

# ON TRACK



Newsletter of The Corroboree (North Canberra) Little Athletics Centre

November 2011

## Welcome to the 2011 season – events to look out for

It is great to see so many athletes from last year back on track again this season, and welcome to all of our new athletes and families! We are off to an impressive start to the season, and we hope that all our athletes are ready for the action ahead. As well as meets every Saturday at Corroboree, the ACT Little Athletics Association holds events for registered athletes (generally under 8 and above) at the Australian Institute of Sport. The first of these meets is the **Multi-Event Carnival** on Sunday, 13 November where U8 and U9 athletes participate in four events for their age group and those in U10 and above compete in five events. These carnivals present our athletes with a terrific opportunity to compete at a world class track and field facility. They are also a lot of fun. See your age coordinator for further information and to sign up. **Entries close this Sunday** and no late entries are accepted.

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### Fill in your achievement books

Athletes: don't forget to keep those performance tickets and stick them in your achievement books. This is a great marker of how well you are doing.

Once you have improved your performance more than twice, hand your book in at the Committee Table to receive a performance ribbon. The information booklet provides further information about how and when ribbons are awarded.

### Athletes' safety

As the warmer months approach, it is important that all athletes have adequate sun protection and bring a bottle of water to the meets. It is also important that athletes attend the warm-up session before competing. This will ensure their muscles are suitably warmed

by the time they commence their first event. Please also make sure your children keep their shoes on. An athlete will not be permitted to participate in an event if they are not wearing suitable footwear.

As a matter of safety (and condition of your registration), **please don't leave your child during the meets**. If for some reason you are unable to stay for the whole meet, please ensure another person is responsible for your child.

### Parental involvement

We also rely on parents and carers to run our weekly BBQ. This is one of our greatest income sources, so please remember to check your age group's turn at the BBQ and set up/pack up. Check your information booklet for your age group's allotted week.

## What happens when it rains?

If a meet is cancelled due to poor weather, an announcement will be broadcast on ABC 666 after 7 am, and posted on the Corroboree website by 8 am ([www.corroboreela.com](http://www.corroboreela.com)).

Each Little Athletics club makes its own decisions about cancellations, so if there is no announcement regarding Corroboree, you can assume the meet is on. If the weather is dubious, but the meet held (as it was last Saturday), the website will provide relevant information about the meet going ahead.

### Life member: John Hunt

Our very own Head Coach, John Hunt, whose association with Little Athletics reaches back almost 25 years, has been awarded Corroboree's first Life Membership for his commitment and dedication to our club. A former high jumper, John has been involved in athletics for as long as anyone can remember as a competitor, coach, official and administrator. He is an integral part of our club, and the wider athletics community and we thank him for his continued service, enthusiasm and skills. Congratulations John!

## Training sessions for athletes

Why not come along to a training session with Head Coach John Hunt and learn about the basics of all events, as well the importance of safety, fitness training and warm ups.

Sessions are held every Monday and Wednesday afternoon during the season from 5.30 to 6.30 pm at Merici College Oval. Don't forget your water bottle. If you would like to get involved, or find out more about other training programs, contact John Hunt.

### And a final word to parents....

Thank you to all those who have answered the call to volunteer. To ensure the enjoyment of our athletes, it is important that you help out where you can- by setting up events, measuring a throw or jump, timing a race, or cooking at the BBQ. The athletes also love having you around to support their efforts. It takes about 45 parents to run a full program each week. The more parents who pitch in these duties the less each parent has to do.

## Contacts and dates for your fridge door

<p><b>President</b> - Andrew Sutton mob 0412 618 975 <a href="mailto:Andrew.Sutton@hays.com.au">Andrew.Sutton@hays.com.au</a></p> <p><b>Vice President</b> - Ingrid Takken <a href="mailto:ruuding@grapevine.com.au">ruuding@grapevine.com.au</a></p> <p><b>Secretary, Public Officer</b> - Nerys Jones Mob 0404 151 745 <a href="mailto:nerysandgav@yahoo.com.au">nerysandgav@yahoo.com.au</a></p> <p><b>Head Coach</b> - John Hunt 6241 9392 <a href="mailto:jhhj@internode.on.net">jhhj@internode.on.net</a></p> <p><b>Newsletter Editor</b> - Selina Mitchell mob 0419 211 483 <a href="mailto:canavan@homemail.com.au">canavan@homemail.com.au</a></p> <p>Club email address <a href="mailto:info@corroboreela.com">info@corroboreela.com</a> Club website <a href="http://www.corroboreela.com">www.corroboreela.com</a></p>	<p><b>Season dates</b> 22 October 2011 to 17 December 2011 4 February 2012 to 17 March 2012</p> <p><b>Meet times</b> Saturdays, 8.45 to 11 am</p> <p><b>Training times</b> Mondays and Wednesdays 5.30 to 6.30 pm</p> <p><b>Set up/BBQ/canteen roster (8 am)</b> 12 November: Under 10 19 November: Under 9 26 November: Seniors and Under 6 girls 3 December: Under 12 10 December: Under 8 17 December: Christmas Party, no duty 4 February: Under 7 11 February: Under 11 18 February: Under 6 boys 10 March: Under 10 17 March: Under 9</p>
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