



The Quakers Hill Runner

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Issue 2 – November 2008

" To succeed...You need to find something to hold on to, something to motivate you, something to inspire you."

A Word From The President

We are now well and truly into the season and before we know it Christmas will be upon us. On our last running night (12 December) before our Christmas break 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.

After we return on the 9th January, we will have 3 running nights before the 2008/09 Zone Championships on the weekend of 31st January and 1st February 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 Jan Sparks, our Championship Officer, or any other member of the committee.

We would like to thank Blacktown RSL for their continued sponsorship of our Centre. They have once again provided much needed funding for the 2008/09 season

I would like to thank all the members of my committee for their hard work in getting the season underway and for looking after the general organisation of the centre. Also I would like to thank all the parents who have helped out and taken on the role of an age manager, without an age manager a group wouldn't be able to run. Lastly, thank you to all the other parents who helped out with the running of your age groups, the more assistance we get the better everything runs for everyone. For those parents who haven't had the opportunity to help out, I encourage you all to assist in some small way, as any help is appreciated.

Also special thanks must be extended to the Bombers AFL club for their continued support of our Canteen Operations. Thanks to David Elliott for the well stocked canteen and the professional approach of his team. I encourage you to all support them as much as possible on each running night.

A reminder that the QHLAC website is always being updated with important information, so please take some time to have a look at.

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

I look forward to the rest of the season.

Age Managers Report

(See Jan Sparks for more information) -

- Parents / Guardians are requested to be present at the ground on training nights and also Friday running nights. Children are not to be left unattended. It is not the Age Managers responsibility to be the legal guardian of your children. The age manager will lead your group between the events in a safe manner and offer guidance on the night. Our Club is not a child minding facility. Continuous breach of this situation may result in action being taken by the committee.
- All Athletes must purchase and wear an Official centre Uniform during Friday running nights. Also your registration number must be displayed in the correct location on the front of your uniform. Uniforms are available for purchase each Friday from 6:00 to 6:30 pm.
- Parents are requested to offer help during Friday running nights. You age manager can not perform all required duties on their own. The more parents help out, the more efficient your Age Group will function. Some tasks include; Measuring throws and Long jumps, raking the long jump pit, helping with the High Jump bar for height adjustments and recording all performance measurements and times in the results sheets.

Fund Raising

Please support our weekly meat raffle. Tickets are only \$1 each and available in front of the amenities building on Friday nights. All profits go towards the clubs ongoing operations.

If you would like to contribute some ideas to help our Centre raise additional funds please see;

Doug Sparks - Vice President

Scott Douglas - Sponsorship Officer.

We are always on the lookout for new initiatives and helpers

Sponsors Corner-

REED CONSTRUCTIONS



THE ATHLETES FOOT

Located in the Rousehill Town Centre.

5% of all sales from QHLAC members are returned to our club to assist the athletes. So when making a purchase please let the sales staff know you are a member of QHLAC.

Welcome back - BLACKTOWN RSL CLUB.

Training Nights -

Are held on Tuesday & Thursday nights from 6:30 to 7:30 pm and Wednesday (long jump only - from 4:30pm) at Wright Reserve. Available for all athletes (and parents) from U-6 through to seniors. Please check our website for more information. This year will see more event specific training for those Athletes wishing to concentrate on developing skills in preparation for the Zone Championships. Events covered during training nights include;

- Running - including middle distance
- Hurdles
- Sprinting
- Long and Triple Jump
- High Jump
- Throwing Events - include Discuss & Shot
- Fitness And Fun.

Championship Officer Report

(See Jan Sparks or Luke Gemmell for more information)

Annual Zone Championships -

When- Saturday and Sunday the 31st January and 1st February 2009. (There will also be some events held on Wednesday 28th January).

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

All entries are required by no later than the 5th December 2008. There is a limit of 4 events per athlete (and 5 athletes per event per age group). Your age manager has all the details and entry forms. Please discuss and enter all details with your Age Manager in the first instance.

Other Centres - Gala Days

Dubbo New Year Open Athletics Carnival – 3rd & 4th January 2009. Barden Park – Gipps St Dubbo. U6 through to U/20s and Seniors.

Special Achievement

We would like to congratulate Tayla Deverell for being the first athlete from the Quakers Hill Club to make it into the Trans Tasman Championships that will be held in January, Tayla has made it in for 4 events. WELL DONE TAYLA!!!

On another note, a group of athletes from our club attended the Werrington Athletics carnial last Sunday and brought home with them a bag of medals.

Equipment/Financial Officer Reports

We have purchased new electronic starter guns for training nights. This will help our efforts to provide a professional approach during training nights. Our club is in a healthy financial situation.