

Thanks to everyone who helped with the program of events last Saturday in fairly humid conditions. There was some hot action in the field events too with **Sienna Vassella** setting a record in the **U6G Discus** with a throw of **9.06m!**

Well done also to the athletes from our Centre who represented their senior club at the ANSW Juniors T&F last weekend. Some excellent results were recorded and a number of the athletes will now represent NSW at the Australian Junior Championships in Sydney come late March.

No competition at Bannockburn Oval this Saturday due to the Region 5 Championships being held at SAS, Narrabeen over Saturday and Sunday. Our next competition at Bannockburn Oval will be on Saturday 18 February with the Week 1 program in use. Please note we may add / vary events for some age groups over the last few weeks as we move towards the State Championships. Details of any such alterations will always be advised in the Newsletter.

### **Region 5 Championships**

Please be sure to read any messages which issue over the next few days as given the expected hot weather some changes to the program for this weekend may become necessary. Updates and general information regarding the Region Championships can already be found on our website and via your child's Age Manager.

KLAC is responsible for setting up the Upper Shot Put and Discus area at Narrabeen ahead of the Championships. The task will run as follows:

**Friday 10:15am** – load equipment needing to be transported from the shed at Bannockburn Oval. This will include shade shelters, bunting, pig-tail posts, sector tapes, etc.

**Friday 11:00am** – arrive at SAS, Narrabeen and set-up equipment. Should take 2hrs with sufficient help.

**Sunday 4:00pm** (approx.) – pack away equipment at Narrabeen and return to shed at Bannockburn Oval.

Ideally we need 4-6 parents to assist with each of these tasks. If you are able to help please let me know by contacting me on 0414250600. I'll be optimistic and say first in, best dressed so don't delay if you want to help as places are limited!

Best wishes to all the athletes competing at Region this weekend. You should be very proud of your achievement so far and I hope you are able to reach your personal goals at the Championships.

To the athletes and parents please be safe in the hot conditions. You should be hydrating from tomorrow morning onwards and maintain that right through the weekend. There'll be cooling stations set up around the ground. Conditions will be monitored by the Carnival Committee to ensure the safety and well being of everyone involved.

John McFadden  
KLAC President

**COACHING AND TRAINING WEEK BEGINNING MONDAY 13th February**

**Mon 13th**

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

**Tue 14th**

Long Jump 4.30 - 6.00pm

**Wed 15th**

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

**Thurs 16th**

Throws 4.30 - 6.00pm Javelin 6.00 - 7.00pm

**Fri 17th**

Hurdles TBA

**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>

**Lindfield Rotary Fun Run**

Sunday 9th April 2017

5km and 10km fun runs

For more information see the flyer on the KLAC website or go to [www.lindfieldrotaryfunrun.org.au](http://www.lindfieldrotaryfunrun.org.au)