



# The Quakers Hill Runner

[www.qhllac.com](http://www.qhllac.com) or [info@qhllac.com](mailto:info@qhllac.com) or Ph-0405 700 210

Issue 1 – November 2009

*"What counts in sports is not the victory, but the magnificence of the struggle"*

## A Word From The President

### Word from the President-

Welcome to all athletes and parents, it's good to see new and returning families and I hope you all have an enjoyable season. It's pleasing to see parents following their athletes, cheering them on and helping out in any way they can. I am also aware of the challenges Little Athletics places on athletes, parents and officials. To see athletes trying so hard to throw a discus correctly, run those hurdles, lift their bodies over a high jump bar and run seemingly hundreds of laps around the circle track; that is the challenge of athletics that we thrive on and improvement will follow throughout the season as you keep trying hard. The same challenges confront the parents; can you be an Age manager, helper, measure a distance, time a race, start a race, and what exactly are the rules of an event? As for myself, this is my first year as president; I too have a new challenge, and my inspiration comes from the athletes, the families, the officials and committee, who have all chosen to be challenged, and I look forward to working with you as we continue to evolve as a club.

**REED Construction** is our major sponsor for the 3<sup>rd</sup> year running. This sponsorship provides the club with new equipment and a focus on developing athletes through training so they can achieve personal bests (PB's). REED Construction is building a better athlete at QHLAC, thank you REED's. REED's sponsorship has been a huge benefit for our club, with new softer high jump mats and a mower so we can keep our field perfect for our athletes in addition to other equipment and supporting our training program. Please let them know we appreciate their support, immensely.

I also acknowledge our long term sponsor **Blacktown RSL** whose support over the last 5 years enables the club to address the immediate and future equipment requirements. Become a member, enjoy the great value meal at the restaurant, but mostly support our supporting club Blacktown RSL.

**The Athletes Foot at Rouse Hill** offer 5% of all sales to Quakers Hill Little Athletics through the members club so make sure you enrol, my family has always enjoyed a very professional service. Remember they guarantee their shoes, the school shoes are great.

I welcome the new committee for the 2009 / 2010 season; I thank their input at meetings and at setup, takedown and running of events, and the current committee is listed on our website. We are always in need of help and new committee members, and this season we have been fortunate to welcome new members. "Yvette Smith - Officer for Age Managers".

## A Word From The President (cont.)

"Andrew Davis - Officer for Equipment and Grounds", "Vince Di Fabrizio - Officer for Sponsorship", "Belinda Davis - Officer for Uniforms", "Ameya Avasare and Daniel Bergamin - General committee". Can you assist?

We currently have two Qualified Officials for events being Peta Turner and Luke Gemmell, who are there to help if you need advice on events. Peta and Luke attended a weekend training course followed by a written exam and then had to participate in events at zone / region and be judged by an official to have complied with the event rules to enable accreditation as an official for an event. They are doing a great service for our athletes and club, and QHLAC will now for the first time oversee the running of a long jump pit at Zone thanks to their work.

We are a club run on volunteers, with Age groups being self sufficient and always in need of parents to assist. We are running an age manager and assistants workshop on the 8<sup>th</sup> November where we will run through all events from an officiating aspect, followed by a sausage sizzle and then a few laps of the park to work it off! Our coaching staff has been depleted with the loss of two level 1 coaches, but thankfully we now have Angela, Vince, Kylie and Kellie as coaching instructors. Their enduring efforts on a cold Sunday in September in which anyone not wearing multiple layers of clothing froze were a credit to the club, and they are now qualified and available to help athletes at training, and give all old coaches some new tips. Congratulations from all of us.

Committee meetings are open to all members, come along and have your say in the way our club is run, if you have a specific issue please advise in writing one of our committee or email our website so we can make it an agenda item. Our meetings are on the first Wednesday of every month at the Quakers Hill Tavern in the lounge area starting at 7:15pm.

Be sure to logon to our website (found at [www.qhllac.com](http://www.qhllac.com)) every now and then to keep up to date with what's happening at the club, and finally, best wishes to everyone as we kick off our 09/10 season!

Lorenzo Bergamin, Club President

I look forward to the rest of the season.

# Special Mentions

A big thanks is extended to our new helpers **Aaron and Caitlin**. Both have been helping our committee with step up, pack up as well as Starters duties from the start of the season. This volunteer help is much appreciated and it will be great to have both Aaron and Caitlin become permanent members of our committee.

A special mention is extended to all athletes and other family members who are currently involved in their HSC exams. Good luck with your future goals and best wishes to you all!

