



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter 15 January 2016

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

AGE GROUP ROSTER THIS WEEK

BBQ/CANTEEN: Volunteers required please

SET UP (7am please): Volunteers required please

HEADS UP!!!!

Check KLAC website for training updates for next week

Check KLAC website for weather updates

THIS WEEK'S EVENTS

7.00 am	Set up	Bannockburn Oval
8.00 am & 8.30 am	NO early events this week	Bannockburn 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

Competition resumes at Bannockburn Oval this Saturday 16 January, 2016.

The **Week 3** program will be in use. Please note that the early event (U13 Javelin) will not be held.

Set-up will commence at 7am. With a number of our regular away I do ask that as many people as possible come along early to help with the setting up of equipment so as events can get underway on time. Similarly with pack up where that last age group at each event area is asked to bring all equipment back to the shed once they have finished.

Parent help roster is available via the KLAC website and also via the link at the bottom of page 1 of this

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

[Calendar](#)

[Parent Help Sign-on](#)

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newsletter. With lower numbers expected this Saturday can all parents please pitch in when and where required. This may be as a general age group helper, in key roles such as starter or data entry, in the Canteen and on BBQ.

John McFadden
President

RECENT RECORD BREAKERS

Congratulations to Felix on the following new record:

05/12/15 U9B Felix Scholle 700m walk 3:31.40 Nicholas Heazlewood 3:39.0 00/01

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

Please check the website for notices regarding training this week

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	4.00pm - 5.30pm
Long Jump	Wednesday	4.00pm - 5.30pm
Middle Distance	Wednesday	5.30pm - 6.30pm
Sprints	Thursday	4.30pm - 6.00pm