

KLAC NEWSLETTER 16/02/2017

Well done to everyone involved on a successful Region 5 Championships at Narrabeen last weekend. With very thorough planning and a confidence that conditions at Narrabeen would not be as severe as other parts of Sydney over the weekend we were pretty much the only sport that went ahead. With just a couple of short delays late on Saturday being the only hiccup the Championships went extremely well and the athletes involved recorded some excellent results. Once the remaining three Regions complete their Championships this weekend we will have a full count of exactly how many athletes from KLAC have qualified to compete at State Championships , 17-19 March, at SOPAC.

Whilst we haven't had any competition at Bannockburn since Saturday 4 Feb the training has continued and there has also still been action aplenty around the oval. On the Lower Long Jump pit I am very appreciative of the assistance given by Dave Beck (Outer Circle Track Official / Engineer / Mr Fix-it) who measured and completed the trenching then Sam Fitzgerald (KLAC parent and owner of All-Mint Constructions) who supplied and installed a sturdy timber edge around the pit. Quinton Herbert (Champs Officer) continues to assist with the mowing and prepping of the ground each week, and Hamish Greig (KLAC parent and odd-jobs man) makes near weekly trips to Bunnings searching out obscure parts to repair equipment. Always a risky venture mentioning some when there are always many others doing behind-the-scenes stuff too but by the same token, I think it is important that parents, especially those who make dodging duties an art form, are aware of how much goes into facilitating the running of the Centre for the benefit of all the athletes and our families.

So, back to business this Saturday with the Week 1 program (slightly modified) in use. Please refer to website for update. As always **set-up from 7am** with all help most welcome. At **8am** there will be 1500m for the 13-17s and Javelin (off oval) for the 13s plus any 11s or 12s who contested Javelin events at Zone or Region.

At **8:30am** we will have **Round 2** of the **President's Relay**. It will be held on the 100m track and involve a girls' and boys' team comprised of one athlete from each sub-club across the U6/7/8/9/10/11 and U13-17 age groups. Please note that only athletes registered with KLAC may be involved!

The regular (modified) schedule of Week 1 events will commence at the conclusion of the relays.

Weather permitting we will also have 'on-oval' javelin at the conclusion of the regular event program. This will be open to athletes from the U13-17 age groups plus any 11s or 12s who contested javelin events at Zone or Region.

State Multi is on the weekend of March 4th and 5th in Newcastle. A number of our Key Officials will be attending the Championships with their children so I'm wanting to hear from parents willing to take a lead role in facilitating competition at Bannockburn on Sat 4 March. Please let me know asap so an event schedule for that morning can be devised.

John McFadden

KLAC President

Coaching and Training Week Beginning Monday 20th February

Mon 20th

High Jump - 4.00-5.30pm Walks - 4.30 - 6.00pm Sprints 4.30 - 6.00pm
Throws 4.30 – 6.00pm Javelin 6.00 – 7.00pm

Tue 21st

Long Jump 4.30 - 6.00pm

Wed 22nd

General Training 4.30 – 6.00pm Extra Sprints (\$15 per athlete) 4.30 - 6.00pm Middle Distance 5.00 - 6.30pm

Thurs 2rd

Throws - Moved to Monday

Fri 24th

Hurdles TBA

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