

Issue 5 - 17 February 2017

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

17 February	-	U11G	and	U9B
24 February	-	U8B	and	U10G
3 March	-	U7G	and	U11B
10 March	-	U6B	and	U12+G
17 March	-	U6G	and	U10B
24 March	-	U7B	and	U9G
31 March	-	Presentation Night		



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

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

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.

Little Athletics at Murray Bridge

Hopefully those who have attended Murray Bridge LAC for their meets have enjoyed their time.

Murray Bridge athletes will be joining us for one last meet on the 3 March.

A few Congratulations

Jetstar Athlete of the Month for December.

Jetstar Athlete of the Month Achievement Award





Name: **Georgia Wyatt - Read**
Age Group: **Under 13**
Favourite Event: **High Jump**
Centre: **Mt Barker**

Georgia is a dedicated athlete who excels in the jumping events, particularly the High Jump. This athletics season Georgia won the Country SAPSASA High Jump with an impressive 1.52m and was selected to compete in the Sports Schools Interstate Championships in Sydney.

After returning to Mount Barker LAC this season she has achieved 8 personal best performances for the Long Jump, 100m, Triple Jump, 200mH and the 200m as well as achieving 5 centre best performances in the Long Jump, High Jump, Triple Jump and the 200mH.

Georgia is a quiet high achiever whose hard work and professionalism is resulting in well deserved impressive performances. She is a superb role model for all our little athletes and a deserving winner of athlete of the month.





Multi-Event Championships

Bronze Medal – U12G Amiee Hacquoil



State Track & Field Relay Championships

Bronze Medal –U13G Field Relay

Akerra Chapman & Georgia Wyatt-Read

State Challenge

5 March 2017



This State event provides an opportunity for athletes, who are not participating in the State Individual Championships in three or more events, with a chance to compete. Finals will not be conducted for this event and medals will be provided for each age group based on heat times. Heats will be drawn based on PBs of nominated entries and Field events will be best of three attempts (no final 8).

Location: SA Athletics Stadium, Railway Terrace, Mile End

Entry Fee: \$10.00 per event/Capped at \$30.00

Entry is open to athletes in the Under 9 to Under 15 age groups who are registered with Little Athletics SA before Saturday, 31 December 2016 and have met the following:

Event Specific Rules

- Athletes who have qualified for the State Individual Championships in three or more events are ineligible to enter the State Challenge.
- Athletes cannot enter an event in the State Challenge that they have qualified for in the State Individual Championships, regardless of whether they nominate for that event in the State Individual Championships.

Qualification Standards - 2017 State Challenge Qualifying Standards

- Athletes in the Under 9 to Under 13 age groups must have bettered or equalled the qualifying standard for the nominated event(s) within the specified Qualification Period.
- Athletes in the Under 14 and Under 15 age groups must have recorded a valid performance in the nominated events within the specified Qualification Period.

Eligibility Requirements - Standard rules of competition (pages 44- 45)

- 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

Please note: Performances achieved at a 'Come and Try' session do not count towards eligibility or qualification. An individual discipline may only be counted as one event at a competition (e.g. competing in the 100m twice still only counts as one event.) At most, 7 events may be counted towards an athlete's eligibility total within a week.

To register for this event; Nominations are open via the Members Portal

Nominations Open: Monday 23 January 2017

Nominations Close: Sunday 19 February 2017

More information can be found at <http://salaa.org.au/Championship-Events/state-challenge>

State Individual Championships

17-19 March 2017



The State Individual Championships is the pinnacle event for many athletes. Athletes strive throughout the season to qualify to compete at these Championships. All individual events are held for each age group, with the top three achievers awarded medals.

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

Entry Fee: \$10.00 per event/Capped at \$30.00

Entry is open to athletes in the Under 9 to Under 17 age groups who are registered with Little Athletics SA before Saturday, 3 December 2016 and have met the following:

Qualification Standards – 2017 State Individual Championship Qualifying Standards

- Athletes in the Under 9 to Under 15 age groups must have bettered or equalled the qualifying standard for the nominated events on two occasions within the specified Qualification Period
- Athletes in the Under 16 and Under 17 age group must have recorded a valid performance in the nominated events within the Qualification Period.

Eligibility Requirements - Standard rules of competition (pages 46 - 48)

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

To register for this event: Nominations are open via the Members Portal

Nominations Open: Monday 23 January 2017

Nominations Close: Sunday 19 February 2017

More information can be found at <http://salaa.org.au/Championship-Events/state-individual-championships>

2017 State Team Information Booklet- U13 & U15 Athletes

The Australian Little Athletics Championships (ALAC) is a two-day competition that incorporates the Australian Teams Championship (ATC) for U13 athletes and the Australian Multi-Event Championship (MEC) for U15 athletes.

Each year, Little Athletics SA select a team to compete at this national event. An information booklet, has been created to provide eligible members with a reference guide to gain a greater understanding and clarify any questions they have in relation to the State Team process.

To download the State Team Information Booklet, or for more information about the Australian Little Athletics Championships, please visit our website:

www.salaa.org.au/Athletes/Australian-Little-Athletic-Championship-State-Team

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](#).

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

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Making Mayo Matter