



## **Quakers Hill Little Athletics Centre.**

### **Newsletter**

### **1<sup>st</sup> Edition 2006/2007 Season**

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### **Word From The President-**

Welcome all new and returning Athletes to the 2006 / 07 Athletics Season. Our club now has its largest registration numbers for many years with 432 registered athletes. I would also like to mention that our Canteen arrangements are courtesy of the Bombers AFL club. Thanks very much for all the help that the Bombers are providing. A special mention must go to David Elliott for the well stocked canteen and the professional approach of the volunteers.

Big thanks to all the Age Managers and parent assistants who regularly step forward to take control and chaperone the athletes in your group. Without your guidance and support the Friday running nights would not be a much fun as what they have been. Let's continue to do our best for the future development of our Kids.

Please be sure to check the content of your Age Group Folders for updated information each week. It is important for this information to get out to Athletes and parents alike.

A reminder that the QHLAC website is always being updated with important information. Please take some time to check it out.

The Quakers Hill club is always on the look out for new volunteers to join our committee. If you are interested in helping out please see the Secretary – Luke Gemmell. We are especially interested in more help during start up and pack up time. We also have some key committee positions which are vacant.

### **The Blacktown City LGA Trophy**

A special thanks to all the Athletes and parents who took part in the Inaugural Blacktown LGA Gala Day. The Quakers Hill club were represented in most age groups for the 4x 100 meter relay. This event was to celebrate the opening of the new Athletics Grandstand at Blacktown Olympic Park.

We had some great performances on the day and I'm sure you will all agree that this was a fantastic day that will become an annual event.

## **Ribbon Night and Christmas Holiday Break**

Our annual Ribbon Night will be held on the last running night before Christmas (15<sup>th</sup> December). Santa will also be dropping in to visit and will have some goodies to hand out to the Athletes.

The Quakers Hill centre will then be taking a 3 week break over Christmas and New Year before **resuming on Friday 12<sup>th</sup> January.**

## **Championship Officer –**

**The Zone Championships - It is that time of the year again where we start thinking about entering the Zone Carnival at the end of January.**

For many years this Carnival has been dominated by The Hills and Winston Hills clubs but with the increase in registrations within the Zone and of course the Quakers Hill Centre, it would be great to see more athletes from our club having a go.

The Zone Carnival is the first step in the competition campaign aiming to reach the elite level at State, however, our Zone Carnival is more like an athletics picnic day. The Carnival is held in the pleasant surrounds of W.H. Whaling Reserve in Roxborough Park Rd Baulkham Hills. It is spread over four days to make it less onerous on the athletes, however, you are welcome to come for one or two days if that's all the time you can spare and its FREE of any entry fees.

Athletics is about having FUN with your mates and making new Friends while at the same time Learning New Skills such as how to compete in real competitions and Doing Your Best (P.B.s) regardless of where you finish. The Zone Carnival is a great place to make it all happen so make yourself available for selection and do yourself and your Club proud.

This season Pack Starts, Walks and Javelin will be held in the evening of Wednesday the 24.01.07 with the remaining events held over Saturday & Sunday the 27.01.07 & 28.01.07 except for the 3000M which is held on Wednesday 31.01.07.

**So make time to be there and get onto your Age Manager or our Championships Officer - Jodie Gemmell - to find out the details of how you can represent your club and to be your best on the last weekend in January.**

**BE FAST BECAUSE ENTRIES CLOSE ON 15th December 2006.**

## **Best Performance Results for the Season to date-**

These will be made available for most age groups in your Age Managers Folder. Please ask your Age Manager for details.

## **Equipment Officer Report –**

The club has purchased new equipment for the tiny tots along with new discuss and shot putt. I have noticed this equipment being put to good use and I'm sure the Tiny Tots are having a lot of fun. Our hurdles were repaired and refurbished at the start of the season. These now operate smoothly and will provide many more years of problem free use.

**Future equipment –**

We will be introducing a new multi lane master timing system for the straight track. This will help to provide more accurate results and speed up the sprint events program. All good news for the athletes (and parents) as there will be more time spent competing and less time standing round waiting.

We are also in the process of assessing our requirements for new high jump mats. These would be progressively introduced next season. Other items to be assessed will be our Hurdles and high jump mats storage and transport facilities.

**General Financial information –**

Our treasurer reports that the club is in a healthy financial position.

Sponsorship - Blacktown RSL is on board again this season as our major sponsor. We would like to thank Blacktown RSL for their generous support.

**Training Nights -**

Are held most Wednesday nights form 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.**

After the Christmas Break training will be for those Athletes taking part in the Zone Carnival only. Training for all athletes will resume after the Zone Carnival.

**Presentation Day -**

Our End of year presentation day has been set for ~~Sunday 1<sup>st</sup> April 2007~~ (Now changed to **Sunday 25th March 2007**)– in the Auditorium of Blacktown RSL.

**Merry Christmas and a Safe a Happy New Year to all.**

Regards  
Luke Gemmell  
Secretary  
On behalf of the entire QHLAC Committee.