

# Tuggerah Lakes Mingara Little Athletics

## October 2008

Visit our website...  
[www.tuggerahlittleathletics.org](http://www.tuggerahlittleathletics.org)

### Expressions of Interest.

We are thinking of participation this year in The Entrance Town Centre's Mardi Gras on Saturday 1<sup>st</sup> of December 2008 with a community float. We are asking if anyone has a truck preferably with a roof that would be kind enough to let us use for the parade. If you or someone you know has a truck that would be suitable and they are willing to drive the truck on the day please email Donna at [secretary@tuggerahlittleathletics.org](mailto:secretary@tuggerahlittleathletics.org) or see her at the track.

### Up date on Coaching

There have been many Athletes coming down to the track and taking part in event Coaching. Mondays are getting very popular with well over 100 athletes having coaching during the week. Great to see !!

### Did You Know !

A 13 year old Girl throws the same weight Discus that the Female Athletes do at the Olympics!

### Gala Days

- Kotara Athletic club  
Nesbitt Park,  
Grayson Ave,  
Kotara South.

Sunday 30<sup>th</sup> November 2008

First gun: 9.30am  
\$5 per athlete, \$14 per family  
Please see Jodi at the BBQ to  
place your nomination in.

### From the President

Now that we are fully under way, it is great to see the U6,7& 8 age groups all pitching in to help their events be completed by just after 6pm. That is a great effort by all those parents and the athletes in those early age groups. Everyone at Your Club is a Volunteer and it is Great when everyone works together to lessen the load on the few.

Once again as athletes improve their results in events , it is important that any record is witnessed by a qualified official . If an athlete is getting close to a record then please notify the committee so that we can try to have someone watch the event next time. Records can only be broken when following the standard Rules for Little Athletics in NSW.



### Age Managers Corner – under 9 years – Rebecca Rodwell

Welcome back to our bubbly U/9 girls.

It is lovely to see our regular smiling faces return and just as exciting to have many new faces join our group for 2008/2009.

Advancing to the U/9 age group sees our girls tackle several new distances and events for the first time. High jump was our very first event of the season, and considering it was their first attempt at this discipline the girls were amazing. Every athlete stuck to our U/9 motto of *"Have fun but have a go!"*

Recently this motto was thrown back at me, so I attempted to run the 200m with them. WOW, they are so much faster this year and way too quick for me, but Keyana told me at least I had a go! Thanks Keyana. ☺

The girls definitely have fun, sometimes you have to call their name out so many times as they can't hear over the giggling, but it tends to be infectious. It is obvious they all attend as they love little athletics, however sometimes I wonder if it should be renamed *'gymletics'*, given the amount of handstands and cartwheels we witness.

Thank you those parents that support us and offer assistance. Assistance for place judging and field events has been wonderful. I know it is tricky to juggle yourselves among your children's age group, so we love it when you turn up every now and again. A big thank you to Shayne who still assists after age managing the U/8 girls, your help is invaluable.

Looking forward to hopefully a 'drier' season than last year. Go the U/9 girls!  
See you all on Friday, Love Beck xxx

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**MEMBERS, PARENTS  
AND FRIENDS**

Please present or ask  
for our Clubs  
**REBEL SPORT**  
MVP Discount Card  
each time you shop  
at **REBEL SPORT** to  
help fundraise for  
our Club

Conditions Apply

Tuggerah Lakes Mingara  
Little Athletics



For Sale

- Club Jackets, black and gold \$35.00.  
See Lauren in the uniform shop. Some sizes still available if not order and pay for the size you need and we will have them made for you.
- Running spikes in Packets of 12, 5mm, 7mm and 12mm (grass) \$ 6.00 per packet, sold out of the Canteen
- ASICS Running Spikes in Bag US size 6- \$15.00 the lot See Ed in the Canteen

Fundraiser Raffle for a great prize:

The Mariners players and Coach Laurie Mckenna have graciously signed a Mariners shirt for us to raffle off so we can raise funds to purchase some new equipment for our club.

