

Newsletter Issue 1

25 October 2008

Upcoming Dates to remember

Date	What's on.....
Sat 25 Oct	Week B. If you are on parent roster for week B then you need to do that duty today.
Sat 1 Nov	Week A. ' Hot Dog' day at the canteen.
Sunday 9 Nov	Multi Event Carnival at AIS track. 9am – 3pm. FREE event – great for children to participate on an Olympic track at AIS. Flyers at Announcers table. Nominations to be in by Sat 1 Nov.

Rosters

This year all teams will be rostered on for either ground set-up duty, Canteen or BBQ duty. Managers need to ensure that for set-up at least 2 or 3 parents from your team are at the oval at 7.30am to assist complete ground set-up. For Canteen & BBQ roster Managers need to ensure that at least 2 parents are available for these duties. Parents volunteering for Canteen & BBQ are **not** to come off their other roster positions on the oval without finding a replacement. Those parents that are not on parent roster for that week are the ones that need to help at the Canteen & BBQ. Remember for both these rosters each team will only do either duty once for the season!

Date	Roster Week	Set – up – 7.30am	BBQ – 9.00am	Canteen
Sat 25 Oct	B	6A Boys & 10A Girls	9B Boys	11B Girls
Sat 1 Nov	A	8B Boys & 7A Girls	7B Girls	9A Boys
Sat 8 Nov	B	6A Girls & 7A Boys	11B Boys	6B Boys

A note from the President

Firstly a big thank you to all the Lanyon Little Athletics committee for all their hard work in getting the season off and running. And such a smooth start to the season it was last week, well done to all of you. Just seeing the smiling faces on all the children as they compete in their events is enough motivation to keep us going, after all that's what it's all about.

Finally thank you to all parents for meeting your commitment of helping run our competition. You will by now realise how hands on little athletics is and without your help each Saturday morning, it just would not happen. Please help out where you can as the more help we have the better our competition will run.

Lyn Mitchell
President

Club training is held on a Wednesday night from 5.30p - 7p (day light saving time). This year training will be rotating with track events one week and field events the next. Training on Wednesday 29 October will be track. All children registered with LLA are welcome to attend training, however parents are asked to stay with the children and not just drop them off. Parents will be required to assist with training in the U10 age groups.

Registrations

This year we have had a large number of late registrations and unfortunately this will affect the team make-ups of some age groups and also the parent roster. We are still receiving more so please be patient with us during the first few weeks as we try to fit new registrations into our program. Some children and teams will have changes so please check the team lists before you begin.

Parent Roster – your duties

Commitment – As you are aware it was a condition on your child's registration into Lanyon Little Athletics that a parent must be available to assist with a duty every second week. We are still short for some positions however will try to sort this out. If you would like to assist fill some of our vacancies, please see Lyn.

Team Manager – your job is to take your team around to their events. Follow the program rotations and do not try to change the program – this will affect all other teams in their rotations. Please check the pouch inside your folder each week, hand out any notes etc. It's a good idea to gather your team at the end of competition before they all run away. Hand out any notes and their result slips from last week. Acknowledge PB's by athletes and encourage those that didn't for 'next time'. Hand out the McDonalds awards, ideally one each week to a different athlete. These awards should be awarded for good sportsmanship, acknowledgement of good behaviour or general positive approach to athletics or 'amazing feats' that week.

Recorders & Measurers – your job is to assist the team Manager with pegging, raking, measuring, group control or recording.

Potential Records – records for all events are marked on your recording sheets. All potential records need to be **rechecked and verified** by either a committee member or one of the coaches at the time it happens. For high jump, the call for verification must be made before the jump is attempted to be witnessed and measured. The record is to be recorded and signed off.

Wet weather

If by chance we have wet weather and we need to cancel LLA for that day, notification will be placed on our website and also over radio. If it's raining, check the website for cancellation notice, otherwise competition is on.

