



# Jimboomba Athletics Centre

## Newsletter

Issue: 4

Date: 7 October 2011



Tonight we welcome Cr Hainal Ban who will officially open our 2011-2012 season by firing the gun to start the first race. Cr Ban has been a staunch supporter of our club for a number of years and has helped us fund many of the improvements we have been able to make to the ground. Please make Cr Ban feel welcome!

A reminder that performances from every championship event from now on throughout the season count towards the most improved and age championship point scores, so it is important to always try your best. For the Most Improved point score, athletes gain one point every time they improve their own personal best in each event. For the Age Championship point score, athletes receive the following points: 7 for 1st, 5 for 2nd, 4 for 3rd, 3 for 4th and 2 for all other athletes who complete the event. Athletes receive 1 point for starting an event but not finishing (typically the longer track events) but zero points for not making an attempt. By the end of the season athletes who come every week and compete in every event can record over 300 points. All athletes (with the exception of triallists) should now be competing in full centre uni-

form with registration numbers, age patches and IGA patch attached.

Size 6 and Size 16 polos are in for those who ordered them.

### LAQ Regional Relays

Please keep Sunday 6th November free for the LAQ regional relays carnival. We traditionally send quite a large team to this meet which is one of the highlights of the Little Athletics calendar. This year it will be held at Springwood LAC at the Loganlea Picnic grounds on Loganlea Road. Athletes compete as a team (in both track and field events) against teams from other centres in our region.

The best placed teams in the U9-U17 age groups then progress to the state relay carnival which is held on Saturday 10th December at QSAC.

Entries close in two weeks but it would be helpful if you could indicate your availability

NOW, by completing a nomination slip and leaving it in the nomination box at the canteen.

### Senior Carnival/Junior Pentathlon Sun 30th Oct

This LAQ carnival provides athletes with the opportunity to compete against athletes all over the state on tartan at the SAF (state Athletic Facility) Nathan. Details are on the noticeboard. Nominations close on October 24th.

### Summer Coaching Camp

The 2012 LAQ Coaching Camp will be held at the Maranatha recreation Camp, Yandina, from Mon 9—Thur 12 January. It is open to all athletes in the U7-U15 age groups and caters for all skill levels. Cost is \$315 for boarders and \$235 for day attendees, There is an earlybird discount until 11th Nov. Visit the LAQ website for further details.

### Wednesday afternoon training

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

### Senior Club News

Athletes aged U13 to U17 can register with our senior QA club, Jimboomba Athletics for free. Please advise Steve Fielding-Smith or Ralph Newton if you would like to also compete for the senior club. All QA meets are run on tartan and provide athletes with a high level of competition.

We are entering teams in the QA Junior Team Challenge and require athletes aged 12, 13 and 14 to represent us. This is a competition held over 4 Saturdays in November. Please note—you do not have to attend all four meets. The meets start at 2pm on Saturdays and will be over by 5 or 6pm.

QA is sending out new rego numbers this week.