



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 22 January 2016

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AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U10s

SET UP (7am please): U11s

HEADS UP!!!!

Note training time/day changes for next week

Check KLAC website for weather updates

THIS WEEK'S EVENTS

7.00 am	Set up	Bannockburn Oval
8.00 am	U13 Javelin	Off oval
8.45 am	KLAC comp (WEEK 3 PROGRAM)	Bannockburn Oval

UPCOMING EVENTS

13/14 Feb	LANSW Regional Championships	Narrabeen
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FROM THE PRESIDENT

Well, it's almost the weekend and the rain has started falling again! Yes there are definitely worse things going on in the world but it has been a frustrating Little A's Season to date. Just like last week when on Friday some six hours plus were spent preparing the competition areas of the ground we'll do our best to get the tracks mown and marked then just hope the rain holds off so competition can go ahead on Saturday morning. Frustratingly it was only a few areas of the ground that were significantly rain affected last week but they were all on crucial areas of the tracks. We will make every effort to proceed with, at the very least, a modified program of events this week. As always any decision to cancel competition will be posted on the KLAC website by 7am Saturday. We don't like having to cancel

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

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but please understand that the safety and comfort of everyone involved needs to be considered along with looking after the ground.

The four KLAC athletes (Blake Gillian, Brianna Worsfold, Molly McGrath and Scarlett Appleyard) who were part of the LANSW Team at Trans Tasman over in Auckland did get to compete last weekend. Unfortunately their best efforts and those of the other NSW athletes were not enough to hold off the spirited performances of the athletes from Auckland Little A's with the home team coming away victorious. Well done to Blake, Brianna, Molly and Scarlett. We hope you all had a wonderful time and will tell all this Season's U9 and U10 athletes all about it as those athletes will have the opportunity to tour New Zealand as U11s & U12s in 2018!

At this stage we will have the **Week 3** program (or a modified version of it) in use this Saturday. Just the one early event at 8am with Javelin (off-oval) for the u13s.

Duty groups are:

Set-up: U11s (along with our regulars and any other volunteers) from **7am**.

Canteen / BBQ: U10s

Throughout the morning all parents are asked to assist if at all possible when and where required. As each event area concludes for the morning the last Age Group at each area is asked to return all equipment to the rear of the shed.

Specialist Coaching has resumed for all U9 – U17 athletes and any U8s who have qualified for Region. Details are on the KLAC website. General Coaching will resume on Wednesday 3 February. Parents are reminded to please check the KLAC website for updates on Coaching sessions before heading to Bannockburn Oval.

John McFadden
President

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

Please check the website for notices regarding training this week

General Training	Wednesday 3rd Feb	4.30 - 6.00pm
Specialist Training for U9 and older athletes (High Jump - U10 and older) & U8s going to regionals		
Walks	Monday	4.30pm - 6.00pm
Throws	Thursday	4.30pm - 6.00pm
Hurdles	Thursday	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