



Quakers Hill Little Athletics Centre.

Newsletter

2nd Edition 2009/2010 Season

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Word from the President-

BIG thanks to all the Committee, Age managers, Assistants and parent helpers for their hard work in getting the season underway. We are now approaching the Christmas break so please read all the notices in this newsletter to be up to date with what is happening at your club. Athlete attendance at running nights and training have been above average and the weather has been kind, reminding all we do have a short break at Christmas so we can all relax and look forward to a strong finish.

Blacktown RSL have once again provided much needed funding for the 2009/10 season, please support our local RSL.

The Bombers AFL club continue to run our Canteen Operations. Thanks to David and Michelle Elliott for the well stocked canteen and the professional approach of their team. I encourage you all to keep refreshed, have a treat and enjoy Dave's BBQ delights.

The QHLAC website is always being updated with important information, so please take some time to have a look at the latest news items.

Lastly, the Quakers Hill centre is always on the look out for new volunteers to join our committee. If you are interested in helping out please see either myself or Luke Gemmell (Secretary).

I am looking forward to the rest of the season.

Important Centre News and Dates -

The 11th of December will be our last running night before our Christmas break. On this night we will be holding our traditional ribbon night that will include a visit from Santa (who will have some goodies for the kids), so we hope that everyone can attend. Each age group will have 3 designated ribbon events – each child will receive at least one ribbon.

After we return on the 8th January, we will have 3 running nights before the 2009/10 Zone Championships on the weekend of 30th & 31st January at AH Whaling Reserve. I encourage all athletes to compete as it your chance to run against the local clubs in our area, with the aim of the carnival being to do your best. For further information

about the Zone please speak to Luke Gemmell, our Championship Officer, or any other member of the committee.

Championship Officer –

Please see Luke Gemmell for more information on any of these events.

Annual Zone Championships -

When- Saturday and Sunday the 30th and 31st January 2010. (There will also be some events held on Wednesday 27th January).

Where – W.H. Whaling Reserve - Roxborough Park Rd. Baulkham Hills.

Entry details are available through your Age Manager. Please submit all event entries by **no later than the 11th December 2009**.

There is a limit of 4 events per athlete (and 5 athletes per event per age group). Note – Seniors (13 to 17 years) may enter up to 6 events.

Please also keep an eye on our web site for the full Zone Program and events details. This will help you to plan your weekend and not miss any events.

Other Centres - Gala Days

Dubbo New Year ‘Open’ Athletics Carnival – 9th and 10th January 2010. Barden Park – Gipps St Dubbo. U6 through to U/20s and Seniors – see our web site for more information.

Treasurers Financial Report – by Scott Douglas

We are now half way through our competition and financial year at Quakers Hill and I can report to our members we are tracking to our budget that was planned in April 2009. With our registrations running at almost four hundred athletes and with the generous support of sponsors the REED Group and Blacktown RSL plus through the fund raising activities we have been able to make our planned equipment purchases this year, this includes training equipment, tiny tots play equipment , a club digital camera record our athletes and helpers in action.

For the first time we have allowed in our budget for encouraging our athletes to attend our regular training sessions. This includes the purchase of Quakers Hill Little Athletics drink bottles and caps which are awarded athletes who regularly attend our training sessions. We have also hired a Level 4 coach for a number of training sessions to help the kids prepare for the upcoming zone, regional and state carnivals.

Quakers Hill Little Athletics Centre has prided itself on being able to provide our athletes and volunteers with new and well maintained equipment and facilities whilst maintaining a healthy financial state of our club, we are on track again to achieve this in 2009/2010.

Fundraising Activities

Our weekly meat raffle has been a big success. A big thanks must go out to all parents and members who have contributed to this major centre fundraising activity. The money raised from this raffle has enabled our centre to purchase a new digital camera which will be put to good use for the remainder of the season. And just a reminder that tickets are available at the Age Managers desk on Friday running nights - \$1 per ticket of 6 for \$5.

Training Nights -

Are held most Tuesday and Thursday nights from 6:30 to 7:30 pm. Available for all athletes (and parents) from U-6 through to seniors. Please check our website for an updated program. **For Skills, Fitness and Fun.**

We have been providing advanced training over the past 2 weeks in preparation for the Zone Championships. Our centre has hired the services of an advanced athletics coach for this purpose. ‘Coach Kevin’ will be available on a Tuesday night from 6:30 pm for at least 2 specialist sessions. This will continue in the lead up to the Zone Championships - so please make good use of this ‘FREE’ coaching service.

Don’t forget we currently have a reward system for attendance to training. In coming weeks we will have our next tier of rewards available for those athletes who have made 10 and 15 appearances during the season. Our 1st milestone (for 5 appearances has been rewarded with the distribution of Quakers Hill LAC water bottles.

Sponsors Corner-

REED CONSTRUCTIONS-



BLACKTOWN RSL CLUB-

Blacktown RSL club is a long term sponsor of our Centre and we are pleased to have them on board for another season.



Regards
Luke Gemmell
Secretary
On behalf of the QHLAC Committee.