

The break in the rain allowed us to complete our last morning of events for the summer season at Bannockburn last Saturday. The morning began with presentation of the athletes from Ku-ring-gai and Northern Suburbs who will be competing at the LANSW State Championships at Homebush this weekend. Following that we had a modified Week 2 program that featured a number of athletes improving their PB in a number of events.

Congratulations to Jack McFadden (U15B) who set a new Centre record of 47.11m in the Discus.

The summer season of events at Bannockburn has now finished and with that all coaching sessions have also concluded. At the start of Term 2 for school Sprints Training with Clayton Kearney will resume and the Middle Distance Training led by Alex Pettigrew and Cath Miller will also resume. Please look for updates on the Centre website and via email for more detail of dates and times for those sessions.

The winter Cross Country Season will begin on Sunday afternoons at Bannockburn Oval from mid-May. Once again keep an eye on the website and emails for further news.

As mentioned above the LANSW State Championships are on at Homebush this Friday – Sunday. The carnival will go ahead despite the rain so please ensure everyone heading out to compete or watch is well prepared. Full details of the carnival, including full program, can be found on the LANSW website.

John McFadden
KLAC President

Speed for Sport

[Learn the correct Techniques to increase your Speed for Sport.](#)

Increase reaction Speed, you're off the mark acceleration, your multi directional abilities as well fitness and strengths for all sports.

I work on postural stability and functional movements that are vital to staying injury free especially during growth times.

[Join: Clayton Kearney Former World and Australian Sprint champion.](#)

[Athletic performance coach with 20 yrs. Experience at the top level.](#)

For further information either text or phone Clayton on 0408316849

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 26th 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 9th April - Notice of Motions must be lodged with the Centre by this date.

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

Sunday 30th 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.
- 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 or Paul Duffell 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 6th 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.

Distances	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 and
Jason McIntosh on 0419 747 320

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