also compete, but will not be placed for States. There are no finals. Points are scored on times or distances. Each athlete may participate in up to 5 events. Cost of entry is paid by the Gap Branch. However, once nominations have been made, if the commitment is not honoured, then the fees will be deducted from the family levy.

NOMINATE at Canteen by end of meet Friday 23rd October 2009 .

TGLA runs the DISCUS and we need a roster of parents to help run this on the day. This is where we need officials. Please nominate.

Full uniforms are required at these carnivals, pentathlon and relays. Refer to page 6 of the handbook for details.

OFFICIALS

Parents/ Guardians, we need D Grade Officials. Are you interested? See Greg for details or check out the QLAA Website:

www.qlaa.asn.au

Requirements are an ability to read the manual and sit an open book exam, a practical exam and attendance at carnivals and competitions.