


NEWSFLASH –Age Groups now extended to Under 17

<h1>Track Talk</h1> <p>South Eastern Little Athletics Centre P.O. Box 150, Kensington, 1465</p>	
<p>Newsletter No. 7 Feb 2009</p>	<p>Fun and Friendship</p>

Dear All

We just completed the Zone championships and I must say that the 2 days were fantastic and just great to our athletes perform so well and behave in a manner that we were so proud of. I had parents come up to me and state that our athletes really supported and looked after each other and it with great satisfaction, that I say a big HOORAY to Sarah and Rory, our club captains, they lead the team well. Out of our 87 entries, we had 49 qualify which gave us a success rate of 56% which was the highest in the Zone, not bad for a little club.

Many of our athletes achieved PBs which is what we are really proud of and we had some athletes break Zone records.

On a disappointing note, some of the parents who were supposed to help did not; it made all the parents who did help stay longer at their posts, fairly unfair if you ask me. Next year we will need to be very tough on this aspect.

Finally, as President, I must thank all of the committee and helpers, I thought the 2 days were extremely well run and we provided more than our fair share of assistance in the running of the Zone.

Regional Championship News

The Regional championship is at McClean St Georges Hall from Sat 21st Feb to Sunday 22nd Feb.

Program will be posted soon

Please note that the athletes who finished in the first 4 in a Zone Final qualify (except the Under 7 age groups)

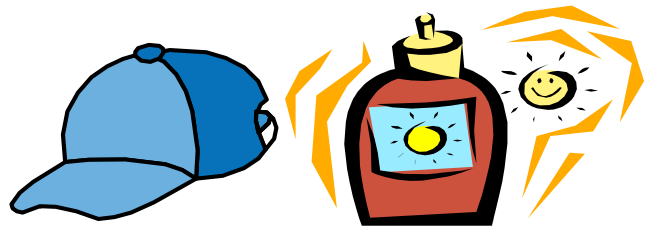
There will be no competition on the Saturday

Club News

- 7th Feb tickets end
- 14th Feb: Handicapped events
- 21st Feb: No competition
- 28th Feb: Competition
- 7th March: Handicapped events
- 14th March: Training Day for State athletes and FREE BBQ for all
- State Championships: 20th March to 22nd March
- AGM and Presentation: Draft Day 5th April

NEWSFLASH –Age Groups now extended to Under 17

DON'T FORGET



**Essential Equipment
Sunscreen, Hat & Water bottle**

Please ensure you have these items with you.

OHS & SAFETY

It is very important that if you find any part of the ground or equipment unsafe, please notify one of the officials immediately

All Officials and Volunteers: If assisting with the set up or removal of equipment, if equipment is heavy, bend your knees or ask for help

Note to all parents and or carers that it is the responsibility of you to make sure that the athletes are supervised continuous in their respective age groups. The age marshal is there only to ensure the smooth running of the program

WET WEATHER INFO HOTLINE

If the track is closed due to bad weather we will leave a message on the NSW Maccabi Info Hotline. The process is as follows:

Dial the info number: **1900 920 287**

When prompted dial **“0”**

When prompted for the club code dial **“19”**

Listen to the SELAC message then hang up.

Tickets and Books

- Last Day for Tickets and Books to be handed in on the 7th March to anyone from the committee.
- Tickets must be handed out to all athletes
- Tickets must be placed in date order in the book

The reason we ask for the books and the performance tickets is that we issue trophies to all athletes and a point score system for athletes in the age groups 7-15... The athlete with the most points receives a special trophy. For the Tots and Under 6 athletes, all will receive a trophy.

Please note for the age group 7-15 that there is a minimum qualification period of 4 weeks worth of tickets to be eligible for the participation trophy. If any concerns, please see Chris.

New News

- Jane Saville the Olympian and former club member is organizing a Indigenous Coaching clinic on the 28th Feb & Fun Run on the 1st March. The club will be assisting so we will need some volunteers. Please see the website for further info..... We need the club to support Jane in this endeavor to the max and we should be very proud to do so.
- There is a John Landy Lunch club meeting on the 26th Feb at 12 noon. Keynote speaker will be Steve Hooker our Olympic Pole vault champion. If you wish to attend, please contact Ron Crawford 0416 164 817 or roncrawford36@hotmail.com

New News

- Next year committee positions, roles, helpers and age marshals will be decided at the AGM. It is extremely important that you start to plan your roles for next year. The club runs on a voluntary process and the more help we get, the better. We will be looking at some new roles and the role of our web and communications will be up for a volunteer. Fiona who has done this for a few seasons and who has done a great job will be moving on, so we need a new expert. Don't be shy about putting your hand up now, it is very important for the club to have an effective communication process.

I will tell you all a story..... I was one of those parents a few years back who did not help, as a matter of fact; I tried to hide from helping at all. Now you will say, not good Chris but that is the truth.

Now what do you reckon happened!

The enjoyment that I have had this year from seeing the club perform well, our committee and helpers working together to run the club, the true spirit and friendship of the club grow, our athletes actually having fun and trying so hard has given me an overwhelming feeling of pride and above all energy to keep working for the club.

It is a great feeling!!!!!!

So c'mon, join up and help, you will love it and so will your children.

Chris Murphy: President – chrism1@unwired.com.au

Barbara: Secretary – barbara@crewrecruit.com.au

www.southeastern.coolrunning.com.au