



The Gap LA Newsletter

A MESSAGE FROM THE CENTRE MANAGER

We now have more than 350 athletes registered; it is pleasing to see so many athletes enjoying their Friday nights. The main running track is not likely to be ready before the second half of the season so we must persist with the disruption. This has caused some delays at times and a few late nights for the larger groups; thanks to all those parents for helping out and putting up with the inconvenience.

Congratulation to all the new coaches who completed the Introduction to Coaching course. I hope to schedule another course before the mid season break so please express your interest at the canteen for the next course – a date will be confirmed if there is enough interest.

Wednesday night training continues to be popular and thanks to all the coaches who are making it possible each week. All athletes are welcome to attend; this is their chance to learn the skills and drills required to improve their techniques and accumulate more personal bests.

Congratulations to all those athletes who attended Junior Pentathlon/Senior Carnival; it is always a highlight of the season and I am sure there were plenty of best performances and an

enjoyable day at QEII Stadium.

Good luck to all the teams competing in the relay whether you are there for a PB, to make the state relays or just to have fun with your friends. Wear your green shirts proudly and enjoy the day.

Thank you to all those people who are regularly helping out at the Friday night events. Your help is essential to running the events and your assistance is greatly appreciated.

Tests for D grade officials can 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.

Hope you are enjoying the season – and please help the club in any way you can to help make our season as enjoyable as possible for our little athletes - happy running jumping and throwing.

*Gary Morrisby
Centre Manager*

DATE CLAIMERS

REGIONAL RELAYS

Sat 7th Nov 2009
At NUDGEE COLLEGE
Sandgate Rd

STATE RELAYS CHAMPIONSHIPS

Teams that qualified for
State Relays on 12th
December 2009.

Committee Meeting

TBAAll are welcome to
attend.

**PLEASE ENSURE
THAT THE
REGISTERED
ATHLETE IS IN
CORRECT
UNIFORM (see page
5 of the handbook)
before competing at
Regional or State
events.**

INTRODUCTION TO COACHING COURSE

This was very successful with the following parents now qualified as coaches.

Amanda Robinson
Jodie Watson
Jo Murphy
Ian Wilkinson
Sandra Wilkinson
Justine Kirkman
Lina Cupo

CONGRATULATIONS. Please accept advice from these parents, as the course has given them the knowledge and understanding of each event your child is doing.

Congratulations to Tim Madden who has completed both his Level 1 and Level 2 (Sprints) Coaching course. Mel Hogan has completed level 2 –jumps.

Greg Brent and Simon Toze have completed their Level 1 Coaching Course.

Please see a committee member if you wish to complete a Coaching Course.

Senior Carnival and Junior Pentathlon

This was very successful day. CONGRATULATIONS to those that attended. Every athlete performed very well and should be proud of their efforts.

Participants on the day were:

[Junior Pentathlon](#)
Emily Robinson
Penny St Baker
Elenoa Ridsdale-Sing
Jade Madden
Emma Stockton
Elizabeth St Baker
Will Botting
Archie Marles

[Senior Carnival](#)

Daniel Carmichael 1st in U14

800 m & 1500 m

Jared Easterbrook 2nd U14 800 m,
3rd 1500 m & 4th 400m

Lachlan Paterson 3rd U13 Shotput &
4th Discus

Ambrose Power 4th U12 Triple Jump

Ethan Quai-Ward 3rd U11 100 m

Travis Ree

Aimon Robinson

Peter Ainsworth

Eleisha Robinson

Rachael Roderick

Gabby Madden

Carly Roderick

Maddy Stockton

Freya Lee 3rd U12 1500 m

Angela Corbin

Rosi Drodrolagi

Katarina Mrkic

Olivia Meland 2nd U15 90 m Hurdles,
4th 100 m, 4th Long Jump

Many thanks to the Parents/
Guardians, without you, your
children would not be able to
compete.

Regional Relays

This will occur on Saturday 7th
November at Nudgee College.

All athletes are requested to wear correct uniform and to be at the tent area 45 minutes prior to the start of your event.

Teams that are placed 1st, 2nd or 3rd will represent the Metro North district in December at the State competitions.

Parental/ Guardian assistance:

We need to provide 2 Track Umpires, 1 timekeeper and 1 finish judge on Saturday. Volunteers are welcome.

We also run the DISCUS and will need several helpers on the day to assist.

Raffle: Thank you for purchasing tickets in the Metro North Raffle for the Wii, Ipod or \$100 cash. These prizes will be drawn on Saturday.

HAVE YOU GOT WHAT IT TAKES – to be an OFFICIAL?



WE NEED YOU!!

Please see Greg Brent who can guide you through a self paced qualification program to qualify for a "D" grade. Age Marshals, Managers & all Helpers Would you like to know the correct "rules" ? "D" Grade Officials Course is an "open book test" covering all areas / aspects of athletics i.e. runs, throws, jumps etc There is a "sign - on sheet" at the Canteen for all prospective Officials wishing to complete the course .

Winner of the Gap Branch 'Bring A Friend ' Draw was Sean Carroll.

Thank you for supporting the evening by bringing a friend.

Please look at your PB's each week. Prizes will be randomly given to those who have bettered their personal best (PB) scores. Don't forget to score your McDonald Achievement cards – again you can claim a prize.