



# THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 04 December 2015

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## AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U/6s and U/7s

SET UP (7am please): U/13-17s

### HEADS UP!!!!

Last week for training before Christmas

Check KLAC website for weather updates

### THIS WEEK'S EVENTS

7.00 am	Set up – check roster above	Bannockburn Oval
8.00 am & 8.30 am	Early events – see program	Bannockburn Oval
8.45 am	KLAC comp (WEEK 2 PROGRAM)	Bannockburn Oval
After comp	Javelin for those doing it at zone	Bannockburn Oval

### UPCOMING EVENTS

12/13 Nov	LANSW Zone Championships	Narrabeen
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### FROM THE PRESIDENT

After consecutive washouts leading up to State Relays it was great to get some events done at Bannockburn last Saturday. The rain fell but not to such an extent that we had to abandon competition and nowhere near enough to 'wash away' the enthusiastic efforts of the athletes. Thanks also to our parent helpers who managed to get everything set up ready for an on-time start.

**Round 1 of the President's Relay** saw the honours shared about in the two races:

**Girls:** Wahroonga, Gordon, St Ives, Pymble, Turrumurra & West Pymble

...and our supporters: **Café 2 U** coffee van onsite at Bannockburn oval

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**Boys:** West Pymble, Wahroonga, St Ives, Pymble, Gordon & Turramurra

**Zone Championships** are being held at Sydney Academy of Sport, Narrabeen on Sat 12<sup>th</sup> & Sun 13<sup>th</sup> December, 2015. Selected athletes should have been notified of their events by now. Information for Zone is available via the KLAC website. **Parents please note:** if you have a child competing at Zone you will be required to complete a duty shift at some point throughout the Carnival. If you wish to select a duty of your choosing rather than be allocated one then please act quickly. A link to the Zone Parent Help Roster can be found on the KLAC website.

**Uniforms:** All KLAC athletes competing at the Zone Carnival need to wear the KLAC green and gold singlet, with their current Championship registration number, age and Jetstar patches, and plain black shorts. The numbers and patches can be collected at the uniform table at Bannockburn Oval and the singlet will be for sale at \$30. Please note **cash** sales only.

The Kuring-gai LAC Uniform will be on sale this Saturday, 5<sup>th</sup> December, at Bannockburn Oval between 8:30am and 10:30am. Should cancellation of all competition be necessary then uniform sales will still take place at Bannockburn Oval. Outside of that time you will need to contact Sue Brooman-Jones on 0435776696 but please remember Sue is also a Volunteer. That means get to Banno on Saturday rather than bugging Sue during the week!

**Schools' Nationals** for Primary T&F (Canberra), Secondary T&F and Secondary Teams Knockout T & F (Melbourne) are taking place over the next few days. A number of athletes from KLAC are representing NSW at these Championships. We wish all of them the very best of luck in their events and to the athletes and families that everyone travels safely.

**Week 2** program will be in use this Saturday. Please note the optional early events and in addition we plan to conduct a Javelin event on the oval at the conclusion of regular events for any athletes competing in Javelin at Zone.

Rosters for this Saturday:

**Set up:** the **U13-17s** are required to assist our regular helpers from 7am.

**Canteen / BBQ:** parents from the **U6 and U7** age groups are required this Saturday.

John McFadden

President

#### RECENT RECORD BREAKERS

We have seen 5 new records this season to date. Congratulations to the following athletes on the following results:

12/09/15	U14G	Abbey Rockliff	400m	1.01.69	Suzanne Walsham	1.05.37s	87/88
03/10/15	U14G	Abbey Rockliff	800m	2.16.15	Catherine Miller	2.21.35s	13/14
12/10/15	U14G	Abbey Rockliff	3000m	10.23.59	Annabel McDermott	10.57.79s	12/13
24/10/15	U14G	Abbey Rockliff	1500m	4.42.68	Suzanne Walsham	4.47.90s	87/88
31/10/15	U13B	James Constable	800m	2.13.82	Austin Thomson	2.18.17s	13/14

#### LOCAL SEAMSTRESS TO SEW ON PATCHES

If you would like someone to sew the registration, age patches etc on to your athletes' uniform please contact: Sue Klammer - mobile 0413599545

#### TRAINING AND COACHING

<b>General Training</b>	Wednesday	4.30 - 6.00pm
<b>Specialist Training</b> for <b>U9</b> and older athletes (High Jump - <b>U10</b> and older)		
<b>Walks</b>	Monday	4.30pm - 6.00pm
<b>Throws</b>	Tuesday	4.30pm - 6.00pm
<b>Hurdles</b>	Tuesday	4.30pm - 6.00pm

<b>High Jump</b>	Wednesday	4.00pm - 5.30pm
<b>Long Jump</b>	Wednesday	4.00pm - 5.30pm
<b>Middle Distance</b>	Wednesday	5.30pm - 6.30pm
<b>Sprints</b>	Thursday	4.30pm - 6.00pm