



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter

30 October 2015

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AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: U11s

SET UP (7am please): U8s

HEADS UP!!!!

Round 1 of the President's Relay postponed until next Saturday, 7 November.

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 & 8.30 am	Early events – check this week's program	Bannockburn Oval
8.45 am	KLAC comp (WEEK 6 PROGRAM)	Bannockburn Oval

UPCOMING EVENTS

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

It was good to see a decrease in the number of 'wanderers' we had about the oval last Saturday but there was still too many! I remind everyone once again that only parents / carers signed-on for a duty may be with an age group in the competition areas and that those who are helping must actually be assisting the Age Manager.

Please note that Rnd 1 of the President's Relay set down in the Handbook for this Saturday will instead be run next Saturday, 7 November.

The Week 6 program will be in use this Saturday. Early events are at 8am with Javelin for the U14-U17 age groups and at 8:30am there are optional Walks events for the U10-U17 age groups. As usual set-

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

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up will start at 7am with our regulars and any others who are willing to assist. As events conclude for the morning it is the responsibility of the last age group at each event area to return the equipment to the back of the shed so it can be packed away.

Duties this Saturday:

Set-up: Under 8s

Canteen / BBQ: U11s

A reminder that at least one parent or carer from every family with a child competing should be in attendance and able to assist when and where required during the morning.

It is probably worth reminding everyone that KLAC is run entirely by volunteers. The only exceptions are our Coaches. That in mind I ask everyone to keep this in mind when raising concerns, especially at times outside of our competition mornings. Many of our volunteers do many, many hours of behind-the-scenes work to facilitate Little A's at Ku-ring-gai and they all have their own work and family commitments to manage at the same time. If you would like to become more involved in Little A's at KLAC please come and see me.

John McFadden

President

P A R E N T H E L P

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 any time and will appear in the "Quick Links" section at the bottom of page one of the newsletter.

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

T R A I N I N G A N D C O A C H I N G

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	NOT THIS WEEK	4pm - 5.30pm
Middle Distance	Wednesday	5.30pm - 6.30pm
Sprints	Thursday	4.30pm - 6.00pm