



# THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter

27 November 2015

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## AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U/13-17s

SET UP (7am please): U/6s and U/7s

### HEADS UP!!!!

Check KLAC website for weather updates

### THIS WEEK'S EVENTS

7.00 am	Set up – check roster above	Bannockburn Oval
8.00 am & 8.30 am	<b>NO</b> early events – see President's Report	Bannockburn Oval
8.45 am	KLAC comp (WEEK 1 PROGRAM)	Bannockburn Oval

### UPCOMING EVENTS

12/13 Nov	LANSW Zone Championships	Narrabeen
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### FROM THE PRESIDENT

**State Relays:** Last weekend we had 39 Teams represent Ku-ring-gai across the two days of competition in the LANSW State Relays at Campbelltown. It was great to see and hear about so many wonderful performances by the athletes who came together in each of the Teams. Backing up the performances by our Teams were the Age Managers who did a fine job ensuring our Teams were on time and ready for each event. And a big thankyou to our Parent help Co-ordinator, Yolande Maciver and all the parents who assisted the smooth running of the Championships by doing a duty shift. I received a call from one of the LANSW Board Members asking me to pass on his appreciation to the parent helpers from KLAC. He was impressed by the punctuality and efficiency of our helpers. I hope you all maintain that enthusiasm at our Saturday morning events and at the upcoming Zone Championships! A summary of finalists at State Relays appears below.

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

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Gold	Silver	Bronze
Boys U10 Long/High	Boys U8 4 x 100m	Girls U9 Shot/Disc
Mixed U10 4 x 400m	Mixed U8 4 x 200m	Boys U9 Shot/Disc
Girls U12 Long/High	Boys U10 Shot/Disc	Boys Junior Mid Distance
Girls U12 Shot/Disc		
Boys U12 4 x 100m		
Boys U14 Shot/Disc		
Boys Senior Mid Distance		
<b>Other Top 8 Places</b>		
Girls U9 4 x 100m (4 <sup>th</sup> )	Girls U11 Long/High (5 <sup>th</sup> )	Boys U10 4 x 100m (4 <sup>th</sup> )
Girls U10 4 x 100m (5 <sup>th</sup> )	Girls U8 Shot/Disc (4 <sup>th</sup> )	Boys U12 Long/High (7 <sup>th</sup> )
Girls U12 4 x 100m (4 <sup>th</sup> )	Girls U11 Shot/Disc (4 <sup>th</sup> )	Boys U9 4 x Long Jump (4 <sup>th</sup> )
Girls U10 Long/High (5 <sup>th</sup> )	Girls U8 4 x Long Jump (7 <sup>th</sup> )	

**Saturday 28 November:** We're currently battling some tech gremlins in our Timing Systems. Coupling those concerns with the need to complete a large amount of preparation for the upcoming Zone Championships we've decided to postpone Septathlon until late January, 2016. This Saturday we will instead be using the **Week 1** program but there will not be any early events held for the 13-17yrs age groups. We will however be holding **Round 1 of the President's Relay** at 8:45am. Rosters for this Saturday are listed on page 1.

**Ground Marshall:** this is a new role created to manage athlete and parent activity during competition. The GM will wear an orange vest and I ask that should you be given instruction from this person that you do as has been asked of you as it may be in the interest of your safety or that of competitors.

**Zone Championships:** being held at Sydney Academy of Sport, Narrabeen, on Saturday 12th and Sunday 13th December, 2015. Age Managers for the U7 to U12 age groups are in the process of notifying athletes of their selection. Athletes in the U13 to U17 age groups need to advise their Age Manager of event selections. All athletes competing at Zone need to be aware of the Championship uniform requirements as noted below. **Parents please note:** if you have a child competing at Zone you will be required to complete a duty shift at some point throughout the Carnival. If you wish to select a duty of your choosing rather than be allocated one then please act quickly once you receive information regarding the Zone Parent help Roster from Yolande (Parent Help Co-ordinator).

**Uniforms:** All KLAC athletes competing at the Zone Carnival need to wear the KLAC green and gold singlet, with their current Championship registration number, age and Jetstar patches, and plain black shorts. The numbers and patches can be collected at the uniform table at Bannockburn Oval and the singlet will be for sale at \$30. Please note cash sales only.

The Ku-ring-gai LAC Uniform will be on sale this Saturday, 28<sup>th</sup> November, at Bannockburn Oval between 9-11am. Should cancellation of all competition be necessary then uniform sales will still take place at Bannockburn Oval but only from 9am – 10:30am or by contacting Sue Brooman-Jones on 0435776696.

John McFadden

President

## SYDNEY PACIFIC ATHLETIC CLUB

The Sydney Pacific Athletic Club cordially invites families of the Ku ring gai Little Athletics Centre (KLAC) to join the friendly atmosphere of one of NSW's leading athletics clubs. Sydney Pacific's members include:

Athletes:

- Juniors (under 20 years of age: U14, U16, U18 and U20)
- Opens (20 years of age and over)
- Masters (30 years of age and over)

Coaches

Officials.

Registered KLAC athletes in the U12 to U17 age groups at the Little Athletics Centres are able to join the Sydney Pacific Athletic Club under the Dual Registration initiative that exists between Athletics NSW and Little Athletics NSW.

Sydney Pacific's athletes can train all year round with accredited, experienced coaches at various locations including:

- The Sydney Academy of Sport and Recreation, Narrabeen
- Turramurra Memorial Oval, Turramurra
- Foxglove Oval, Mt Colah.

Our athletes compete in Athletics NSW competitions throughout the summer (October-March) and winter (April-September) seasons including at the NSW Junior Track & Field Championships held in February each year. Competitions are typically conducted on Saturday afternoons through the full 12-month season (October to September the following year).

Please find attached an Information Sheet for KLAC families and the most recent edition of 'SYP Highlights', the club's newsletter.

Feel free to contact me for any questions about Sydney Pacific.

Yours sincerely

Robert McEntyre

Sydney Pacific Athletic Club President

Email: robert@mcentyre.com.au Mobile: 0407 208 364

**For more information please click the following link:**

[https://sitedesq.imgstg.com/site/index.cfm?fuseaction=display\\_main&OrgID=157](https://sitedesq.imgstg.com/site/index.cfm?fuseaction=display_main&OrgID=157)

#### 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

<b>General Training</b>	Wednesday	4.30 - 6.00pm
<b>Specialist Training for U9 and older athletes (High Jump - U10 and older)</b>		
<b>Walks</b>	Monday	4.30pm - 6.00pm
<b>Throws</b>	Tuesday	4.30pm - 6.00pm
<b>Hurdles</b>	Tuesday	4.30pm - 6.00pm
<b>High Jump</b>	Wednesday	4.00pm - 5.30pm
<b>Long Jump</b>	Wednesday	4.00pm - 5.30pm
<b>Middle Distance</b>	Wednesday	5.30pm - 6.30pm <b>Cancelled</b>
<b>Sprints</b>	Thursday	4.30pm - 6.00pm