

## KLAC NEWSLETTER 2/12/16

It was a great morning of competition at Bannockburn Oval last Saturday. Our special guest Alister Henskens SC, State Member for Ku-ring-gai, presented awards to the athletes from KLAC who have been selected in the LANSW Team for the Trans Tasman Challenge and then made a special presentation on behalf of the Centre to Paul Duffell. For over twenty years now Paul has been an integral part to the facilitation of Little Athletics at Ku-ring-gai. In addition to this Paul also assists the twenty or so schools who hold their athletics carnivals at Bannockburn Oval across the winter. Competition got underway on time as most age groups moved through their event program in good time.

Last week a number of athletes from KLAC represented NSWPSA at Nationals in Sydney. Some outstanding results were achieved:

**Lachlan Herbert** (10yrs) 1st in 200m, 1st in LJ, 1st in Multi Event and 1st as part of Medley Relay Team.

**Jed Wigley** (10yrs) 1st in HJ

**Sean Williams** (10yrs) 13th in 800m

**Brianna Worsfold** (11yrs) 1st in Shot Put, 2nd in Multi Event, 4th in 200m and 5th in Discus

**Sienna Bond** (11yrs) 2nd in LJ and 5th in Multi Event

**Jess Bird** (12yrs) 1st in 800m

Gala Day News: Last weekend the Quayle boys attended the Werrington Gala Day where Cooper achieved 3 PB's across 4 events with the highlight a bronze medal in the Shot Put. Noah also recorded 3 PB's and in the process a gold in discus, bronze in 100m and bronze in LJ. Well done boys!

A number of KLAC athletes are now in Canberra for the Australian All Schools Championships this weekend. We wish all of them safe travels and hopes for a successful championships.

This Saturday we will be holding the Septathlon...hopefully the wet weather will stay away! Forecast does look okay at this stage so everyone should be prepared for an earlier start time of 8:30am for first events. This also means set-up will commence slightly earlier at 6:45am and we will need lots of helpers to ensure everything is ready for events to start on time. The Septathlon program is available on our website. You'll note that it is a timed program so most age groups will finish at approximately the same time. As events conclude at each area please hang around to assist with getting all the equipment back to the shed. It can be a slightly longer morning given the extra event slot which also means there's extra pressure to clear the ground for the afternoon cricketers! If everyone lends a hand we should be fine.

The weekend after next there is no competition at Bannockburn Oval due to Zone Championships. Athletes still needing uniform or numbers must collect those items at Bannockburn this Saturday. Questions relating to Zone should be directed to Age Managers in the first instance.

A reminder Tensegrity Sports and Chiropractic Staff will be in attendance this Saturday at Bannockburn Oval to assist with injury strapping and treatment

John McFadden

KLAC President

### COACHING AND TRAINING WEEK BEGINNING MONDAY 5th DECEMBER

Mon 5th Dec – High Jump cancelled - due to coach unavailability

Sprints 4.30 – 6.00 (centre funded)

Walks 4.30 – 6.00

Tuesday 6th Dec – Long Jump 4.30 – 6.00

Wed 7th Dec – General Training 4.30 – 6.00

Sprints – 4.30 – 6.00 (\$15 per athlete)

Middle Distance 5.15 – 6.30

Thu 8th Dec – Throws 4.30 - 6.00

Javelin 6.00 - 7.00

Fri 9th Dec – Hurdles cancelled due to Zone Championships

## ST IVES JUNIOR AFL - RECRUITING DRIVE

### 2017 Junior (u12) and Youth (u15) Women's AFL TEAMS

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– Register Your Interest Now –

Cost: A willingness to learn and a desire to have FUN

Ages: From 10 to 15 years in 2017

Register your interest: [stiveswomens afl@canaryyellow.com.au](mailto:stiveswomens afl@canaryyellow.com.au)

or call – Jane on 0417 237 433

- AFL is sooo much fun, a great way to be fit and make great friends
- 200,000 girls play AFL in Australia across multiple divisions.
- An elite sport pathway for girls/women's AFL is now evolving.
- In 2015, 7mate televised women's teams Melbourne Demons v Western Bulldogs, their final game had an audience of 500,000+
- For the 2017 Season, the AFL has established a professional women's league, with 8 Women's teams, including the GWS Giants, representing.
- St Ives Junior AFL Club has a proud and rich history and it is a club with a great come and have fun culture.