Toddlers races

We run a toddlers race on most Saturday mornings. This race is intended for the children that are not old enough to join as registered athletes and parents accept responsibility for their children

whilst participating. Friends, siblings and parents are not permitted to join in the normal competition races in lanes. Parents etc are able to run on the sidelines if they wish, (at their own risk) however, are not permitted in the lanes or through the timing gates. Only registered athletes are permitted to participate in any official event as our insurance prohibits non registered athletes participating.

Coaches Tip - Warming up

It is important for all athletics to warm up before doing any of the athletics events. Take advantage of the opportunity to warm up with the coaches at the beginning of the morning's events each Saturday. This is a good way to start the day, but if you have a delay between events, keep active and warm rather than sitting down and getting cold. Do some short runs and stretch, stretch and keep stretching so you can perform at your best and stay injury free.

It is important to also remember that Lanyon is a sun smart centre so hats are a must, except when you are actually competing.

My last coaching tip this time is to make sure you drink plenty of water between events so that your energy levels are kept up.

So remember - keep warmed up, stretch, have a drink and slap on a hat - now you are ready for athletics.

John Feint – Head Coach

Lanyon Little Athletics Carnival

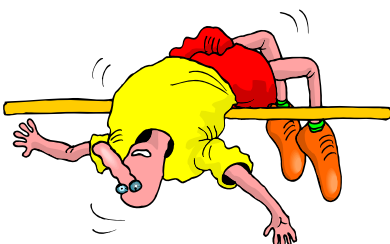
For the past few years Lanyon has ran an inter-club carnival as our major fundraiser for the year. This year our carnival will be on **Sunday 15 February 2009 at Banks oval.**

There will be no Saturday competition on 14 February 2009 due to the carnival the following day.

The carnival is a great opportunity for the children to compete against other children from neighbouring centres and the South Coast. This will be the only carnival that U6's can participate in.

During normal competition on a Saturday we always promote personal best and whilst at carnivals this is still promoted it is the 'competition' of beating someone from another centre that motivates many 'PB's.

We need many hands to assist in organising the Carnival and I am seeking your assistance for this. If you would like to come onto the Carnival committee, please see Lyn. The more help we have, the less everyone has to do. **WE NEED HELP.....PLEASE**



Whilst we try to be healthy at the canteen – there would be a world war if we didn't have lollies for sale!!!!

Importance of breakfast

Why is eating breakfast so important (especially on days when you have competition)?

While you sleep, the body's blood glucose level drops because you are in a 'fasting' state. So having breakfast in the morning gives you energy to start your day. Your brain has only one source of energy – glucose, and it is also the preferred fuel for active muscles and you get it mainly from carbohydrates. To compete at athletics you need to have a good breakfast about an hour or two before you start. Some good types of choices are –

Cereal and milk	Pancakes with fruit or honey
Toast, muffins or crumpets with honey/jam	Fruit
Baked beans on toast	Fruit smoothies and muffins

Here is a recipe to try.....

Tropical smoothie

2 ripe bananas, peeled	1 tablespoon honey
2 navel oranges, peeled and chopped	1 cup milk or soy milk
5 strawberries, hulled	

Blend all together.

Committee

Our Secretary is leaving us in December for an overseas posting so we are looking for someone to take over the role. If you are interested in taking over this position please come forward and speak to Lyn about the role and what is required.

We also need more people on the General Committee. As stated before the more hands we have available the lighter the work load is for everyone. Please give consideration to coming onto the Committee. We desperately need new people onto the committee for the club to maintain its effectiveness. **PLEASE**.....

Lanyon Little Athletics

Our motto is FUN, FAMILY, FITNESS. Please encourage this with the children. We do not want to hear children saying "I'm going to beat you". It's all about participating and improving on their own times each week. Even if a child comes last in every event, however improves on their previous times – then they are a winner. Parents, please reinforce this to the children.

Little Athletics is about the children having fun, its about spending quality time with your children as a family and its about encouraging fitness.