



THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter

13 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	Early events – see President's Report	Bannockburn Oval
8.45 am	See President's Report	Bannockburn Oval

UPCOMING EVENTS

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

Well we managed to get the oval mown and tracks marked late Sunday afternoon, a couple of days too late for our needs, but even at that stage parts of the ground were still extremely wet. A bit of rain about this week which may disrupt plans to hold Septathlon this Saturday (see notes further on in Newsletter) but we will hold at least a modified program unless the weather comes in worse than is currently forecast. A decision regarding Septathlon will be made late Friday and the overall decision regarding the modified Wk 1 competition will be made at 7am on Saturday.

Trans Tasman: the LANSW Team to tour New Zealand for the annual TT Challenge was announced earlier this week. Congratulations to **Scarlett Appleyard** U11G, **Molly McGrath** U11G, **Brianna Worsfold** U11G and **Blake Gillian** U11B who will all be making the trip across the Tasman in January 2016.

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

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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.

Round 1 of President's Relay: if Septathlon is unable to be held this Saturday but a Modified Week 1 program of competition goes ahead then we will be holding Rnd 1 of the President's Relay on the 100m track. Selected athletes will be running for their Club in this all-age event.

State Relays: Age Managers and the Selection Committee have now completed the task of finalising Teams. Athletes who have been selected will be contacted by their Age Manager.

Uniforms: All KLAC athletes competing at State Relay and the Zone Carnival need to wear the KLAC green and gold singlet, with their current 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 Kuring-gai LAC Uniform will be on sale this Saturday, 14th 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.

Program: Septathlon is scheduled for this Saturday. Should the oval surface be deemed too wet for the safe conduct of HJ and Hurdle events we will not be able to hold Septathlon. The back-up date will be Saturday 28 November. In the instance that we can still go ahead with some form of competition a Modified version of the Week 1 program (minus HJ and Hurdle events) will be held. Please note that if this is the case there will not be any optional early events held this Saturday.

Set-up: Under 6s and Under 7s parents are to be on hand from 7am to assist our regular crew.

Canteen / BBQ: Under 13-17s parents of athletes in these age groups are on deck this Saturday.

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

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)		
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
Middle Distance	Wednesday	5.30pm - 6.30pm
Sprints	Thursday	4.30pm - 6.00pm