

Jimboomba Little Athletics Centre



NEWSLETTER



**Summer 2008/09
25th October**

Contacts:

Centre phone number
0403917097

Centre Manager

Ralph Newton 0431474149

Secretary

Peta Smith 0414 916109

Treasurer

Eileen Pickles 5546 9841

Competitions

Scherene Ricketts
38020110

Dates To Remember

2nd November
Senior Carnival
Junior Pentathlon
9th November
Regional Relays
30th November
Browns Plains Carnival

Senior Dates

25th October
Brisbane track & Field
Meet at QE2

8th November
Shield Meet2 at QE2

22nd November
Shield Meet3 at QE2

We would like to start the morning by reminding parents that primary school aged children are not to be left unattended at the centre on Saturday mornings. Everyone signed agreements at the beginning of the season that at least one parent would remain on site. If a parent chooses not to help with the running of an activity, they must still remain on the grounds. Unfortunately we have been getting more cases of children being dropped off. If this continues we will have to start phoning parents to come back for their children.

Achievement certificates

This morning we will be handing out a large number of the McDonalds green level achievement certificates. In order to receive an award, athletes need to achieve green level in at least three event groups (sprints, distance, hurdles, jumps or throws) and in each of the events within that group eg sprints is 70m and 100m for younger age groups and 70m, 100m and 200m for the older age groups while distance is 400, 800m, 1500m etc as per the blue or pink achievement card each athlete should have. If an athlete does not receive a certificate this week it may be because they have not yet completed one of the events in their event group or they are just outside the performance level required to meet green level. If you have any queries, please see Peta Smith (records officer).

Algerster carnival

Our athletes performed extremely well at the Algerster carnival last Sunday with many children winning trophies for their efforts. We were complemented by the Algerster officials on our athletes' sportsmanship and behaviour. Well done! Unfortunately we do not have results for all athletes. If you can let Sherene Ricketts know how you did, we will try to get the results in the local paper.

Centre Best Performances

Congratulations to athletes who have broken centre records in recent weeks. In the U14 girls shot put, Nicole Kitson and Abbie Ryan had a great tussle with Nicole breaking the existing record (9.17m), Abbie bettering her throw in the next round (9.31m) and Nicole achieving an even further put at her next trial (9.46m). Kaitlyn Maxwell broke the U12 discus record with a throw of 22.98m.

Jasmine Sinclair has broken three U15 records: 70m sprint 9.4, 200m hurdles 32.0 and long jump 4.60m and Lindsay Newton-Smith broke the U16/17 javelin record with 48.73m. Congratulations!

QLAA Summer Coaching Camps

Queensland Little Athletics holds coaching camps for athletes during the summer holidays if anyone is interested. Flyers are on the notice board. There is a three day camp for U7-U10 (19-21 January) and a five day camp for U11-U17 (19-23 January). Three coaching sessions are provided per day plus group activities. Athletes can "live-in" with all meals provided or attend each day. There are early bird discounts for those who nominate and pay before Nov 21.

Senior Carnival/Junior Pentathlon and Regional Relays

Today is the last day for nominating for Senior Carnival/Junior Pentathlon and Regional Relays. Please see Sherene if you are interested in either of these events.



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Officials training

Officials training will again be provided this coming Wednesday afternoon at training for any parents who are interested. We had a good turn out last week where the shot put, discus and long jump events were covered. Thank you to the parents who attended.

Training on Monday and Wednesday takes place from 4:30pm to 5:30pm.

Senior Club News

Older Little A's members and senior club athletes competed at the Joanna Stone inter-club Shield Meet at QSAC last Saturday afternoon and Jimboomba finished in third place overall. It was a wonderful effort from all athletes who each took part in a number of events. Our men's' team actually finished in first place ahead of the strong Gold Coast Victory and QE2 Clubs. The next inter-club, the Denise Boyd Shield Meet, is being held in a couple of weeks on 8th November, again at QSAC. If we can encourage more of our older girls to take part, we could place second, or even first! Any Little Athletics members who will turn 12 or older by 31st December are eligible to compete. If you are interested, please see Ralph. Or call 0431474149.

Sun Protection:

We have a sun safe policy which recommends that all athletes should wear adequate sunscreen and hats on competition mornings.

Smoking Policy:

Smoking is only permitted in the designated smoking area which is behind the amenities block out of view of any of the children.

Pets:

Please leave your pets at home.

Pets and animals are not permitted at the centre at any time.

Committee meetings

Next committee meeting will be held on Wednesday 19th November at the Henderson Road grounds starting at 7pm.
All are welcome.

Coaching:

4.30pm to 5.30pm
Monday & Wednesday

Senior Club Training:

Friday Night 6pm to 7.30pm