



# Jimboomba Athletics Centre

## Newsletter

Issue: 8

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In last week's newsletter we didn't acknowledge the wonderful people who helped out at the working bee held here on the last weekend in October. We had a good turn out and achieved a lot. Logan City Council donated 50 plants for our garden and Rock Around the Block donated 3 m of organic top soil as well. If you need landscaping Supplies, please support Rock Around the Block on Teviot Road!

### Use of Spikes

A reminder to all athletes and parents that spikes must be used with care as they can cause injury. Please note that U11 and U12 athletes may only use spikes in laned track events ie not 800m or 1500m.

U13 and up may wear spikes in all track events.

Spikes may only be put on immediately prior to an event and taken off as soon as a track race, jump event or javelin event is concluded. Spikes must be carried between events.

Athletes found wearing spikes at any other time will be asked to remove them for the duration of the evening or the following week if after last event.

Can place judges and age marshalls please keep an eye out with regards to athletes taking off their spikes at the end of races.

### Size 12-14-16 Polos In!

If you have been waiting on one of these polo shirts, please come up to the shed after 7pm

### Eagleboys Certificates

This week's Eagleboys Certificates which are presented to the athletes who achieve the most PBs go to Kirsty Koplick, Camryn Newton-Smith and Mathew Stockham.

Please note that the vouchers on these are only valid until the end of November so please use them asap.

### Centre Bests

Well done also to the athletes who broke and equaled centre records last week:

Zac McDonald broke the U14 boys shot put with 11.40m. This record has been broken once already this season by Nathan Wilkins.

Jesica Draper broke the U8 200m record with a time of 37.0. Kasey Landers received a certificate last week for equaling the old record.

### MacDonald's Achievement Cards

Very few athletes have brought their blue or pink achievement cards in for checking. You need to do this if you think you are due a green McDonalds certificate. Please leave them in the box at the shed marked "Achievement Cards" If you have any questions about how to fill out the cards, please enquire at the shed.

### Browns Plains Carnival

This carnival is being held on Sunday 27th November It is a great carnival to go to. Browns Plains is our sister centre and we like to support them by sending a big

team. Nominations close tonight.

### McDonald's All comers coaching clinic

We have been granted provisional approval to host a McDonald's Coaching clinic here on Sunday 15th January 2011. It will be conducted by ATFCA coaches and will hopefully cover all events—sprints, distance, jumps, throws, hurdles and possibly even walks. We thought this was a good time as we will have been back for two Fridays after the Christmas break and it will be about a month before the regional championships. Put a note in your diary.

### Wednesday Training

Held from 4:30pm -5:30pm with an emphasis on improving fitness and skills.

### Senior Club News

After the second Interclub meet of the season held at the University of Queensland at St Lucia last Saturday Jimboomba is still on top of the premiership, jointly in the lead with the University of Queensland. We have a number of athletes who are unable to compete this week including Mikala, Jaimee and Kyle so we really need some other athletes to step up and have a go. Queensland Athletics is allowing athletes who are 11 and up to compete at the last two Interclubs of the year (this week and next week). If you would like to run on tartan to see if you can improve your time, just let us know!

Well done also to our U13 and U14 athletes who competed in the Junior Teams Challenge: