



Ambarvale Little Athletics Centre Inc.

ALAC YAK

There will be some special events coming up in the next few weeks such as the State Relays Championships, the Eschol Park Challenge & the Zone Multi. We hope to see as many people as possible attend these events & show their support for our Club.

Athletes are to wear full Centre uniform otherwise they may not be able to compete. This includes the Registration number, Age patch, IGA patch & our Centre number "58" on the back. Please make sure these are attached to the uniform each week & are clearly visible as this will assist the Age Officials & avoid delays when obtaining the results at the end of events. Jumpers or jackets are to be taken off for events to ensure that numbers are visible at all times. If you are missing an IGA patch or "58" please ask at the canteen.



Whenever the children are competing please remind them that the aim of Little A's is to have fun and perform to the best of their ability and to improve on Personal Best's (PB's).

Eschol Park Challenge - Fri 2 December

This year Ambarvale will be hosting the Annual Interclub Challenge where we get the opportunity to compete against athletes from Eschol Park.

This is ideal preparation for upcoming Zone & Regional events & we would love to see as many people from Ambarvale attend for a great night of Little Athletics!

Medals will be awarded on the night for 1st, 2nd & 3rd place in the U6 - U17 age groups. All Tiny Tots will receive a Certificate.

Please note: This will be replacing our normal Friday night competition



When: Friday 2nd December 2011

Where: Oswald Reserve, Rosemeadow

Time: 6:00pm

Assemble into age groups for a 6:15pm start

The Scamper - A fun day for our youngest athletes!

Age Groups: Tiny Tots, U6 & U7 Boys & Girls

Where: Janice Crosio Oval, Rosford Street, Smithfield (Smithfield Little A's)

When: Saturday 19th November 2011

Time: 4:00pm – 7:00pm **Cost:** No entry fee

Entries Close: By 4:00pm on the day of the Scamper

Registration commences at 3:00pm. First Call is at 3:45pm

Program of Events – Children may enter up to 4 events

Tiny Tots: A variety of play training activities, 50m, 100m, tug-o-war, obstacle race

U6: 70m, 100m, 300m pack start, long jump, discus, tug-o-war, obstacle race

U7: 70m, 100m, 200m, pack start, long jump, shot put, discus, tug-o-war, obstacle race

All children will be awarded a participation ribbon.

Interested in attending? You can pick up an Entry Form at the Canteen

November 2011

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Season Dates:

- Mid Season Break:
16 December 2011
- Season Resumes:
20 January 2012
- Season Finishes:
16 March 2012

Important Dates:

- Athletes Coaching Day:
13 November 2011
- State Relays:
26/27 November 2011
- Eschol Park Challenge:
2 December 2011
- Zone Multi:
4 December 2011
- Zone Championships:
3/4/5 February 2012

Contact Us



Website:

www.alac.ispdr.com.au

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President: Kasha Fitton 0406 069 438

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Instant Message Service: Text ALAC to 199BBSMS (19922767) Cost 55c inc gst

Our Sponsors



Macarthur Awards



Zone Championships

Athletes from the 6 clubs that form the South West Metropolitan Zone compete at the Zone Championships to determine placement in the Regional Championships. It is open to all registered athletes in the U7 to U17 age groups. **Athletes will need to complete an entry slip advising their chosen events & return it to the canteen by Friday 25th November.** Entry slips will be available from the canteen. Athletes in the U7 to U12 age groups may select up to 4 events & the U13 to U17 age groups may select up to 6 events. Please also list a preference for an additional event.

When: Friday 3rd, Saturday 4th & Sunday 5th February 2012

Where: Campbelltown Athletics Stadium

For further details please contact Karen Parkes on 0402 224 430

State Relay Championships

Selection to the State Relay Championships is made by the Club based on the results of Friday night competition & on the athlete's ability. Centres from all over NSW attend this event which will be held on Saturday 26th & Sunday 27th November 2011 at Sydney Olympic Park Athletics Centre (SOPAC), Homebush.

Congratulations to the following teams who have been selected & will be representing our Club. We wish them the best of luck.



4 x 200m mixed relay teams - U8's, U9's

4 x 100m mixed relay teams - U10's, U11's U12's

4 x 100m Girls relay team - U13's

For any information regarding the training for State Relays please contact Kasha Fitton on 0406 069 438

Sun Protection - Club Hats

With Summer fast approaching now is the perfect time to purchase a Club hat. These are available from the Canteen at a cost of \$10.00 each. These are great to wear at Gala Days, Zone & Region



Gala Days

Throughout the season there will be various Centre Gala Days & Zone events that are open to all registered athletes. If you are interested in attending any of these please see Karen Parkes for further details. These can be a good way to meet new people & also have some fun! **Please note:** *When participating in any event outside of our Centre, you must wear full Centre uniform with our Centre Number "58" on the back of the shirt.* For further details please check our website www.alac.ispdr.com.au

South West Metro Zone Multi - Sunday 4th December 2011

Campbelltown Athletics Stadium, Pembroke Road, Leumeah

Open to all registered athletes in U7 to U17 age groups

Athletes are to compete in all events & points will be awarded on the results of each event. The cumulative result will determine the placing. Medals for 1st, 2nd & 3rd place athletes in each age group

Entry Fee: \$5 per athlete

Entries Close: Monday 28th November 2011 (must be in by Friday 25th November)

Time: 10am



The Athlete's Foot - Macarthur Square



The Athlete's Foot offer a wide range of new styles this season & are well trained in providing the best fit possible for our little athletes. Correctly fitted footwear can help prevent injury & improve performance. They can recommend the best fitting shoe for your requirements so please visit their new store on Level 3 at Macarthur Square for expert advice. www.theathletesfoot.com.au