



# Newsletter

## Issue 4

### 30 January 2010



**LANYON**  
 Shop 4, Lanyon  
 Marketplace  
 CONDER  
 Phone: 6284-8348

### Upcoming Dates to remember

Date	What's on.....
Saturday 30 Jan	Normal competition – week B
Saturday 6 Feb	Normal competition – week A <b>Cut off for entries to Lanyon Carnival</b>
Saturday 13 Feb	<b>No Lanyon Competition</b>
Sunday 14 Feb	Lanyon Carnival Banks oval – need to be there by <b>8.30am</b>
Sunday 14 Feb	Entries for Southsides carnival close – Entries to Cathy Tanks at Lanyon Carnival. Must attend Southsides to qualify for ACT Championships.
Saturday 20 Feb	Normal competition – week B
Saturday 27 Feb	<b>No Lanyon competition due to Southsides</b>
Saturday 27 Feb	Southsides at Phillip Oval – Woden (across the road from Hospital)
Sunday 28 Feb	Southsides at Phillip Oval – Woden (across the road from Hospital)
Saturday 6 March	Normal competition – week A
Saturday 13 March	Normal competition – week B - <b>LAST LANYON COMP FOR THIS YEAR</b>
Saturday 20 March	ACT Championships – AIS Bruce
Sunday 21 March	ACT Championships – AIS Bruce
Saturday 10 April	Lanyon Presentation Day – 10.30am Banks Oval – trophies for children and free entertainment

### Rosters

Date	Roster Week	Set – up – 7.30am	BBQ – 9.00am
Sat 30 Jan	<b>B</b>	6B Boys & 11A Girls	9A Boys
Sat 6 Feb	<b>A</b>	11A Boys & 12A Girls	6A Boys
Sun 14 Feb	<b>Lanyon Carnival</b>	<b>Many helpers required please</b>	
Sat 20 Feb	<b>B</b>	14-17 Boys & 9A Girls	12/13 Boys
Sat 6 Mar	<b>A</b>	9A Boys & 12A Boys	8A Girls
Sat 13 Mar	<b>B</b>	10B Girls & 10A Boys	6A Girls

### A note from the President

Firstly, welcome back after the Christmas break. As we head towards the end of the season and our Lanyon, Southsides Regionals & ACT Championships carnivals (both of which are free to enter) are coming up the children really need to be putting in a big effort and aiming for their PB's.

Our Lanyon carnival is in 2 weeks time on Sunday 14 Feb so there will be on normal competition Saturday 13 Feb. The theme for our carnival is red – as it is on Valentines Day. So red ribbons or hats etc would be great. Children attending our carnival must wear full Lanyon uniform. We really need more entries into the carnival so I encourage all of you to get your entries in today or next week at the latest. If we don't have enough entries then the carnival will be cancelled and unfortunately presentation day trophies will be downgraded.

Everyone has been allocated a parent roster duty and I thank those parents who are ensuring they meet their commitment. Unfortunately, over the last few weeks we have been down on numbers and parents have been helping their group as they go around with the children. Thanks very much for this it has been a great effort by most of the parents to ensure the competition runs smoothly. If you are at events and they need assistance, please help out.

The weather has been and will be extremely hot for the children to compete over the next few weeks however we have tried to make it as pleasant as possible by ensuring that –

1. The children **must** wear hats and sunscreen – parents should also wear hats
2. The children & parents should be drinking lots of water in between events or when required (bottles can be refilled from the McDonalds water bowl)
3. The children sit under the many shade shelters whilst waiting for events if possible
4. The children are given enough time in between events to recover – don't rush them through events
5. Long distance races (anything over 400m) becomes a call by the manager as to if the children should compete. Really, when the temp is too hot it is not a good idea to run long distances. Managers & children of each group to decide.

Thanks again to everyone for all your hard work. If any on you would like to see things changed or suggest ways we could do things better I welcome your suggestions. I also encourage you to come onto the committee to assist us as the more hands we have the lighter the workload for everyone. We still need someone to step up and take on being President next year, as I will be stepping down after 6 years on the committee.

*Lyn Mitchell*

President



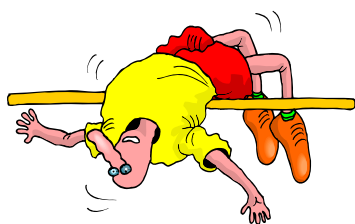
**LANYON**  
Shop 4, Lanyon Marketplace  
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Phone: 6284-8348



# Lanyon Little Athletics Carnival



Participation ribbons for every event and  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> medals for event.



**Get your entries in  
today.**



## Southsides Regional Carnival

This carnival is for children in the U8's and above age groups only.

After all the hard work our athletes have done this year, it will be a great opportunity for them to show how good they are (and they are very good) by competing in the Southsides Regional carnival on 27 & 28 Feb at Woden. This carnival is not just for the 'good' or 'elite' athletes, it is for everyone and I encourage all children to participate and try their best. It is amazing how the children 'step up' when they get to these carnivals and we often see huge PB's being achieved. That is all you can ask of the children, and they and you might just be surprised to see how well they rate against the other children from the Southside clubs.

This carnival is free to enter and it is a great club atmosphere at the carnival. We all sit together and it is a great opportunity for the children to cheer each other on and get to know each other better across all the ages. It's also great for the parents to meet each other from the different age groups. We take our big shade shelters to the carnival so bring along your chairs and picnic baskets and join the fun.

Athletes who place in the top four for track events and the top 6 for field events from this carnival will be selected to attend the ACT Championships.

# Facebook



A facebook group called Lanyon Little Athletics has been created. Children or parents who use facebook can request to become members of this group.

There will be information about upcoming events put onto the group and children can also post comments about events etc.

This is another way for us to get the message about Little Athletics out there and it allows the children (or parents) to post comments to each other about Lanyon Little Athletics.

This group is locked down to members only (to which only I approve) and only those approved members are able to see or make postings to the group.

Lyn

*Present below voucher at Baker's Delight Lanyon to receive this offer...*

Tear Here .....

 <b>LANYON</b>	<p>Proud sponsors of Lanyon Little Athletics</p> <p><b>Spend over \$6.00 and receive 4 Traditional Rolls FREE</b></p>	
<small>Only Valid at Bakers Delight Lanyon on Presentation of this Voucher</small>		<small>Valid until 30 June 2010</small>

^ Tear Here

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