



**Quakers Hill Little Athletics Centre.
Newsletter
3rd Edition 2009/2010 Season**

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Word from the President-

Well done to all Athletes who competed in the recent Zone Championships at A.H. Whaling reserve. It was great to see so many of our Athletes take part in what was one of our most successful attendances from our centre for many years.

And it was also great to see that 28 of our Athletes have progressed to the Regional Championships at Narrabeen on the weekend of the 27th and 28th February. (Please see below for more details)

And a big thanks must go to all parents and committee members who helped with the tasks that had been allocated to our Centre. Without your help the Zone Championships would not have run as smoothly and efficiently as it did.



The QHLAC website is regularly 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).

As our current season gets closer to the end I would like to thank you all for a very successful and enjoyable time.

See you all next season.

Regards - Lorenzo Bergamin

Important Centre News and Dates –

Our Presentation day: will be held on Sunday the 28th March at Blacktown RSL –

Doors will open at 2:30 pm. Food and drinks will be available for purchase.

Our last running night for the season is Friday the 5th March – this is a non competitive fun night (no results recorded) where we encourage parents and athletes to take part in all events. So please don't miss out on the Fun!

Championship Officer – (see Luke Gemmell)

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

Annual Regional Championships -

When- Saturday and Sunday the 27th and 28th

February 2010.

Where – Sydney Academy of Sport – Wakehurst Parkway Belrose (Near Narrabeen)

Please look out for the Quakers Hill (Red) Shelter. We encourage all Athletes and parents to stay together during the championships in true team spirit. This will provide a support base where drinks and event information will be available.

Note – There will be a \$3 dollar gate fee per parent per day into the championships.

Please see our web site for the full list of Quakers Hill Regional Qualifiers.

WWW.QHLAC

Other Centres - Gala Days –

Cabra-Vale Diggers/Fairfield Athletics- End of Season Gala Day

When – Sunday 14th March 2010

Where – Makepeace Oval- Vine St Fairfield.

Ages – Tiny Tots to U/17s

Entry fee- \$10

Age Managers News- (See Yvette Smith)

We will be asking Age Managers to choose some important end of season Age Group awards in the next 2 weeks: These are;

- Encouragement Award
- Spirit of Little As Award

More information – and nomination forms- will be found in your Age Group folders

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.**

Note - Our last training night for the season will be Thursday 25th February.

Don't forget we currently have a reward system for attendance to training. We have our next tier of rewards currently available for those athletes who have made 10 (**Quakers Hill Sun Cap**) and 15 (**Quakers Hill Sports Bag**) appearances during the season. Our 1st milestone (for 5 appearances has been rewarded with the distribution of Quakers Hill LAC water bottles.

A special award will be made at our Presentation Day to those athletes who have attended training at least 20 times during the season.

Treasurers Report – Scott Douglas

Our financial position continues to be strong coming to the end of the season. We have been able to support and encourage our athletes this year by providing specialised coaching and rewards for attending training sessions. This has been possible through the support of our sponsors and by the meat raffles on Friday nights.

Sponsors Corner-

REED CONSTRUCTIONS-



REED is the strength behind our club's success.

BLACKTOWN RSL CLUB-



Regards
Luke Gemmell
Secretary
On behalf of the QHLAC Committee.