



Newsletter

Issue 4

7 February 2009



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

Upcoming Dates to remember

Date	What's on.....
Saturday 7 Feb	Normal competition – week A Cut off for entries to Lanyon Carnival
Saturday 14 Feb	No Lanyon Competition
Sunday 15 Feb	Lanyon Carnival Banks oval – need to be there by 8.30am
Sunday 15 Feb	Entries for Southsides carnival close – Entries to Cathy Tanks at Lanyon Carnival. Must attend Southsides to qualify for ACT Championships.
Saturday 21 Feb	Normal competition – week B
Saturday 28 Feb	No Lanyon competition due to Southsides
Saturday 28 Feb	Southsides at Phillip Oval – Woden (across the road from Hospital)
Sunday 1 March	Southsides at Phillip Oval – Woden (across the road from Hospital)
Saturday 7 March	Normal competition – week A
Saturday 14 March	Normal competition – week B - LAST LANYON COMP FOR THIS YEAR
Saturday 21 March	ACT Championships – AIS Bruce
Sunday 22 March	ACT Championships – AIS Bruce
Saturday 4 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	Canteen
Sat 7 Feb	A	14 Girls	6A Girls	15 Girls
Sun 15 Feb Lanyon Carnival		Many helpers required please		
Sat 21 Feb	B	14-17 Boys & 9A Girls	6C Boys	8A Girls
Sat 7 Mar	A	9A Boys & 12A Boys	8A Boys	6C Girls
Sat 14 Mar	B	10B Girls & 11B Boys	12A Girls	8C Boys

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 (free) & ACT Championships (free) carnivals are coming up the children really need to be putting in a big effort and aiming for their PB's.

A few weeks ago Mike Sainsbury the head coach from Calwell Club attended Lanyon and gave a run through on the 'science' behind the on-track program. Whilst at Lanyon we only run on-track for our U6's the theory behind the program will carry through with the children to the older age

groups. The session was fantastic and we received by our Lanyon parents. To this end Mike has volunteered his time to run a further session for parents so that they can then pass these 'tips' onto the children to assist them with their techniques. **I encourage parents from U6 to U9's to attend.** The session will be held tomorrow at 11am at Banks oval. BBQ lunch will be provided by the club and the canteen available for drink purchases. Shade shelter will be erected – so no standing in the sun. **We really need more people to show an interest for this session tomorrow or it will be cancelled. Please see Lyn today to register your interest.**

Our Lanyon carnival is next Sunday so there will be on normal competition next Saturday. We really need more entries into the carnival so I encourage all of you to get your entries in today. 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.



It is disappointing to notice that some parents are not helping out and prefer to turn up late so that someone else is already doing that duty or prefer to sit in the shade and let others do the work. This has not gone un-noticed by the Committee and we will refer to your rego papers where you acknowledged –

I / we agree to **fulfil my/our responsibilities and duties on the Parent Roster.** I acknowledge that failure to meet my responsibilities could result in **my child being not eligible for some end of year awards.**

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

1. The children **must** wear hats and sunscreen
2. The children & parents should be drinking lots of water in between events or when required (bottles can be refilled at the canteen)
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 really 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.

Lyn Mitchell
President



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Some children registered have still not presented their birth certificates for verification of age. If your child is one of those, can you **please bring in their birth certificate URGENTLY** to Karen Pearson. Entries to Southsides or ACT Championships will not be accepted from children who have not presented birth certificates.

Officiating at Events

Starter

The Starter has control of the competitors on their marks and is the sole judge of any fact connected with the start. All races should be started by the actual report of a pistol, but not before all competitors are quite still on their marks.

In races **up to and including 400 metres** the words of the Starter will be "**On your marks**", "**Set**", and when all the competitors are 'motionless' the pistol will be fired.

In all races **over 400 metres** the words of the Starter shall be "**On your marks**", and when all the competitors are motionless the pistol will be fired.

Shot Put

Each competitor is entitled to three attempts, but they must not be consecutive.

At the time the competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity of the neck or the chin and **the hand shall not be dropped** below this position during the action of putting. The shot shall be put from the shoulder, **shall not be taken behind the line** of the shoulders and shall be put with one hand only with a forward movement.

When putting the shot, it should be noted that the competitor may stop at any time during the attempt and restart so long as they return to a stationary position before recommencing. A competitor may leave the circle (from the rear only) by placing the shot put on the ground within the circle, then re-enter and recommence the throw again.

Discus

Each competitor is entitled to three throws, but they must not be consecutive.

It shall be a foul throw if the competitor, after they have stepped into the circle and begun to make a throw, touches with any part of their body, the ground outside the circle or the top edge of the iron band.

The foot or any part of the body may go outside the circle as long as it **does not touch** the ground or the top of the rim of the circle.

The competitor must be in a stationary position in the circle before they commence the throw. A competitor may leave the circle (from the rear part of the circle), if after coming to a stationary state, place the discus on the ground within the circle; then re-enter and commence the throw again.

A competitor may enter the circle from any direction but must leave the circle in such a way that their first contact with the ground outside the circle is behind the centre line extension. (There will be a line extending 75 centimetres on each side of the throwing circle which if joined would pass through the centre of the circle). **A competitor leaving the circle in front of this line has fouled the attempt.**

The discus must land totally within the throwing sector to be a fair throw. If the discus lands with part of, or the whole of, the discus either on or outside the sector tapes, **it is a foul throw.**

The discus may hit the ground first totally within the throwing sector, then skid out over the sector tape and stop outside the throwing sector. **This would be a fair throw.**

The competitor must not leave the circle until the discus has landed.

Long Jump

Each competitor is to be allowed three (3) jumps, ie one jump per round, not three consecutive jumps.

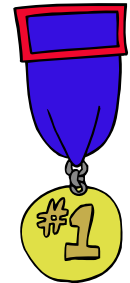
A **foul jump** will be recorded if:

- The competitor takes off from outside either side of the metre width, whether beyond or behind the front line of the take-off area.

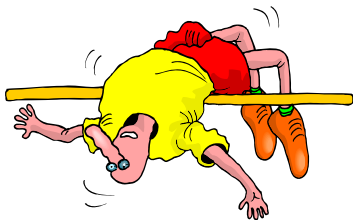
- Any part of the competitor's take-off foot protrudes over the front line of the take-off area.
- After completing a jump the competitor walks back through the pit.
- In the course of landing the competitor touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
- Any type of somersaulting is used.
- If the competitor fails to land in the pit (landing on the run-up constitutes a foul).
- If the competitor runs past the front edge of either the one metre square/one metre x 1/2 metre mat/20 centimetre board in the course of the run-up.



Lanyon Little Athletics Carnival



Participation ribbons for every event and
1st, 2nd, 3rd medals for finals.



Get your entries in today.



Tear Here

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<p>LANYON</p>	<p>Spend over \$6.00 and receive 4 Hi Fibre Low GI Rolls FREE</p>	
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