Please bring with you to the track some loose change to purchase a ticket or two. The raffle will be draw Friday 19<sup>th</sup> of December (our last competition night for the year).

So if you see one of our young athletes walking around selling tickets please call them over to sell you a ticket

**Win This Shirt**



**Signed Mariners Shirt**

**\$2.00** per ticket

Or 6 for \$10.00

Drawn December 19<sup>th</sup>

Zone Championships 2008 – Friday 12<sup>th</sup>, Saturday 13<sup>th</sup>, Sunday 14<sup>th</sup> December

- You need to start to think about which events you would like to nominate for this years Zone Championships.
- The Zone Championships are open to the Under 7 age group through to the Under 17 age group, and you can nominate four (4) events only.
- On Friday the 24<sup>th</sup> of October your Age Manger will have some nomination forms in his or her folders or you can download a copy at [www.tuggerahlittleathletics.org](http://www.tuggerahlittleathletics.org) and follow the link to championships. Fill out the forms and hand it back to your Age Manger on or before the 7<sup>th</sup> of November 2008.
- Age Manager please make sure your folder is emptied of these forms and given directly to Julie hiding in the change room – where she is imputing the results.

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## Newsletter October 2008

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### Records Broken so far

#### Week one (1) 19-9-08 Friday night records

Jasmine Dillon	10G	70m	10.34s	previously held 10.35 Taylor Pearson/Ella McCarroll
Caitlin Delaney	14G	800m	2m.33.08s	previously held 2.36.84 Hayley Pace
Brittany Annear	15G	1500m walk	8m.33.16s	previously held 8.39.20 Alana Nelson
Nicholas Martin	13B	800m	2m.29.41s	previously held 2.30.18 Robert Dredge
Robert Dredge	15B	800m	2m.17.29s	previously held 2.17.91 William Dredge

#### Week two (2) 26-9-08 – Friday night records

Caitlin Delaney	14G	3000m	11m.05.98	previously held 11.21.11 Brittany Annear
Joshua Parkinson	12B	100m	13.20s(equal)	previously held 13.20 Brendan Wheeler

#### Club record

Caitlin Delaney	13G	3000m	11m.05.98s	previously held 11.13.82 Brittany Annear
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#### Week three (3) 3-10-08 – Friday night records

Caitlin Delaney	14G	1500m	5m.03.12s	previously held 5.24.82 Hayley Pace
Robert Dredge	15B	400m	56.70s	previously held 56.86 Tom Evans
Robert Dredge	15B	1500m	4m.29.32	previously held 4.34.58 William Dredge

#### Club Record

Caitlin Delaney	14G	1500m	5m.03.12s	previously held 5.20.20 Hayley Pace
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#### Week four (4) 10-10-08 – Friday night records

Caitlin Delaney	14G	800m	2m.28.62s	previously held 2.33.08 Caitlin Delaney
Joshua Parkinson	12B	Triple Jump	10.17m	previously held 9.84 B Wheeler
Robert Dredge	15B	800m	2.16.29	previously held 2.17.19
Brittany Annear	15G	1500m walk	8m.28.32	previously held 8.33.16

### Wet Weather

Not that we are planning on any wet weather but just a reminder that we have associated our selves with SMS Bounce back.

So if we do experience rain and you are unsure whether we are running or not please text the phrase TLMWET to 19922767 after 4.45pm as we do not make a decision until then as the track is an all weather track but we have to see how the grass area is holding up. The cost for this text is .55 cents.

### Pentathlon – for those interested

- East Maitland Athletics & Little Athletics Centre
- Sunday 9<sup>th</sup> November 2008
- Metford Recreational Reserve Maitland
- Entry Fee \$10.00 per athlete
- Entries close Friday 8-11-08 so see Jodi (at the BBQ) if you are interested as she has the Entry forms and they are for individual entries, Jodi will not be posting a group entry.
- Competition commences 9am sharp, first call will be 8.50am
- There are only 24 athletes accepted in each age group so first in will compete, the entries will close after they have reached their quota.