

Tuggerah Lakes Mingara Little Athletics Newsletter.

September 2008

This seasons Newsletter we want more information coming from our members. We will be having an Athlete's News corner; an Age Managers corner and a classifieds section + much more useful information.

(You can sell your pre-loved athletic gear or equipment!)

Just email Donna at secretary@tuggerahlittleathletics.org with any Information you would like other members to know about.

This newsletter is on
Our website
www.tuggerahlittleathletics.org

This is Ed

Coaching

Monday: 4.30pm -6pm

Coach: Ed Batten.

Contact: 43327341

Sunday: 4.00pm-5pm

Coach. Tony Schofield

Contact: 43891319

Monday: (ring for details)

Coach Rod Condon

Throws coach

Contact: 43881803

Presidents Message – Ed Batten

Welcome to the 26th Season of the Tuggerah Lakes Mingara Little Athletics Centre.

A Special welcome to those families that have returned after a very wet, 2007 season.

We have a number of New Families that have chosen to join our centre because of the Synthetic Track. It is important to remember, that as part of your Registration is the Hire fee for the track. Everything else involved with the running of your centre has to be done or organized by someone that chooses to volunteer to do it. Our Coaches, Committee, Officials, and Age Managers are all Volunteers that have taken the next step to improve your experience at your Centre for this Season. Officials and Coaches Courses are held each year. Please enquire NOW if you are interested.



Support our BBQ

Say hello to Lyn and Jodi working away at the BBQ and purchase a steak, bacon, egg, sausage and onion sandwich
Its great value for dinner.

Age Managers Corner Under 15 girls – Kellie Annear

A huge welcome back to all and a big hello to our newest athletes: My gorgeous girls are all grown up now – feels like only yesterday we were pinning the number 7 age patch on them for the first time!! A great start to the season with Brittany breaking the Friday night 1500m walk record by 6 seconds and all the girls doing some great throwing and jumping. I look forward to seeing their smiling faces every week and enjoy watching them support and cheer each other on. These girls did extremely well at zone, regional and state level last year and I encourage all the girls to have a go and most importantly, HAVE FUN!!!

A very big thank you to all our volunteers that keep everything running so smoothly every week – we'd be lost without you!!

See you at the track!!

Kellie 😊😊😊😊😊😊😊😊😊😊

Classifieds For Sale

*ASICS
Running
Spikes in
Bag
US size 6
\$15.00
Contact Ed
43 327 341

*ASICS
Unisex
Running
Spikes worn
once.
US size 5
\$35.00 ph:
Leanne
0432184297

Championships Officers Corner Jodi Townsend

This year the State Relay Championships will be held over two (2) days, Saturday 22nd November u/7-u/12 & Sunday 23rd November u/13-u/17, at Campbelltown not Homebush this year.

If your child would like to participate at these State Relays we are having two (2) trial nights. If you know your child will not be available on the weekend mentioned please do not send him/her to the trials we are only after athletes that can make these championships as this is a team event and we need all four members chosen (with the fastest times at the trials) to be available for this weekend. The trial dates for the 100m relay teams selection are Friday 10th Oct & Friday 17th Oct.

If your child is chosen you will be notified at a later date of the training days & further details on the Championship times.
If your child wishes to compete in a field relay then it is up to the Age Manager to notify Jodi.

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News Update

Congratulations to Maddie Bird in the under 14's for her first place position in high jump at State last week with a PB of 1.59m Well done..

Congratulations to Isaac Simpson under 12's winning Primary Schools Sydney North long Jump Good luck at State Isaac.

Congratulations also to Bryce Orrick another first place winner Primary Schools Sydney North in High Jump with a jump of 1.52m good luck to you also at state.

Luke Batten was 4th at Sydney North in discus great effort Luke.

Email me your results at secretary@tuggerahlittleathletic.org of the All Schools Championships to share in the next Newsletter.....Congratulations to all that participated at all Schools

Results for Competition are uploaded to our website as soon as possible after Fridays Competition. They can be downloaded from the link here.

<http://www.tuggerahlittleathletics.org/results2.html>

Keep a look out for information on carnivals and Gala Days that pop up every couple of weeks. These are a great opportunity for athletes to compete at other centres.

Thankyou to our Supporters and Sponsors.



- The Athletes Foot
- Long Jetty Podiatry
- CC Academy of Sport
- Telstra Country Wide

Just a reminder to tell your friends registrations are still available from 5.45pm at the track but you can not compete the same night you register; you must start the following week.

Uniforms are for sale at the track and everyone needs to be in uniform by Friday 28th September.

Just a reminder that all red personal numbers need to be placed on the front of the uniform and the 165 number to go on the back on the uniform.

Up Coming Gala Days

If you are interested in competing at a carnival and wish for more information please see Jodi at the Track Friday nights or give her a call on 0404494709.

- Liverpool City Little Athletics Centre Dwyer Oval, Williamson Crescent, Warwick Farm Sunday 26th October 08. Entries Close to Jodi Friday 3rd October 08 Cost is \$10.00 per athlete max is 4 events.
- Edgeworth Athletics Centre, Sunday 2nd November 08. Entries close to Jodi on Friday 24th October 08. Cost \$8.00 per athlete.
- Cessnock Little Athletics Centre, Saturday 25th Oct 08. Entries close to Jodie on Friday 10th October 08. Cost \$10.00 per athlete.