

Tuggerah Lakes
Mingara Little
Athletics



November
2010

Newsletter

www.tuggerahlittleathletics.org

Everyone should have their **Zone Entries** into Jenny Batten (Championships Officer) by now. All entries will be placed on the Central Coast Zone website www.centralcoastathletics.com on the 20th November and will remain there until the 26th of November so that parents and athletes have 6 days to see if their entries are correct or not. You cannot change your event just check if what you nominated is correct. The way to the check is via club, age group and then event. If for some reason you entered an event and the website details are incorrect please notify Jenny ebatten@tpg.com and she will have those that are incorrect amended.

Regional – This year is at Barton Park North Parramatta.

This year if you qualify for the Regional Championships at our Zone Championships the Zone will be going away as a team therefore Regional T-shirts will be available to purchase at \$15.00 each. The Shirts are around \$25 each our centre will be subsidizing the rest of the money. So if you qualify please go to the tent next to the medals to try on a sample shirt to pick your size write your name down and pre pay for the polo shirt.

Calendar dates for your diary

- 10-11 & 12 December 2010 **Zone Championships**

Check our website for a list of events and what day they will be run on www.tuggerahlittleathletics.org

- Woodberry District Athletic centre invites our athletes to attend our annual gala day.

SUNDAY 6TH FEBRUARY, 2011 - 11.30 AM

FRED HARVEY OVAL - LAWSON AVE. WOODBERRY for more info visit

www.woodberryathletics.org.au

- 2011 Super Coaching Clinic - **When:** Monday 17th and Tuesday 18th January, 2010 visit <http://www.laansw.com.au/>

Where: Sydney Olympic Park Athletics Centre, Warm-up Arena

Who: Any interested LAANSW registered athlete, of any ability, in the U12 to U17 age groups for the 2010/2011 season.

Cost: 'Early Bird' price of \$75 if registration is received by 5pm Monday, 3rd January, 2011 or \$85 after this date.

Application Close: Monday, 12th January, 2011



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A reminder to Age Managers!

When your age group is participating in a field event you need to mark out the record before the event starts. If you have an athlete that looks close to the record please call for a committee member, if the athlete breaks the record without any notice the marker needs to be left in the spot of the jump or the throw until a committee member is present to witness the measuring and sign off on this record otherwise a record will not be recognized. This season we have had a few records broken with no sign off therefore resulting in no record. This is very important as the athlete may not break the record again and will miss out.

Uniforms

We are closely approaching our Zone Championships therefore all athletes must be in full uniform. Just a note on Skins they are permitted to be worn as long as shorts are worn over the top for both our male and female athletes. If you are wearing them without any shorts your age manager or a committee member may ask you to place your shorts on. If you need a new IGA batch as they are red with the white IGA this year please see Claire our Registrar.



Please be aware of our uniform...Double check you have the correct patches and that they are in the correct spots.



Spikes

It has been brought to our attention that many athletes are walking around with their spikes on....this should not be happening.

In future could you please put your spikes on at the start of a race and sit down after the race to remove them before you leave the track. This will now be enforced.