

WELCOME

Welcome to the start of a new season. With your help we can work together to make this an enjoyable and successful season for all our athletes. Parents are most welcome to assist on the night and your child would love to see you being involved with athletics.

TRIALISTS

Trialists are reminded to register preferably on their second night of trialing to allow them to compete the following week. All trialists are reminded to get their armbands when signing on to allow them to compete. Trial period ends after two weeks

UNIFORMS

All registered athletes should now be competing in uniforms. Please remember that if you are wearing shorts other than club issue they must be plain navy blue with no logo. Athletes may wear skins under their shorts but they must be either black or navy. At QLAA meets the skins cannot extend past the knees.

SPIKES

They are optional for Athletes under 11 - Under 16. Athletes are asked to put them on at the event and to remove them immediately after the event. This is to ensure the safety of all our athletes.

AGE MARSHAL & PARENT HELPERS

Thank-you parents for taking on these roles. If all age groups could have least 4 parent helpers to assist on the night would be great. We also welcome Shaun Flanagan an ex Balmoral athlete who has volunteered to take on the role as Age Marshal for the Under 9 boys. Shaun is currently a Year 12 student at Iona College and we thank him for taking on this role.

BARBEQUE AND CANTEN

They will be operating each week. Again we need volunteers to help run the Barbeque and Canteen. We had some fantastic chefs last week as well as fantastic helpers in the canteen. If you can assist our hungry athletes would be grateful.

SENIOR CARNIVAL/JUNIOR PENTATHLON

Nominations close Wednesday 10th Oct 2007. This is a fun carnival U11-U15. The Pentathlon is only available to U9&U10 age groups. Please refer to your competition handbook for further details. Please email the club secretary@blac.org.au for nomination forms





REGIONAL RELAYS

Track Teams of four and field teams of 2 are required for this competition. Nominations close 24 Oct. Teams qualify for State Titles from the Regions. All athletes are asked to nominate for this major carnival which will be held 10th November. Last year our U9 Girls 4x100m Relay team broke the Queensland record.

A Nomination list will be available for athletes to nominate on 10 Oct. Trials will be held for the Track Teams if more than one team is nominated for each age group.

TRAINING

Training commences Tuesday 9th October 5.30pm - 6.30pm and Sunday 14th October 8am-10am. Training is optional and uniforms are not required.

QLD PRIMARY & SECONDARY SCHOOL CHAMPIONSHIPS

Congratulations to all our athletes who competed at the recent Met East School competition and qualified through to the Queensland State Championships.

It was great to see many of our athletes competing at Met East. Not all qualified for State Titles however they all gave it their best. We also had an athlete who qualified through from Met North. Well done!!!

To our athletes 10, 11 & 12 traveling to Cairns for the Queensland Primary School Track & Field Championships, we wish you all the best of luck. Our senior athletes will contest the Secondary School Championships in Brisbane and we also wish them the best as well.

FROM THE EDITOR

If you would like to have an item or story published in the next edition please submit your article to balmorallittlea@optusnet.com.au



This showed has already aired on Channel Ten. If you would like a copy of the clip please email the editor.

