

## KLAC NEWSLETTER 20/01/17

### **Saturday 14<sup>th</sup> January**

A solid start to the second half of the LA's Season last Saturday. Lower attendance meant we were through the program of events in very good time! The only negative attached to the lower attendance is that it also means fewer parents being available to assist, especially in key areas. Whether we have 100 athletes or 500 athletes competing there is still the same amount of equipment that needs to be set up and packed away. Similarly there are the same number of event areas and requirements for canteen and BBQ to be operating so please make yourself available to assist as much as possible when you bring your children to compete.

### **Trans Tasman Challenge**

The NSW contingent managed a prized victory over their Auckland visitors. Anytime we get a win against the Kiwis in sport it is a plus! The Trans Tasman also provides a fantastic opportunity for the young athletes to enjoy a day with one of their peers from NZ creating friendships that will go on for years to come, especially with the social media technology that now exists! Well done to all the LANSW athletes and especially to the five KLAC athletes who were involved with some personal highlights being:

**James Harden** 400m 2<sup>nd</sup> and Long Jump 3<sup>rd</sup>

**Lachlan Herbert** 100m 3<sup>rd</sup>, 200m 1<sup>st</sup>, 400m 1<sup>st</sup> and Long Jump 2<sup>nd</sup>

**Jed Wigley** High Jump 1<sup>st</sup>

**Aidan Jones** 200m 4<sup>th</sup> and 400m 6<sup>th</sup>

**Brianna Worsfold** Girls' Team Captain, 200m 1<sup>st</sup>, 400m 5<sup>th</sup>, Shot Put 2<sup>nd</sup> and Discus 3<sup>rd</sup>

### **Calendar Notes**

Saturday 11<sup>th</sup> February – no competition at Bannockburn Oval due to Region Championships at Narrabeen.

Saturday 4<sup>th</sup> March – we need parents to advise of their availability to assist on that morning as a number of our Key Assistants will be at State Multi Championships.

### **Saturday 21<sup>st</sup> January**

The Week 4 program will be in use. Early events:

8:00am – 3,000m (U13-17) or Javelin (U14-17)

8:30am – Walks (U10-17) *Only athletes who competed in Walks at Zone may compete.*

**Set-up** will commence at 7am. Now perhaps some people misread what I wrote last week, thinking I meant we already had lots of helpers so don't worry about coming to help! Definitely not the case! We still have a number of our regular crew away so please make an effort to get to the ground early and assist. **Key Assistants** will also be needed for Track Starting and Track Timing (Gates Computers). **BBQ** – our regular Key Assistant is away this Saturday so can someone, or better still a few people, make themselves available to co-ordinate the BBQ area please? **Canteen** – helpers always required. As each event area concludes for the morning parents are asked to bring the equipment back to the shed.

John McFadden  
KLAC President

## COACHING AND TRAINING WEEK BEGINNING MONDAY 23<sup>rd</sup> JANUARY

### **Mon 23<sup>rd</sup>**

High Jump - 4.00-5.30pm   Walks - 4.30 - 6.00pm   Sprints 4.30 - 6.00pm

### **Tue 24<sup>th</sup>**

Long Jump 4.30 - 6.00pm   Throws 4.30 – 6.00pm   Javelin 6.00pm

### **Wed 25<sup>th</sup>**

Extra Sprints (\$15 per athlete) 4.30 - 6.00pm   Middle Distance 5.00 - 6.30pm

### **Thurs 26<sup>th</sup> – Australia Day**

Throws - Moved to Tuesday 24<sup>th</sup>

### **Fri 27<sup>th</sup>**

Hurdles – 4.30 – 6.00pm