



# The Quakers Hill Runner

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Issue 1 – October 2008

## A Word From The President

Welcome back to all new and returning athletes and parents for the 2008/09 season, its good to see so many familiar faces plus all the new families who have signed up for Little Athletics for the first time. I hope you all have an enjoyable season.

We have registered over 450 athletes for the season. This is a significant increase in numbers from last year and is most likely a Centre Record. All of the hard work by our committee in the off season with School Visit Programs and advertising, on top of the Olympic Games, has had a positive effect and will guarantee another big and successful season ahead.

I would like to welcome back our Key Platinum sponsor for the 2<sup>nd</sup> season, REED Constructions. Due to their continued generosity we have been able to purchase a Ride on Mower and new Tiny Tots equipment. We look forward to a continued relationship with Reed Constructions - see our - 'Sponsors Corner'.

I would like to thank those parents who have stepped up to help as Age Managers or as officials. It has been particularly pleasing to see a number of the new parents who have undertaken some of these roles. The more parental assistance the better the club will run every Friday night. Therefore more assistance is always welcome, either to help on a Friday night or you may be interested in undertaking a role on our committee. Fresh faces are always welcome. If you are interested in helping out please see either myself or Luke Gemmell.

I would also like to acknowledge the work undertaken by Blacktown Council in the off season on the upgrading of the Wright Park Reserve playing surface. I am sure that you would all agree that this is a significant improvement from the surface we have been running on for the last few seasons. The upgrading of the surface was one of the major reasons for the purchase of the new Ride on Mower as this will allow us to prepare the best possible running surface for use each Friday night.

Lastly, reminders that the QHLAC website is always being updated with important information so please take the time to check it out.

I hope you all have an enjoyable season and that everyone strives to do their best all year.

Steve Butcher

## Age Managers Report

(See Jan Sparks for more information) -

Firstly welcome to you all and 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 Officials Course was held at Kings Langley Little As Centre on Sunday 12<sup>th</sup> October. This was attended by four committee members from Quakers Hill Centre. The theory and skills acquired from this course will help to maintain a high level of Officiating and judging during Friday competition nights.

### U/8 Girls

The 2008/2009 Season has commenced with a total of 22 Girls registered most returning from last years Under 7 Group, I would like to Welcome those families who join us for the first time and hope you and your Girls enjoy your time at Q.H.L.A.C.

Since last year many of the girls have grown in size, this is evident with the closer competition we are noticing between them with certain events on the first few Friday Nights so far; it is very encouraging for our Group Representation at the Zone and Regional Carnivals early next year.

I would like to encourage parents to bring your Girls to Wrights Reserve 6.30pm on Tuesday or Thursday Nights if needing extra specialised technique Training.

Last but not least I would like to thank all those parents who have assisted with the running of events, the group is now very organized and a pleasure to be part of each Friday night.

Regards with Running  
Ray Berwick

## Sponsors Corner-

### REED CONSTRUCTIONS

Your Centre has secured a sponsorship deal with Reed Constructions for a 2<sup>nd</sup> consecutive season. The Quakers Hill Centre looks forward to an active and beneficial partnership with REED for many years to come.

This sponsorship has enabled our centre to purchase a Ride on Mower to keep our track facilities in top condition and also a new set of Tiny Tots mats, which include steps and waves.



### 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.**

### Training Nights -

Are held on Tuesday, Wednesday (long jump only) & 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. 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 Discus & Shot
- Fitness And Fun.

## Championships Officer Report

(See Luke Gemmell for more information)

Blacktown Council Relay Challenge Day - Saturday 8<sup>th</sup> November.

LAANSW State Relay Championships - Saturday 22 Nov (U8-U11) and Sunday 23 Nov (U12-U17) at Sydney Olympic Park

Other Centres - Gala Days and Multi Events-

- Hills Gala Day- Saturday 13<sup>th</sup> Dec. at Whaling Reserve, Baulkham Hills. (All ages).
- Nepean LAC- Sunday Nov at Blair Oval St Mary's (All ages)
- Doonside - 18<sup>th</sup> October - Charlie Bali Reserve.
- Liverpool City Gala Day - 26<sup>th</sup> October - Dwyer Oval Warwick Farm - (all ages)
- St George Dragon Derby - TBA

Trans Tasman Trials - 2<sup>nd</sup> November. Brochures and application forms are available.

LAANSW Coaching Camps - including the tradition Christmas Camp held at Kurrajong - Dec 2008.

## Equipment Officer Report

The new Tiny Tots play mats have proven a real popular part of the 'Games Circuit' for our young up and coming athletes. This includes steps, an elevated balancing bridge, a wave and jump mat. This all helps to promote the basic Little Athletics Skills, especially jumping, fitness and fun.

Our new ride on mower will mean our Athletes will no longer need to run through knee deep grass! This will help to promote faster times and more personnel bests (PBs)

- We have also purchased some new discus and shot Put (in the correct weights) for the new U 17 boys age group

## General Financial Information

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