

Issue 3 - 9 December 2016

BBQ Roster

Our canteen/BBQ is our main source of fundraising with all proceeds returning to the centre. Please support it.

Helping out on the BBQ involves setting up, cooking, serving and clean-up.

The following Age Groups are rostered on for the dates below

9 December - U9B and U8G
16 December - U6G and U10B
20 January - families to volunteer
27 January - families to volunteer
3 February - U9G and U7B



Final Meet for the Year

Our final meet for the year will be on Friday, 16 December.

Little Athletics will start back up for the new year on Friday, 20 January 2017.

Family Fun Day

Put this date in your calendar, Sunday 5 February 2017. This is our new date for our postponed Family Fun Day. Hopefully the weather will be kinder to us this time. More information to follow.

How to Help at Little Athletics

Little Athletics is a sport that is heavily reliant on parents and volunteers to assist each week so our great athletes can participate in events successfully!

To ensure our new parents and/or individuals feel confident to help at our Centre, Little Athletics SA have produced a *'How to Help at Little Athletics' Parent Handbook*. The handbook aims to provide basic information about all the events that make up the weekly program at most Centres.

To view the handbook, please click the link below:

[https://assets.imgstg.com/assets/console/document/documents/20160825041452How_to_Help_At_Little_Athletics_\(SA\)_-_Compressed_Version.pdf](https://assets.imgstg.com/assets/console/document/documents/20160825041452How_to_Help_At_Little_Athletics_(SA)_-_Compressed_Version.pdf)

Officiating Course

Level 1 Athletics Officials Course

Anyone who expresses an interest in becoming an athletics Official or wants to improve their knowledge of athletics rules, may complete the Level 1. The course is completed all online and is FREE to do.

The Level 1 is made up of 12 separate courses - Track, Starting, Long Jump, High Jump, Pole Vault, Triple Jump, Hammer Throw, Javelin, Discus, Shot Put, Walks, and Out of Stadia.

To get started on the Level 1 Athletics Officials Course, please [Click Here](#).

Results HQ

Little Athletics Australia have launched a new online results service in place of the traditional achievement book. To log in and view your childrens/childs results you can do the following:

1. Go to resultshq.com.au
2. Click "Forgot Password"
3. Enter the email address you used when registering your children/child
4. Check your email for the password
5. Login using your email address and the supplied password.

Training

Running training over summer will be held at the Mt Barker High School on Monday and Wednesday from 5 pm to 6.15 pm and if you are really keen on Saturday morning at 8am for the Mount Barker Park Run

Training will continue throughout the holidays.

Our Running Coach, David Fryer can be contacted on 0435 123 077

Athletics Holiday Development Clinic - January

Little Athletics SA and Athletics SA are proud to present the:

Dream. Believe. Achieve. Development Clinic



This clinic conducted in the January school holidays is open to all age groups from Under 6 through to Under 18.

The clinic is designed to provide opportunities for skill / technique development in the participants desired athletic track and field events through coaching from some of South Australia's best young coaches.

Our aim is for you to dream, believe, and achieve personal best results.

Under 9 - Under 18

Date: Thursday 12 and Friday 13 January 2017

Time: 9:00am - 1:30pm (each day)

Cost: One Day (Thursday or Friday) - \$50.00
Both Days (Thursday & Friday) - \$90.00

Registrations Close: Wednesday 4 of January 2017 at 11pm

This clinic will involve on Thursday:

- 4 x 45 minute practical sessions (free athletic event choices for all sessions).
- Skill and technique development.
- Quality coaching from some of South Australia's best young coaches.
- Morning & afternoon tea provided.

This clinic will involve on Friday:

- Mini Olympics - competing in a range of athletic events (not all events are offered).
- The official recording of results. Results can be used to go towards qualifying for Little Athletics SA's State Challenge and State Individual Championships. None of the results can be used towards qualifying for Athletics SA events.
- Photo finish to be used.
- Morning & afternoon tea provided.
- Special guest presentation.

