



The Gap LA Newsletter

A MESSAGE FROM THE CENTRE MANAGER

Congratulations to all the athletes who competed in the recent Regional Relays; there was an excellent turnout from The Gap and plenty of personal bests on the day. All teams performed exceptionally well with many athletes qualifying for the State Relays at QEII Stadium. And hopefully all the athletes enjoyed their day of competition at Nudgee College.

Thanks to Many Robinson for her outstanding effort as Team Manager on the day

Regional Championships – ALL ATHLETES ARE INVITED.

This is the major competition for the season and I would like to see all (yes all) athletes entering this competition. The competition will be for athletes from the seven Brisbane North clubs and is a chance for your little athlete to compete in a major athletic event- team spirit, a fun day and personal bests are guaranteed. All U7 to U17s can nominate for just one event or up to 5 events- it's great fun for the athletes, so bring a picnic and make a day of it.

To register for the Regional Championships, check the programme, decide what events you would like to compete in and register at the canteen or through your age group Manager.

Thanks to all our coaches who are volunteering their time and doing a great job on Wednesday night training – Tim has also arranged some extra time at the UQ track for the relay teams on Sunday 29 Nov and 6 Dec.

Don't forget the mid-season break up (novelty events, tug-o-war, etc) on 11 December, and we return on 15 January next year for more running jumping and throwing.

*Gary Morrisby
Centre Manager*

*Merry Christmas
and
Happy New Year*

Special notices

- **Regional Games (for U7 – U15)**
Friday 5th, Saturday 6th and Sunday 7th February 2010 at Patrick Park, ARANA HILLS.

WE need volunteers to officiate at DISCUS on this day.

Committee Meeting

Monday 14th Dec 09 at 7:30 pm

(no rest for your hardworking committee – anyone can attend these meetings)

*Mid-season break up is Friday
11th DECEMBER 2009*

Be there for our fun break-up. Have a rest then we start back again 15th JANUARY 2010

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

CHECK the website for updates.

We start again on Friday 15th January 2010



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 11th December

Feedback required

A suggestion has been made that we should produce a Gap Little Athletics Supporters shirt that parents can wear. The alternate is a supporter's cap. The shirt would cost between \$25 -30 and the cap between \$15-20. Before the Committee explores this, we need feedback. Would you buy one? Please let us know. We need a volunteer to take over Uniforms. Anyone interested, see Kevin Coates.

E-mails – ARE you getting our bulletins via email? If not please see the Registrar and check that the email address is correct.

Regional Games

The regional games will be held on Saturday 6th and Sunday 7th February 2010. 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. Friday night is "walks"

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.

The program is on the website or a copy can be picked up at the Enquiry desk.

Nominate

Nominate NOW.
Please nominate either

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

www.thegaplittleathletics.org.au

Parents are required to sign the nomination form.

The cost per event is \$2.50 which will be paid by the Club (thanks to the funds raised by the Canteen). Athletes, once nominated are expected to attend. \$2.50 per event will be charged to the athlete if they have nominated but fail to turn up for the event at the Regional Games.



Break - up NIGHT Friday 11th 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.

The BBQ will still operate.

STATE RELAYS

Good luck to those athletes who will be competing in State Relays on the 12th December 2009. Mandy Robinson will be the Team Manager for the day. By now you should have received emails outlining training programmes.

PARENTS-

We need interested parents to become a D Grade Official.

Are you interested????

For details see Greg Brent or check out the QLAA Website:

www.qlaa.asn.au

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