



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter

23 October 2015

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AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U12s

SET UP (7am please): U9s

HEADS UP!!!!

Only two meets left to get performances for relay selection.

Parent help link included at bottom of page. See article page 2.

THIS WEEK'S EVENTS (SAT OCT 3)

7.00 am	Set up – check roster above	Bannockburn Oval
8.00 am	Early events – check this week's program	Bannockburn Oval
8.30 am	200mH events for the 13-17s	Bannockburn Oval
8.45 am	KLAC comp (WEEK 5 PROGRAM)	Bannockburn Oval

UPCOMING EVENTS

Sat 21/22 Nov	LANSW State Relays	Campbelltown
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FROM THE PRESIDENT

Despite the wet weather we are confident of being able to mow and mark the tracks on Friday afternoon ready for competition this Saturday. The Week 5 program will be in use. Just the one early event (Javelin for the U13s) at 8am but we do plan to start the 200mH events for the 13-17s by about 8:30am. Athletes wanting to do the 200mH please make note!

The LANSW State Relays are on Sat 21 Nov (U8-U11) and Sun 22 Nov (U12-U17). These next two Saturdays are the last weeks to log performances that will be considered by Age Managers when

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

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selecting Teams for the LANSW State Relays.

Set-up will commence at 7am. Extra help is always welcomed by our regulars. The **U9s** are required to assist with **set-up** this Saturday while the **U12s** are staffing the **Canteen and BBQ** for the morning. Thanks to everyone who helped with duties last Saturday. We do seem to get a bit light-on for helpers when it comes to pack-away most Saturdays. If a few more families could stick around to help it would make the task a lot quicker and easier.

As mentioned in last week's Newsletter only T&F Officials are permitted to cross the 'cricket pitch' area of the oval. Age Managers and athletes are to move about the competition area via the perimeter of the circular track. There is discus for the 13-17s this Saturday and with a number of those athletes sending the implements out beyond 40m we cannot have people wandering about the centre of the oval. Also, further to my comments last week only parents actually signed-on as helpers should be moving about in the competition area with each Age Group. And when signed-on as a helper please ensure that you assist the Age Manager in conducting the events and monitoring athlete behaviour!

Updates to Coaching appear further on in this Newsletter. Please also check the website for any late changes before heading off to train. The General Training sessions on Wednesdays are a great introduction for athletes. Kirsty Curnow is our very enthusiastic Head Coach and she has a talented group of current and former KLAC Teen athletes who help conduct the activities for the athletes. General Training is mainly for the U6 – U12 athletes and takes place on Wednesday's from 4:30 – 6pm.

John McFadden

President

PARENT HELP

The link to sign up for Parent Help with your Age Group is below. This link will also now be available on the front page of the website for you to access at anytime and will appear in the "Quick Links" section at the bottom of page one of the newsletter.

<http://www.signupgenius.com/go/20f0e45a5ae29a5fe3-parent>

SPECIAL GENERAL MEETING

The new KLAC Constitution was passed by members at the Special General Meeting held on Wednesday 21 October. This must now be approved and accepted by LANSW before KLAC can lodge it with the Department of Fair Trading, at which time the new constitution will come into effect.

TRAINING AND COACHING

General Training	Wednesday	4.30 - 6.00pm
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	4pm - 5.30pm
Middle Distance	Wednesday	5.30pm - 6.30pm
Sprints	Thursday	4.30pm - 6.00pm