



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 29 January 2016

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Located at: Suite 9, 14 Eastern Road, Turrumurra NSW 2074

AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U10s

SET UP (7am please): U11s

HEADS UP!!!!

Training time/day back to normal 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

Hopefully, surely, the rain will spare us this week so we can get the athletes back into action! The initial plan for this Saturday was to hold the postponed Septathlon competition but the likelihood of some rain would affect our ability to conduct hurdles and high jump events. That in mind the schedule for the next few weeks is:

Saturday 30 Jan: Week 3 program (or modified version minus HJ & hurdles if wet)

Saturday 6 Feb: Week 4 program

Saturday 13 Feb: Region Champs (possibility of training events at Banno – tbc)

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

Quick links

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Saturday 20 Feb: Septathlon

Saturday 27 Feb: Week 5 program (or Septathlon back up date)

Saturday 5 March: Training events at Banno (tbc)

Saturday 12 March: Week 6 program (last comp at Banno for Season)

Friday 18 – Sunday 21 March: State Championships

Duties for this Saturday:

Set up – U11s from 7am to assist our regulars

Canteen / BBQ – U10s

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

General Training	Wednesday	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	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