

From very hot conditions to persistent rain! Unfortunately we were unable to go ahead with events last Saturday and at this stage the outlook for this week isn't looking great either. We managed to get the mower around the track areas yesterday (Thursday) afternoon in the hope that if the showers cease the ground will have the best possible chance of drying out. The track areas were checked this morning and there are still a few areas of concern with the end of the back straight on the circular track in particular still holding a lot of water. If the showers persist throughout today it will be most unlikely that the ground will be in a suitable condition for events to go ahead on Saturday morning. Any decision to cancel or modify the program will be posted on the KLAC website by 6.45am Saturday morning at the latest.

The Week 2 program is scheduled for this week. If a partial program is deemed necessary it will be a modified version of the Week 2 program with the likely exclusions being Hurdle and High Jump events. Note that there will not be an 8am Javelin event, instead it will be held on the oval at the conclusion of the regular program of events.

Usual protocols in place for this week with Set-up from 7am (all help welcome) and a parent or carer from every family with a child attending asked to assist with a duty during the morning.

We have 22 athletes competing at State Multi in Glendale this weekend. Our very best wishes to them all for a safe, fun and successful weekend away representing Ku-ring-gai against athletes from all across NSW.

Nominations for the 2017/18 KLAC Committee are now being taken. If you'd like information on how you can become more involved in Little Athletics at KLAC please ask!

John McFadden  
President

## **AGM of Ku-ring-gai Little Athletics Centre Inc.**

As notified in the Information Handbook our 2016/2017 AGM is to take place on Sunday 7th May 2017 from 3.00pm at the Kissing Point Sports Club, Auluba Road, South Turramurra. Membership of the Centre includes our Executive Committee, Life Members of the Centre and all parents of children presently registered with Ku-ring-gai Little Athletic Centre. At the AGM we hold our Centre elections and approve our accounts but there are also likely to be important matters about which we believe our families should have the chance to present their views.

Our Constitution requires that nominations for Executive Committee positions be called for not less than 42 days prior to the AGM, that is Sunday 26<sup>th</sup> March. Contact for many parents is much reduced once our season ends on Saturday 11th March so all parents are requested to accept

this as the call for Nominations and Notices of Motion and if further information is required seek it from the President or any existing office holder within the next two weeks.

Please note the following significant dates:-

Sunday 9<sup>th</sup> April - Notice of Motions must be lodged with the Centre by this date.

Sunday 16<sup>th</sup> April - Notice of AGM including Agenda and Motions will be issued.

Sunday 30<sup>th</sup> April - Nominations must be lodged with the Centre by this date.

Our Executive Committee for 2017/2018 will be as follows:-

- i) President
- ii) Vice President
- iii) Secretary
- iv) Treasurer
- v) Registrar
- vi) No more than 15 General Committee Members.

Note:-

- Positions i) to v) above are the Executive of the Centre. No Committee Member shall be permitted to hold more than one Executive position concurrently, although a person may hold an Executive position and a General Committee Member position at the same time.
- Duties of each Executive can be seen in our Constitution that can be located via the home page of our web site [www.klac.org.au](http://www.klac.org.au).
- Most General Committee Members take responsibility for a portfolio but some General Committee members can be appointed without attachment to a specific portfolio.
- Duties within each portfolio are currently being finalised. The names of the portfolios as currently listed in the Information Handbook and on the web site are mostly self-explanatory and unlikely to be much changed but more detailed information can be obtained from the President.

Other matters to note:-

Nominations – Must be:-

- In writing.
- Signed by two individual Members over the age of 18.
- Certified by the nominee (who must be a Member) expressing his or her willingness to accept the position for which he or she is nominated.
- Delivered to the Centre not less than seven days before the date fixed for the AGM.
- Nomination forms can be obtained from our Secretary Ann Wilkinson [ann.wilkinson@icloud.com](mailto:ann.wilkinson@icloud.com) or Paul Duffell [phduffell@gmail.com](mailto:phduffell@gmail.com)

# **Ku-ring-gai Little Athletics Centre Inc.**

## **Cross Country Season 2017**

**When and Where** Our Cross Country season starts on Sunday 21st May 2017 and, with the exception of the day of the LANSW Cross Country Championships, will be held every Sunday until 6<sup>th</sup> August 2017.

On the first day events will start at 3.30pm at Bannockburn Oval, Bannockburn Road, Pymble.  
After the first day events will start at 3.15pm.

**Registrations** On the first day Little Athletes can register from 2.30pm.

Course Orientation for runners and parents will start at 3.00pm

**Winter season Fees** KLAC 2016/2017 registered Little Athletes \$10 by cheque or cash.

Unregistered new KLAC LAs must first register via the LANSW web site and pay on line the LANSW registration fee \$58 then a further \$10 by cheque or cash to KLAC at Bannockburn Oval.

LAs registered at other Centres \$10 by cheque or cash.  
Other unregistered LAs must first register through their home Centre.

<b>Distances</b>	U6	525 metres
	U7 and U8	825 metres
	U9 and U10	1687 metres
	U11 to U14	2280 metres
	U15, U17 and Open	2280 metres

Parents may participate in the Open event at their own risk.  
An informal event for younger siblings will be held at the parents' risk.

**More Information** Is available from:-  
Paul Duffell on 9449 4831 or [phduffell@gmail.com](mailto:phduffell@gmail.com) and  
Jason McIntosh on 0419 747 320

## **Coaching and Training Week Beginning Monday 6<sup>th</sup> March**

### **Mon 6<sup>th</sup> March**

High Jump - 4.00-5.30pm Walks - 4.30 - 6.00pm Sprints 4.30 - 6.00pm

### **Tue 7<sup>th</sup> March**

Long Jump 4.30 - 6.00pm

### **Wed 8<sup>th</sup> March**

Extra Sprints (\$15 per athlete) 4.30 - 6.00pm Middle Distance 5.00 - 6.30pm  
Hurdles 6.00 - 7.00pm

General Training has concluded for this Season

### **Thurs 9<sup>th</sup> March**

Throws - 4.30 - 6.00pm Javelin 6.00 - 7.00pm

### **AFL - A GREAT WAY TO KEEP FIT & HAVE FUN OVER WINTER**

IT'S TIME TO START THINKING ABOUT WINTER SPORT.....

**ST IVES Junior AFL Football Club** is looking for any boys & girls that want to be part of an exciting winter team sport in 2017 that builds strong social, physical & personal development for all our members.

St Ives Junior AFL Club was founded in 1968. The club has won over 30 premierships and numerous other club awards, in 2016 the club was premiers in the under 17 division 1 and under 11 division 2. With the launch of the 2017 national woman's competition we are combining with the NSW AFL and are seeking to create both a junior and youth girls AFL team, complementing our existing 380 member strong club including 120 Auskickers.

Any girls or boys interested, if they could register their interest <http://stivesafl.com/membership/registration>

### **Lindfield Rotary Fun Run**

Sunday 9th April 2017

5km and 10km fun runs

For more information see the flyer on the KLAC website or go to

[www.lindfieldrotaryfunrun.org.au](http://www.lindfieldrotaryfunrun.org.au)