

## KLAC NEWLSETTER 24/02/2017

After the rain on Friday evening last week a decision was made to modify the Week 1 program for the Saturday morning events. We managed to get through the program well before the storms rolled in again during the afternoon. The hail that fell did rough-up the oval surface.

As we approach the Season-ending Championships it is really important to keep the track areas in as good a condition as possible. This minimises the risk of injury and provides good conditions for PB's for the athletes. It is everyone's responsibility to assist in this effort. Whether that be taking a mindful approach when training to do drills and warm-up off the track areas, avoiding areas of the ground that are showing signs of wear, or spot filling holes / uneven areas with sand from the lower LJ pit.

Congratulations (again!) to **Sienna Vassella (U6G)** who improved upon her record in the Discus last Saturday with a throw of **9.97m**. And congratulations to **Dylan Hall (U10B)** who broke the Centre record in the U10B's Long Jump with a leap of **4.89m**.

The **Week 2** program will be in use this Saturday. There is rain in the weather forecast so please check the KLAC website for updates on the status of competition. Any decision to modify the program or cancel will be posted between 6:45 - 7:00am Saturday morning.

All going well **set-up** will commence at **7am**. We still need more helpers! It is very important that any of those people who advised that they were willing to take a lead role on Saturday 4 March (while others are at State Multi) come along this Saturday to familiarise themselves with what needs to happen. Similarly so with pack-away at the end of the morning.

Some Age Groups are still lacking sufficient numbers of Parent Helpers. There is also a disturbing trend of parents signing-on then disappearing to the coffee queue or other parts never to be seen again! Definitely not fair folks and certainly not helpful. And of even greater concern is the manner in which some of our volunteers are being spoken to by other parents. Please remember this activity is about the benefits for the children. Those parents who are giving all their time (and more) each Saturday morning aren't doing it for their benefit. Mistakes can be made as we are all human and things don't always run as smoothly as we'd like but none of that ever gives rise to the need for angst at one another. Before criticising anyone's efforts in a particular role please do that role yourself for a few weeks to ensure you know all the facts.

And that is a nice lead into my final comment. We are looking for new volunteers to join our Centre Committee. For more information please make yourself known to one of our existing Committee Members.

John McFadden  
KLAC President

## **Coaching and Training Week Beginning Monday 27th February**

### **Mon 27th**

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

### **Tue 28th**

Long Jump 4.30 - 6.00pm

### **Wed 1st March**

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

### **Thurs 2nd March**

Throws - 4.30 - 6.00pm Javelin 6.00 - 7.00pm

### **Fri 3rd March**

Hurdles - moved to Wednesday

## **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)