## Age Managers Report

**(For more information, see Yvette Smith)**

Welcome to all new and returning age managers and assistants. Thank you for stepping forward for the benefit of the children and Quakers Hill Little Athletics Centre. I am sure you will all enjoy this season and look forward to any suggestions or assistance you are able to offer towards a successful Centre.

An Age Managers and Assistants Induction Workshop has been organised to introduce and explain key Officiating aspects of the rules and skills associated with each program event. To assist with this, representatives from the Centre will be in attendance that has knowledge in all of the events offered on Friday running nights.

**Sunday 8th November** is the day set for this workshop. We will begin at 9:00am at **Wright Reserve** and we envisage finishing around 2.00pm. Refreshments and Lunch will be supplied on the day.

I encourage those of you that are able to attend as this will be most beneficial to the running of your Friday night program and will assist with your understanding of different events and also the way in which the Centre expects the night to run.

Please advise your attendance Friday 6th November to myself to assist with catering Age Managers - If you would like to contribute to this newsletter please see Yvette Smith.

## Championship Officers Report

**(See Luke Gemmell for more information)**

**LAANSW Annual State Relay Championships-**  
**When-** Saturday and Sunday 28th and 29th November at Sydney Olympics Park Athletic Centre

**Annual Zone Championships -**  
**When-** Saturday and Sunday the 30<sup>th</sup> and 31<sup>st</sup> January 2010. (There will also be some events held on Wednesday 27<sup>th</sup> January).

Entry forms will be available in coming weeks. Please discuss and enter all details with your Age Manager in the first instance.

**Other Centres - Gala Days and Multi Events-**

- Hills Xmas Gala Day- Saturday 12<sup>th</sup> December at Whaling Reserve, Baulkham Hills. (All ages).
- Nepean LAC (Warren Mosman Shield)- Sunday 15<sup>th</sup> Nov at Blair Oval St Mary's (All ages)
- St George Basin Country Club Dragon Derby - 8<sup>th</sup> November
- Liverpool City LAC Gala Day - 25<sup>th</sup> October
- Edgeworth Challenge - Sunday 1<sup>st</sup> November
- **Trans Tasman Challenge- for U-11 and 12 year athletes-** Jan 2010 in New Zealand. Brochures and a tour itinerary are available.

## Training Nights -

Held on Tuesday and Thursday nights from 6:30 to 7:30 pm at Wright Reserve. Available for all athletes (and parents) from U-6 through to seniors. Please check our website for more information. Please also remember that attendance to training will be recognized and rewarded. It's a very simple system, the more you attend the greater the rewards. For example our first milestone is for 5 attendances to training where you will receive a Quakers Hill water bottle. Other attendance milestones will be recognized and rewarded after 10, 15 and 20 attendances. More information will be forthcoming.

Events covered during training nights include;

Running, throwing and jumping

## Fundraising Activities:

Our continued sponsorship with REED has enabled our Centre to purchase new equipment once again this season; this includes:

- New Tiny Tots equipment including foam blocks, items for throwing events, and other skill and fun based equipment for games.
- New sets of shot put and discuss.
- New training equipment
- New high jump equipment
- New Javelin

## Sponsors Corner-

### REED CONSTRUCTIONS



### BLACKTOWN RSL CLUB-



# Behavioral Guidelines

## Behavioural Guidelines-

Please remember the Little Athletics Association has a code of conduct. It is expected that all members will understand and adhere to this code- and associated behavioural guidelines- during any Athletics Events hosted by our Centre or during any other carnivals. The code will be made available in Age Managers folders and via our web site. It is also available in the Handbook which you would have received in your registration pack.

## Our Points and Awards System -

During our Friday running nights we have a computer based points system which is used to determine the actual major age group award winners at the end of the season; In general;

- 1 point is awarded to all athletes who attend on a running night.
- Points are awarded for the top 10 finishes in each event - 1<sup>st</sup> place receives 10 points and 2<sup>nd</sup> place 9 and so on down to 10th place (1 point).

The most improved award points are allocated by improving on your personal best results for each event.

Lastly, the Quakers Hill centre is always on the look out for new volunteers to join our committee. Positions currently vacant include-

- Vice President
- Officer for Fundraising
- Officer for Championships
- Ground Maintenance Crews

If you are interested in helping out please see Luke Gemmell (Secretary).

## Fundraising Activities:

We will begin a regular Friday night meat raffle from Friday 23<sup>rd</sup> October - tickets will be on sale at the Age Managers desk.