

A MESSAGE FROM THE CENTRE MANAGER

Hello everyone,

Hope you have all had a great Christmas and a relaxing break. This Friday, 18th January 2008 is the first night back.

Please 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. **NOMINATIONS CLOSE on 27th Jan 2008.**

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. This will now be open to U7 and U8 boys and girls.

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.

*Gary Morrisby
 Centre Manager*



Remember that the IGA Logo must be sewn onto the right sleeve, particularly if you are going to Regional games.

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

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

WE need volunteers to officiate at DISCUS on this day.

- **EXTRA COACHING SESSION**
 (for U7 – U15)
will restart
On Tuesday 22nd January 2008

Committee Meeting

Tuesday 5th February at 7 pm

JANUARY is PRIZES month – attend each week and go into a draw for a Scooter and helmet. Parents, who help out, go into a draw for a special prize.

CHECK the website for updates.

COACHING SESSION

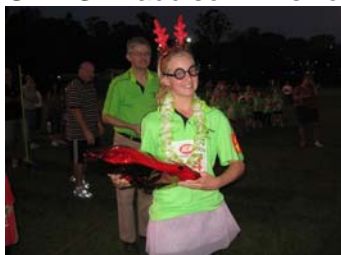
This will be conducted from 5.30 pm to 6.30 pm on Tuesday nights. There is no extra fee – as it will be run by volunteer coaches. Children are only required for one(1) hour. They do not need to wear a uniform but **MUST WEAR SHOES**.

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

WE RESTART on Tuesday 22nd January 2008.

Winners of the Christmas Fancy Dress for Christmas were

GIRLS: Maddison Ainsworth



BOYS: Alexander Coates



Simply fill out a special draw ticket EACH night you compete in January and go into the draw to win a scooter and helmet. Parents, for your effort, if you assist on the same nights, we have a special draw for you.

Regional Games

The regional games will be held on Saturday 9th and Sunday 10th 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 25th 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

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

TIM'S COACHING TIPS

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



Lining up at Regional games last year. It is much more exciting and fun to compete with athletes from other clubs.

Certificates are available

Certificates will be awarded, over the next few nights to all those little 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 competed at the State Relay competition in early December and performed very well.

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.