



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 19 February 2016

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AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: Volunteers needed. Please see Yolande Maciver at Bannockburn first thing Saturday.

SET UP (7am please): Everyone available please

HEADS UP!!!!

Note earlier start this week.

Check KLAC website for weather updates

THIS WEEK'S EVENTS

7.00 am	Set up	Bannockburn Oval
8.30 am	Septathlon	Bannockburn Oval

UPCOMING EVENTS

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

At last weekend's LANSW Region 5 Championships the athletes representing Ku-ring-gai achieved some excellent results. Numerous PBs were recorded. Competing against the best Little A's from Northern Met and North East Met Zones the athletes from Ku-ring-gai displayed great determination and good grace no matter what the outcome. A number of the athletes have gained automatic qualification for the LANSW State Championships in mid-March while some are awaiting results from the last two Regions this weekend to see if they have a 'next best qualifiers' spot for State.

A big thank you to all those parents who completed duties at Region. Quite a few did well more than their fair share to ensure the Championships flowed smoothly for the athletes. Disappointingly some parents failed to attend their rostered duty leaving other parents to cover extra shifts. I understand

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

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[Program](#)

[Contacts](#)

[NEMZ](#)

[LANSW](#)

things can happen but a no show with no explanation is simply rude.

This Saturday we will be holding the **Septathlon**. It is a very full program so there are a few changes to the normal Saturday competition process. Please make note:

First events: commence at the earlier time of 8:30am.

Parent Help: a parent / guardian from every family with a child competing must sign-on for duty. Failure to fulfil a duty will make your child / children ineligible for the overall point score calculations.

Set-up: we will be setting out more event areas than is usual but will have less time available in which to complete the task. For that reason we require every available person to be at the oval by 7am to assist. Please don't leave it to other people...they probably think you're doing it!

Canteen & BBQ: we will need these areas covered throughout the morning. Please see Yolande Maciver at Bannockburn first thing Saturday if you can assist.

Age Group Helpers: every group will need 4-6 helpers to assist the Age Manager in getting the athletes through each event area in good time. Please do not bring your dog as your full attention needs to be on managing the athletes and conducting the events, whether that is marking, raking, returning implements, herding cats, etc.

Order of Events: this will be posted on the website and in this Newsletter. Age Managers cannot 'jump events' nor change the order of events. Any such requests must be made to Deb Walsham (T&F Officer) or John McFadden (President) who will then make decision that takes into account all aspects of the program. That decision is binding.

As Septathlon is a Championship event and a very full program no instruction can be given to the athletes as it can cause unnecessary delays.

John McFadden

President

KLAC SEPTATHLON PROGRAM

Order of Events	time	U6's	U7's	U8's	U9's	U10's	U11's	U12's	U13's	U14-17's
1	8:30	Discus (3 rd net)	LJ (4a)	200m (3)	800m (8)	Shot Put (7)	100m (1)	Discus (6)	HJ (5)	LJ (4)
2	9:00	LJ (4a)	500 P.S. (10)	60mH (2)	HJ (5)	800m (8)	Shot Put (7)	100m (1)	Shot Put (7)	Discus (6)
3	9:30	200m (3)	Discus (3 rd net)	LJ (4)	60mH (2)	HJ (5)	800m (8)	Shot Put (7)	100m (1)	100m (1)
4	10:00	Shot Put (7)	100m (1)	Discus (6) (girls 3 rd net)	LJ (4)	60mH (2)	HJ (5)	800m (8)	Discus (6)	Shot Put (7)
5	10:30	100m (1)	Shot Put (7)	70m (1)	Discus (6)	LJ (4)	60mH (2)	HJ (5)	LJ (4)	800m (8)
6	11:00	70m (2)	70m (2)	Shot Put (7)	100m (1)	Discus (6)	LJ (4)	60mH (2)	800m (8)	HJ (5)
7	12:00		200m (3)	700 P.S. (11)	Shot Put (7)	100m (1)	Discus (6)	LJ (4)	80mH (1)	80-100mH (1)

RECENT RECORD BREAKERS

Congratulations to Brianna on the following new record:

30/01/2016 Brianna Worsfold U11G Shot Put 10.70m; previously Donna Bennett 1977/78 10.56m

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