Under 6 - Under 8

Date: Wednesday 18 January 2017

Time: 9:00am - 1:30pm

Cost: \$30.00

Registrations Close: Tuesday 11 of January 2017 at 11pm

This clinic will involve:

- 3 x 45 minute practical sessions.
- Learning and skill development of Run, Jump and Throw events.
- Quality coaching from some of South Australia's best young coaches.
- Morning & afternoon tea provided.

State Multi Event Championships

21-22 January 2017



Little Athletics SA and Athletics SA are pleased to announce that the 2017 State Multi Event Championships will once again be a combined event. The Under 9 to Under 13 age groups will participate in a pentathlon event, with the Under 9 and Under 11 athletes competing on the Saturday, and the Under 12 and Under 13 athletes participating on the Sunday. The Under 14 to Under 17 athletes will compete in Hex-/Hept-athlons (depending on age) with events conducted over both days, along with the ASA Open Heptathlon and Decathlons. The Masters pentathlons will be conducted on a single day (to be determined).

Athletes accrue points based on their performances in the individual events, with medals presented to the three highest point scorers in each age group.

Entry is open to athletes in the Under 9 to Under 17 age groups who are registered with Little Athletics SA before Saturday 31 December 2016 and have met the following eligibility requirements:

Qualification Standards

- Athletes in the Under 9 to Under 13 age groups must have bettered or equalled the qualifying standard in at least three of the five events and have recorded a valid performance in the other two events to be conducted for their age group prior to the nomination close date.
- Athletes in the Under 14 to Under 17 age groups must have recorded a valid performance in each of the events to be conducted for their age group prior to the nomination close date.

Age Group	100m	Hurdles	800m	Discus	Shot Put	Long Jump
U9 Boys	18.9	13.9	4:00		3.50	2.70
U9 Girls	18.8	14.1	4:03	9.00		2.56
U10 Boys	17.8	13.8	3:40	10.00		2.98
U10 Girls	17.9	14.3	3:51		4.50	3.04
U11 Boys	16.0	13.2	3:21		5.04	3.40
U11 Girls	17.2	13.9	3:45	10.00		3.10
U12 Boys	16.8	14.2	3:39	14.20		3.20
U12 Girls	18.0	15.0	3:56		4.92	3.00
U13 Boys	16.0	20.0	3:15		5.50	3.60
U13 Girls	16.2	21.0	4:02	11.50		3.20

Competition Standards

- Athletes must have competed in a minimum of 20 events at their registered centre/club between their date of registration and the close of nominations (Note: Performances achieved at a 'Come and Try' session do not count towards eligibility or qualification).

Location: SA Athletics Stadium, Railway Terrace, Mile End.

Entry Fee: \$15.00 per athlete

Nominations Open: Monday 14 November 2016

Nominations Close: Monday 2 January 2017

For more information and Registration please visit

<http://salaa.org.au/Championship-Events/state-multi-event-championships>

Health Partners State Relay Championships

12 February 2017



The Health Partners State Relay Championships is an event open to teams from Little Athletics Centres across South Australia, who compete as part of a team in various Track and Field Relays. As a championship event, the top three placed teams in each event for each age group receive medals.

Entry is open to athletes in the Under 9 to Under 17 age groups who are registered with Little Athletics SA before Saturday 31 December 2016 and have met the following eligibility requirements:

Competition Standards

- Athletes must have competed in a minimum of 20 events at their registered centre/club between their date of registration and the close of nominations (Note:

Performances achieved at a 'Come and Try' session do not count towards eligibility).

Location: SA Athletics Stadium, Railway Terrace, Mile End.

Entry Fee: \$20.00 per team

Nominations Open: Friday 2 December 2016

Nominations Close: Sunday 22 January 2017

To nominate for this event:

If you have met the above criteria and wish to participate in this event, please speak to Paula Hopley, Competitions Coordinator about available positions.

