



Newsletter

Issue 2

14 November 2009



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

Upcoming Dates to remember

Date	What's on.....
Saturday 14 Nov	Normal competition – week A
Saturday 21 Nov	Normal competition – week B
Saturday 28 Nov	Normal competition – week A – Club & Team photos
Friday 4 Dec	Normal competition – week B. Friday night comp due to relay carnival at AIS on Sun 6 Dec. This will be the last time we have a Fri night comp this season.
Sunday 6 Dec	Relay carnival at AIS. This is a team event carnival and you compete in different events but your scores are totalled as a team – not individuals. Field events and relay events included.

Rosters

Date	Roster Week	Set – up – 7.30am	BBQ – 9.00am
Sat 14 Nov	A	9B Girls & 8A Girls	12A Girls
Sat 21 Nov	B	6B Girls & 7B Boys	9A Girls
Sat 28 Nov	A	12 Boys & 8B Girls	10A Girls
Fri 4 Dec	B	5pm set-up time 7A Boys & 6A Girls	5.30pm BBQ 14/16 Girls

A note from the President

Firstly well done to the 36 children who competed in the Multi event carnival at the AIS last Sunday. It was a very successful day for Lanyon Athletes and everyone enjoyed themselves. Overall Lanyon came 5th out of the 13 clubs that attended. We had 14 children placed in the top 10 of their age groups, 3 children won their age group and 1 came second. This is a fantastic effort by Lanyon athletes and again shows that we have some very talented children in our club.

We still need volunteers to help us run the Lanyon carnival. This is not a big job for any one particular person if we get some helpers, so if you would like to volunteer it would be most grateful. The more hands we have the lighter the load will be for everyone. This is our major fundraiser for the year and all funds go back to your children as trophies for presentation day.

Congratulations to Natalie Tanks U16, Harry Ingram U14 & James Smith U13 for being winners of your age group at the multi-event carnival. Also congratulations to Adrian Plummer U12 for being second in your age group.

Lyn Mitchell
 President

Web Site



Our website is – www.lla.org.au There is lots of information on the website and you can obtain your child's results from the previous week. On the left hand side menu, click on results – you will be prompted for a password – this is your child's rego number. You will then be able to access results for the whole year.

Also on the web-site in the menu on the left hand side is a sponsors tab. Click on this and you will find a voucher for Baker's Delight that can be used as many times as you want to print it out.

Our website will also be the place to check out if competition is still on in case of rain.

Training

Club training is held on a Wednesday afternoon from 5.30pm to 7pm. Our coaches are giving up their own time to make themselves available to teach children the techniques and skills they need for each event. Training is free for all registered athletes. The number of athletes attending club training has been very disappointing. Last Wednesday there were 9 children at training. With approx 230 children registered at the club to have only 9 children attend training is extremely disappointing.

Club coaching is focussing on skills development for all events and instruction on the technical points for the throws events. Due to the large amount of children we have at the centre and the need to have all teams moving through their rotations as quickly as possible on a Saturday morning, we simply do not have the time to do individual coaching on Saturdays, nor the amount of coaches needed. Like all sports, if you want to learn how to do it right and gain the necessary skills, then you need to attend training. Training and practice gets the results.

Crossing the circular track

Please ensure that when you are crossing the circular track that you do so through the guided ropes, especially when crossing near the timing gates at the bend. We have had some very dangerous near incidents over the last few weeks and it is going to hurt if you get hit by an athlete coming around the corner at full speed – especially the older boys. Please make sure that you cross the track safely, through the guided ropes and ensure that this is explained to your children.

High Jump

It has been reported that some children are not using the correct technique when competing in high jump. This can be very dangerous and as a club we do not want to see any child obtain a serious injury. We will endeavour to have a coach within the high jump area every Saturday morning and if you need their assistance, please seek them out.

With that in mind as from today, **no athlete in the U11's and below** age groups will be permitted to do 'flop' jumps at high jump – only scissors jumps will be permitted. Team Managers are to ensure this message is passed onto children. Any child not wanting to abide by these rules can choose to sit out and not obtain points for this event.

The safety of our athletes is of great importance to us as parents and as a committee of the club. Children competing in events must abide by instructions from the coaches. It is for this reason that the above restrictions have been imposed on high jump.

Our coaches are all qualified coaches and that means they are the 'experts'. As Team Managers & parents, we can give children general guidance on the rules of each event and what constitutes a 'foul' however, **only coaches** are permitted to give advice on how to safely compete and show the correct technique for each event. If a coach gives you advice, then you are to take this on board and compete as instructed.

It is disappointing to hear that some parents think they know more than our qualified coaches – if you fall into this category, please come and see me and we will discuss.

Club Photos

Club/team photos will be taken on Saturday 28 November 2009. During your normal rotations make time to go to the photographer for team and individual photos. Envelopes have been handed out to each athlete and they are to bring these back on 28 Nov and hand them to the Team Managers with money inside. Do not rely on the canteen to change money for you on the day, as we simply do not have a large amount of cash on hand.

Photos are included in our end of year book handed out to each family on presentation day.

The club makes a small profit from the photos however, our main reason for having them is to include them into the end of year booklet as a souvenir of your season. The photos are of excellent quality and we have used The Portrait Gallery for a number of seasons now and each year have been extremely pleased with the result of the photos.

Relay Carnival

On Sunday 6 December 2009 will be another carnival at the AIS. This carnival is called the relay carnival, but should in fact be called the 'teams carnival'. This carnival is open for the U7 age groups and above. You can get together with other children from your team or age group and form a team of 4 and enter the carnival. All results for each 4 athletes (team) gets added together and the overall team with the highest score is the winner. If you cannot get a team together, you can still enter and we will put you into a team on the day with children from other centres.

All athletes are encouraged to attend as its great competing at the AIS track and against other children from different centres. These carnivals are not just for the 'elite', they are for everyone. It is amazing to see how well children do at the AIS, where it is competition on against other clubs. Come on Lanyon lets show the other clubs how good we are.....

Pre-entry is not required, however we do need an indication of who will be attending. There is an entry sheet at the announcers table and please place your name on the sheet if you intend going.

Parents will be required to complete a rostered duty on the day.



IGA are the National sponsor for Little Athletics. IGA Banks have also agreed to supply us with our eggs & bacon for the BBQ every week. If you shop at IGA Banks or Gordon, please bring in your receipts and hand them to the Canteen. We will submit these to go into the draw to win up to \$5000.00. The club with the most receipts presented will win. SO, bring your receipts in.

www.iga.net.au for kids club & latest recipes.

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

Tear Here

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

^ Tear Here

.....

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