

KLAC NEWSLETTER 02/02/2017

We were able to get through the program of events in good time last week which meant we were done well before the weather really started to heat-up. Similar conditions forecasted for this Saturday so we will once again need a large number of parents on-hand to assist with set-up from 7am so all event areas are ready to go for an on time start. And to ensure we get through events swiftly all families with a child competing are asked to supply at least one parent helper for the morning.

Region Championship's Programs can be pre-ordered this Saturday morning. Cost per program is \$5. Payment must be made when reserving your copy. KLAC has ordered just 50 copies of the program and they will be allocated on a 'first come, first served' basis. Please see the Key Assistants at the Recording Table (located at the front of the amenities block) to secure your program. Programs purchased will then be available for collection from our Team Manager over the weekend at Region.

The **Week 6** program will be in use this Saturday. As already mentioned **set-up** from **7am**. Early events:
8.00am – U14-17 Javelin (off oval)
8.30am – U10-17 Walks (only for athletes who contested Walks events at Zone)
General warm-up at 8.30am with regular events program to get underway at 8.45am.

Note that on Saturday 11th February there will not be any competition at Bannockburn Oval due to the Region Championships at Narrabeen that weekend.

Uniforms at Region Championships

Please ensure that correct KLAC Championships' Uniform is worn by all athletes competing at Region. Some latitude was afforded to athletes with minor uniform indiscretions at Zone but that same grace will not be offered at Region. Athletes with incorrect attire, including registration numbers, age patches and sponsor's patch, will not be allowed to compete unless the matter is resolved in accordance with competition rules. Events will not be held-up in those circumstances. Refer to page 16 of the 2016/17 Handbook and the LANSW website.

John McFadden
KLAC President

Lindfield Rotary Fun Run

Sunday 9th April 2017

5km and 10km fun runs

For more information see the link to the flyer on the KLAC website or go to

www.lindfieldrotaryfunrun.org.au

Coaching and Training Week Beginning Monday 6th February

Mon 6th

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

Tue 7th

Long Jump 4.30 - 6.00pm

Wed 8th

General Training 4.30 – 6.00pm

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

Thurs 9th

Throws 4.30 - 6.00pm Javelin 6.00 - 7.00pm

Fri 10th

Hurdles 4.30 – 6.00pm

AFL - A GREAT WAY TO KEEP FIT & HAVE FUN OVER WINTER

IT'S TIME TO START THINKING ABOUT WINTER SPORT.....

ST IVES Junior AFL Football Club is looking for any boys & girls that want to be part of an exciting winter team sport in 2017 that builds strong social, physical & personal development for all our members.

St Ives Junior AFL Club was founded in 1968. The club has won over 30 premierships and numerous other club awards, in 2016 the club was premiers in the under 17 division 1 and under 11 division 2.

With the launch of the 2017 national woman's competition we are combining with the NSW AFL and are seeking to create both a junior and youth girls AFL team, complementing our existing 380 member strong club including 120 Auskickers.

Any girls or boys interested, if they could register their interest <http://stivesafl.com/membership/registration>