



# The Gap LA Newsletter

## A MESSAGE FROM THE CENTRE MANAGER

Congratulations to the 21 athletes who participated in the Regional Relays at Strathpine. The athletes put in some fine performances and were outstanding representatives for our club. Ten of our athletes will be competing at the State Relay competition in early December.

It is now time to nominate for the Regional Championships; this is a competition between the seven Brisbane North clubs and is a chance for the athletes to compete in a major athletic event. The Championships are for all athletes from under 7 and older and they can nominate for just one event or up to 5 events. The competition is in Redcliffe on 9 & 10 Feb 2008 and should be a fun weekend for the whole family – see the schedule details on the noticeboard and get your nominations in to the registrar at the canteen.

All athletes are invited to attend the Championships and we would like to see all athletes compete in at least one or two events. It's great fun for the athletes, so bring a picnic and make a day of it. And for the more competitive athletes there is a good chance of making the State Championships that will be held at the Nathan Athletics Facility in March – the first 4

places in the Regional event go through to the State event.

Tuesday night training is off and running (and jumping and throwing). 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.

Tests for D grade officials can now be done at the canteen on any Friday nights – speak to Ivy 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.

Don't forget the mid-season break up (novelty events, tug-o-war treats etc) on Friday 7 December, and we return on 18 January next year for more; happy running jumping and throwing.

On behalf of the Committee-  
MERRY CHRISTMAS and a SAFE  
HOLIDAY SEASON.

Gary Morrisby  
Centre Manager

Merry Christmas

## Special notices

- **Regional Games (for U7 – U15)**  
*Saturday 9<sup>th</sup> February 2008 and Sunday 10<sup>th</sup> February 2008*

***WE need volunteers to officiate at DISCUS on this day.***

- **EXTRA COACHING SESSION** (for U9 – U15) **will restart On Tuesday 22<sup>nd</sup> January 2008**

### Committee Meeting

Tuesday  
11<sup>th</sup> DECEMBER 2007  
At 7.00 pm

All are welcome to attend.

*Last night is Friday 14<sup>th</sup> DECEMBER 2007 Be there for our fun break-up. Have a rest then we start back again 18<sup>th</sup> JANUARY 2008*

JANUARY is PRIZES month – attend each week and go into a draw for a sports pack.

CHECK the website for updates.

## TIM'S COACHING TIPS

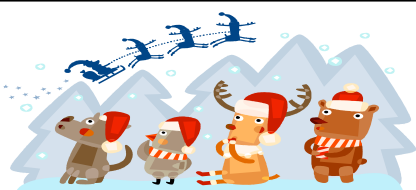
Tim's coaching tip will be published separately. Be sure to pick up a copy from the Canteen.

## EXTRA COACHING NIGHT

This has been 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 children in U9 to U15.

**PLEASE NOTE THIS SESSION WILL NOT BE ON in DECEMBER, but starts again on Tuesday 22<sup>nd</sup> January 2008**



## HEY KID'S

On our Break-up day, come dressed in a Christmas theme.

**YOU MUST WEAR YOUR GREEN COMPETITION SHIRT AND RUNNERS, but set your imagination on fire and wear something to reflect the season.**

**The most Outrageously dressed boy and girl athlete( as voted by the Committee ) will win a small prize.**

*When: Friday 14<sup>th</sup> December*

## Regional Games

The regional games will be held on Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> February 2008. Although this may seem a long way away with the Christmas break and school holidays, now is the time to consider entering. Under 7's and up can enter.

Competitors may enter up to 5 events, there is NO need to form teams, just enter and have a go as an individual. If you finish in the top 4 of an event (under 9's and upward) then you automatically qualify to be in the State Championships. Events commence at 8-00 am on each day. You can attend for just the events that the athlete is entered into, but will need to report to our team manager at least 1 hour before the scheduled time.

## Nominate

Nominations close on Friday 18<sup>th</sup> January 2008. Please nominate either

- ▶ at the canteen where a list of events and times will be available
- ▶ OR on line at

[www.thegaplittleathletics.org.au](http://www.thegaplittleathletics.org.au)

The cost per event is \$2.50 which will be paid by the Club ( thanks to the funds raised by the Canteen).



## Break - up NIGHT Friday 14<sup>th</sup> December

This is a night of fun for all and is not a competition night. It is also the shortest night of the season and we expect to finish about 7- 7.30 pm. There will be fun games, tug-of-war ( for the tiny tots too) and GIVE-AWAYS.

**This is not the last night - we start again on Friday 18<sup>th</sup> January 2008.**

## A MESSAGE FROM THE CANTEEN MANAGER

A big **thank you** to the many volunteers that have assisted each Friday night.

## 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](http://www.qlaa.asn.au)

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