



# The Gap LA Newsletter

## A MESSAGE FROM THE CENTRE MANAGER

Our season is now underway despite a bit of rain. I hope all your little athletes are enjoying their Friday night experience. We have a record enrolment this year which will mean some sorting out of the programme for the first few weeks, but it should get some regularity by week 4 or 5 – any volunteer for Programme Coordinator would be of great benefit to the club.

Thank you to all those parents who have been helping each night – your support is essential to run the events smoothly and is greatly appreciated by the club and the athletes.

Once again this year we are offering courses for parents and helpers: Introduction to Coaching and athletics Officials courses. The Introduction to Coaching course, conducted by qualified QLAA instructors, will be held on 19 Oct 2008 at the oval (nominations close Friday 10 Oct). The D grade officials course documentation is available from the club and all testing can be arranged at the oval during any Friday night. Please ask at the canteen for information on all courses.

The next important date for the athletes is the Carnival/Pentathlon on 2 Nov 2008. Details are included in this newsletter. Nominations must

be received by Friday 17 Oct 2008.

And the Regional Relays will be held on 8 November 2008 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.

**Hope your athletes are enjoying the season so far; happy running jumping and throwing.**

*Gary Morrisby*  
Centre Manager

## Changes this season

- We have more athletes on the oval – LOOK where you are walking to prevent an accident. LISTEN to directions.
- Attendance Sheets are to be filled out with parent contact details
- Parent participation sheets are with the Age Managers. Parents/ guardians that participate with events should sign. This is the records used to refund the family levy.
- Parents assisting with track events/ Canteen/ setting up and packing up are to sign the form at the Canteen as the record for the refund at the end of the season.
- Streamline coaching, including coaching on Wednesday evenings

## Date Claimers

- **Senior Carnival ( for U11 – U 15's)** Sunday 2<sup>nd</sup> November 2008 State Athletics Facility, Nathan
- **Junior Pentathlon ( for U9 – U10)** Sunday 2<sup>nd</sup> November 2008, State Athletics Facility, Nathan
- **Regional Relays ( for U9 – U15)** Saturday 8<sup>th</sup> November 2008 Nudgee College, Sandgate Road. Note U7 & U8 can compete, but will not go to State Finals. WE need volunteers to officiate at DISCUS on this day.
- **Introduction to Coaching Course** Sunday 19<sup>th</sup> October here at the Gap State High School
- **Officials information day** Arana Little Athletics 9 – 1.30 pm

**FRIDAY 17<sup>th</sup> OCTOBER is BRING A FRIEND NIGHT**

• *Committee Meeting Monday 20<sup>th</sup> October 2008@ 7.30 pm*

## 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.

## INTRODUCTION TO COACHING COURSE SUNDAY 19<sup>th</sup> October 2008

*This is a full day's program held at the centre to give parents/guardians a basic introduction to coaching the young athlete in various events. You will be given a handbook .*

*Lunch and Morning Tea are provided. Be prepared to dedicate the whole day ( no children allowed) and bring your sandshoes, hat and sunscreen. Cost is \$10 per person. Program starts at 8.30 am and finishes at 5.30 pm.*

**NOMINATE** at Canteen by end of meet Friday 10<sup>th</sup> October 2008.



## BRING A FRIEND NIGHT 17<sup>th</sup> OCTOBER 2008

This is an opportunity for registered athletes to invite a friend 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.

## Junior Pentathlon Senior Carnival

This will be held on Sunday 2<sup>nd</sup> November 2008 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 \$12.50.

## Nominate

Nominations close on Friday 17<sup>th</sup> October 2008. Payment must be obtained first, before your name is entered.

## Regional Relays

( for U9 – U15) - Saturday 8 November 2008 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 ( 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> 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 24<sup>th</sup> October 2008 .

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.

## 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](http://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.

## OFFICIALS INFORMATION

Day on 11<sup>th</sup> October 2008 at Arana Hills Little Athletics from 9.00 am until 1.30 pm. Registration is Free. Please refer to flyer on the notice board for details.

*Please ensure athletes are wearing current registration numbers. If you cannot sew, there*