Little Athletics at Murray Bridge

Murray Bridge LAC have invited us to participate with their Little Athletes on the following days: 29 January & 5 February. Their meets are held on Sunday mornings at 9.45am at the Murray Bridge High School, Swanport Road, Murray Bridge.

Murray Bridge athletes will be joining our meets on 20 January and 3 March.

This is a great opportunity to compete against other athletes within our area but also for those wanting to gain some qualifying in events for upcoming SALAA events.

Safety Rules

Chaperones, parents and athletes please follow these simple rules:

- Athletes are expected to display good behaviour and courtesy towards their fellow athletes at all times during the meets;
- Do not cross areas that have been bunted off;
- Athletes waiting for running events - wait on the outside of the circular track or on the cricket pitch side of the straight track;
- Before crossing any running track, make sure a race is not in progress - avoiding a collision with a runner;
- Stand well clear of all starting and finishing lines - give other competitors a fair go;

- At Long Jump only one athlete to jump or be in the pit at any one time. Wait for officials to indicate the next jumper. Stand well clear of all run ups;
- At Discus and Shot Put there is to be only one athlete inside the circle at any one time. Waiting athletes are not to play with the spare shot put or discus;
- At Javelin - JAVELINS ARE EXTREMELY DANGEROUS. No person is allowed in the javelin landing area whilst an athlete is throwing. All javelins to be left stuck in the ground standing up when not in use. The event must always be supervised by an official;
- At High Jump make sure no other person is on any mat during the event. Keep run up area clear of spectators.

Serious Stuff

At Mt Barker & Districts Little Athletics Centre we are governed by the policies of South Australian Little Athletics Association (SALAA). All children must be accompanied at all times by a parent/guardian. Please be aware, under SALAA policy and insurance agreements, Little Athletics is not and can never be, a drop and go sport. At the beginning of each night each child needs to be signed in by a parent or guardian.

Help us raise some money with the help of Health Partners

Help us to raise money for some much needed extensions to our High Jump mats. Our mats need to be a larger size for the safety of our athletes - your children.



Get \$10 for 10 minutes!*

It's easy, simply call Health Partners for a quote to compare your health cover, it only takes 10 minutes

Health Partners will then donate \$10 towards new equipment for our Centre

Don't forget to mention Mt Barker & Districts Little Athletics

*For full terms and conditions, visit <http://www.healthpartners.com.au/Promotions/LittleAthletics>

Call 1300 113 113 and talk to our team

Grants

We have received a grant from the Mt Barker & District Council. This grant will be used to purchase some collapsible hurdles. You will see these in the new year.



MOUNT BARKER
DISTRICT COUNCIL

Age Group Sponsors

Thanks to our sponsors who have agreed to sponsor an Age Group. Please support these where you can.

Under 6

<http://www.harrysyaks.com/>



Under 8

Hills Crane and Transport
Phone Mark on 0400295527

<http://www.hillscraneandtransport.com.au/>



Tiny Tots and Under 11

Step into Life – Mt Barker
Luke Ward - 0407 713 630

<http://www.stepintolife.com.au/locations/australia/SA/mt-barker>



Under 10

Milang Mini Mart
Phone 8537 0801



Under 13

YMCA Adelaide Hills Recreation Centre -
Mount Barker
Phone 8391 0222

<http://www.sa.ymca.org.au/our-centres/adelaide-hills-recreation-centre/>



We have a wide range of facilities and programs to cater for people of all ages and abilities. Health club, indoor and group sports, OSHC and more.

Sponsors

Please support our various sponsors. Without them we could not survive. To view their contact details please visit our website.



Printing kindly done thanks to:



Rebekha Sharkie MP

Federal Member for Mayo

Congratulatory messages • Social services • Justice of the Peace Services

Shop 1, 72 Gawler Street Mount Barker 5251

Ph: 8398 5566 | Fax: 8398 5577

Email: Rebekha.Sharkie.MP@aph.gov.au

Making Mayo Matter