



## **RULES OF EVENTS**

These have been emailed to all registered families with a current email address over the holiday period. We appreciate as many volunteers as we can get from being Parent Helpers with each age group or assisting at the BBQ and Canteen.

We also need Timekeepers for both straights. A starter is required for Wednesday 10<sup>th</sup> October and Wednesday 17<sup>th</sup> October. If you can assist please see a committee member prior to the start of competition.

## **COMMITTEE MEMBERS**

Committee Members will be wearing red bibs on the night for easy identification. If you have any concerns please see a committee member. Our Centre Manager Lina Fonoti will be wearing a fluoro orange polo shirt for easy identification as well. Lina will be absent Wednesday 10<sup>th</sup> October due to Met East School Team Meeting and will be in Cairns Wednesday 17<sup>th</sup> October at the Queensland Primary School Track & Field Champs. Ross Spina will deputise as Centre Manager during that period.

## **AGE MARSHALLS**

Could you please wear the yellow bibs provided with each age basket? It is easier to find an age group during the night for athletes who might be running late or if a certain age group needs to be contacted by a committee member.

## **SENIOR CARNIVAL/JUNIOR PENTATHLON**

Nominations close this Wednesday 10<sup>th</sup> October. Program and nomination forms have been emailed. Nomination forms will be available on Wednesday night.

## **SPONSORS**

We would like to acknowledge and thank our in house sponsors.

IGA North Carina, Stanley Rd - Provide 10 loaves of bread each week for our BBQ.

Manager Bill Harris

Espresso Mobile Café - Percentage of their sales comes back to the club.

Fiona & Nicola 043 1607760

Please support our sponsors for their continued support over the season.

*(The Coffee van will not be available 10<sup>th</sup> & 17<sup>th</sup> Oct.)*





## COACHES

We have three new coaches coming on board this season, all Level 2 coaches with the Australian Track & Field Coaches Association. In total we have seven Level 2 coaches at the club.

Coming on board this season are:

Sarah Aitken	Jumps
Amanda Poulter	Throws
Atina Currie	Middle Distance & Throws

Addition 2006-7 season	Ross Spina	Sprint, Hurdles & Relays
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Current Senior Coaches	Lina Fonoti	Sprints, Hurdles & Relays
	Eddie Fabian	Throws
	Jeanette Hofman	Jumps

Please note that if a record is broken it must be verified by one of the Senior Coaches.

Please see the Starter or Chief Timekeeper who will contact the Senior Coaches via Walkie Talkies

## MONTHLY PB'S

Each month commencing 10<sup>th</sup> October our Recorder will be keeping track of PB's. (Personal Bests). Achieving a PB on the night is considered an important achievement for the athlete. There will be two awards on offer U6-U11 and U12-U16. The top performer from these two groups will receive a \$10 voucher.

## CLUB CAPTAINS

Our U12 - U15 athletes will be voting for our club captains this week which were selected from our Under 15 athletes. Congratulations to all our U15 athletes who nominated for this position. The following athletes have been successful in making the final four nominations:

- Emily Wilson - (Vice captain 2006-7)
- Jessica Willmott
- Isaac Dunmall - (Vice Captain 2006-7)
- Ben Woods

One Girl & One Boy Captain will be elected. Remaining two will be elected as Vice Captains.





## CONTACT NUMBER

Parents please ensure that the club has a contact number that is available during competition nights. We had an incident where an athlete was injured prior to the Holidays and neither parent could be contacted. For the safety of your child could you please ensure that if you are not available, that an alternative phone number is provided - this can be put in the sign on book.

## TRIALISTS

Please note that under QLAA Rules you are not permitted to compete again after your two trials until you have registered. Registrations can now be done on Tuesday nights from 5.30pm - 6.30pm as well as Uniform Orders. Registrations will no longer be taken on Wednesday nights.

## UPCOMING CARNIVALS

Details and Flyers will be placed on the noticeboard near the canteen.

## REGIONAL RELAYS

Nomination forms will be available next week. Nominations close Wednesday 24<sup>th</sup> October. Track Teams of 4 and Field event entries wanted across age groups U7 - U15.

Fees are paid by the club for this carnival and a Shield is awarded to the club with the highest points. We were narrowly beaten last season in overall points and we would like as many of our athletes to nominate for this carnival and win this shield. The more athletes that enter, the better our percentage rate will be.

## WET WEATHER

If the night is cancelled, a notice will be put on the website [www.blac.org.au](http://www.blac.org.au) by 5pm. Alternatively, if it is cancelled earlier, members will be notified via email: "Competition Postponed" in the subject column. (No need to open email)

## FEEDBACK

Feedback is always welcome and can be emailed to the editor at [balmorallittlea@optusnet.com.au](mailto:balmorallittlea@optusnet.com.au)

