



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 4 March 2016

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AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: see President's report

SET UP (7am please): see President's report

HEADS UP!!!!

Check KLAC website for weather updates

TRAINING CHANGES: High Jump and Long Jump cancelled this week

THIS WEEK'S EVENTS

7.00 am	Set up	Bannockburn Oval
8.45 am	KLAC comp (modified program)	Bannockburn Oval

UPCOMING EVENTS

18/19/20 March	LANSW State Championships	SOPAC
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FROM THE PRESIDENT

A lower than usual turnout last Saturday saw us get through the program of events in near record time! And there were a couple of records broken along the way with more news on those appearing further on in this Newsletter.

What was a concern last Saturday was the lack of parents on hand to help with set-up at 7am. With some of our regulars away at State Multi this weekend we will require anyone and everyone to be on hand from 7am to help with the equipment set-up tomorrow. It is a modified (shortened) program of events so an early finish time will also mean we should have lots of people still around to help with packing away all the equipment too.

Best of luck and safe travels to everyone heading to Dubbo for the LANSW State Multi Event

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

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Championships this weekend.

The program of events for this Saturday has been sent to parents and appears on our website. A parent or guardian from every family with a child attending Bannockburn this Saturday is required to sign-on for duty. This will need to cover set-up (from 7am), BBQ, Canteen, conducting events for each Age Group and packing away of all equipment. If everyone gets involved in at least one or two of those areas we will have a fun and timely morning of competition for everyone.

John McFadden

President

RECENT RECORD BREAKERS

Congratulations to the following for setting new records last weekend:

U10B **Lachlan Herbert** 400m 1:05:66s previously Matthew Geraghty 1:07:1s 84/85
U6B **Hamish Webber** 300m 1:03:89 previously Lars Ackland 1:06:55s 13/14

TRAINING AND COACHING

General Training has concluded for the season.

Thank you to Kirsty Curnow for her enthusiasm and time in coordinating these sessions with the help of the Junior Coaches.

Specialist Training for **U9** and older athletes (High Jump - **U10** and older)

Walks	Monday	4.30pm - 6.00pm
Throws	Tuesday	4.30pm - 6.00pm
Hurdles	Tuesday	4.30pm - 6.00pm
High Jump	Wednesday	4.00pm - 5.30pm
Long Jump	Wednesday	4.00pm - 5.30pm
Middle Distance	Wednesday	6.00pm - 7.00pm
Sprints	Thursday	4.30pm - 6.00pm