

# Jimboomba Athletics Centre



## NEWSLETTER



**Summer 2009/10  
4th September**

### Contacts:

Centre phone number  
**0403917097**

### Centre Manager

Ralph Newton 0431474149

### Secretary

Peta Smith 0414 916109

### Treasurer

Eileen Pickles 5546 9841

### Competitions

Nikky Baker 0413619049

### Dates To Remember

11th October  
Aspley Pentathlon

18th October  
Algester Carnival

1st November QLAA  
Senior carnival  
Junior Pentathlon

### Senior Dates

12th September  
UQ All comers meet

2nd October UQ  
Secondary Schools  
All comers meet

Welcome to our new season of Little Athletics. We have had an increase in registrations already with our move to Friday evening competitions and expect athletes to continue signing on over the next few weeks.

Welcome also to Cr Hajnal Ban who will be starting the first race of the season and our first event under lights this evening. Cr Ban and Logan City Council gave us \$15,000 towards our lighting project which was completed over the winter break. Thank you also to the families led by Scott Sinclair who volunteered hundreds of hours to dig trenches, lay cabling, put up the poles and do all the work associated with such a large project.

Only U6 to U9 athletes are competing this evening. Next week (11<sup>th</sup> September) the programme will be for U10 to U17 athletes only. From Friday 18<sup>th</sup> we will compete as a full centre each week. Competition is available right through the September holidays.

As we only have the younger age group this evening we are short of experienced parent officials. Many parents who take key roles are absent this evening and other committee members are unable to attend this evening as they have children competing at the South Coast Secondary School Regional Championships in the "odd" events which include hammer, pole vault, steeplechase and walks.

**As a result, we really need all parents of returning athletes to step up and take a lead role. Although some of you may not have helped in key positions last year, you will certainly have more experience with Little A's than the parents of children in their first season! We are counting on you!!**

Please ensure that you sign the parent helper sheet or we won't know that you've helped. We keep these sheets so that at the end of the season we know which families are to have the family levy refunded.

As an added incentive, each parent who achieves 15 or more credits for helping throughout the season will go into a draw to receive one of five free athlete registrations for next season. This draw will take place on presentation day.

### **Orientation to Coaching Course**

Ralph will be conducting a free coaching orientation course on Saturday 12<sup>th</sup> September for parents and older athletes interested in becoming assistant coaches. Our centre is committed to providing free coaching to Little Athletics members on Wednesday afternoons from 4:30pm to 5:30pm. However, it is difficult to provide quality coaching if there is a ratio of 30-40 athletes or more per coach!! We would like to hear from some of the parents of athletes who intend to come to training to improve their fitness levels and technique. It is your own children who will benefit!



## **Our Supporters**

Please Support  
Them

### **Greenbank**

#### **Real Estate**

Call: 32001531

### **Cedar Grove**

#### **Roofing**

Call: 55 431009

### **Proactive**

#### **Plumbing**

Call: 1300737093

## **Teviot Downs Community Fair**

We will have a stand promoting Jimboomba Little Athletics and selling raffle tickets at the Teviot Downs Community Fair on Sunday. If anyone is going and can spare half an hour, let us know. Raffle tickets are \$1 each for a sports pack donated by Struddys Sports Jimboomba containing a gear bag, towel, wrist band, water bottle and cap. Thank you to Struddys for their generous donation.

## **Website**

Newsletters (including this one) and other information can be found on our website [www.jac.asn.au](http://www.jac.asn.au). If you haven't visited it yet, please do. The centre year book can be downloaded from there and you will find links to QLAA, Queensland Athletics, Jimboomba Athletics (our club for senior athletes aged from 12 years to Masters) as well as qualifying standards and other information.

## **Committee meetings**

Next committee meeting will be held on Wednesday 16th September at the Henderson Road grounds starting at 7.30pm.

All are welcome.

## **Coaching:**

Wednesday  
4.30pm to 5.30pm