



Ambarvale Little Athletics Centre Inc.

ALAC YAK

Well, like always, it is a bit hectic at the beginning of each new season. We aim to get the night started on time and to do this we ask that parents be willing to lend a helping hand with a variety of duties such as Timekeeping, Starting, Age Officials & Age group helpers.

We have noticed that at times there can be a bit of a wait for certain events. Sometimes this is unavoidable but to help with these situations we ask that Age Officials try to complete their events in the order that is written on the front of each Age Group folder.

Please remember that only those people who have signed in should be on the field. The sign on sheet is located on the table in front of the BBQ. Due to safety reasons all spectators & children not competing need to stay behind the fence.

Please note that rough behaviour & bullying will not be tolerated – if this type of behaviour continues after a warning has been issued by the Age Official, then the child may not be able to participate in the event.

Officials Coaching Day - Sunday 30th October

This day is for any parents interested in learning the basic rules that cover each event. You can use this information to assist your children & maybe help out at our club on a Friday night. You will also have the choice of sitting the exam at the end of the day if you wish to be able to officiate at Zone events. The "C" & "D" grade exams are optional, not compulsory. All Age Officials are urged to attend



The course will be held at Campbelltown Athletics Stadium, Pembroke Rd, Leumeah
Time: 9:00am – 4:00pm Lunch will be provided

Junior Accredited Officials

14 and 15 year old athletes are also encouraged to attend & may obtain Junior "D" Grade accreditation. People holding Junior "D" Grade may be a Chief at Centre level for Age groups younger than themselves. They may also officiate at Zone (but not be a Chief).

If you are interested in becoming a Junior accredited official & require more information please contact Gordon Costello (Zone Co-ordinator) Ph: 0431 368 603

West's Monthly Sports Awards

West's Leagues Club provide financial support to many sporting organisations & as such all sponsored clubs are able to nominate members of their sporting clubs for various awards. As West's are our major sponsor we submit nominations based on our athletes individual performances & achievements. One of our nominations for September was successful as 2 records were broken on the first night of competition so we would like to congratulate ...

Rachael Jack - Senior Sportsperson Award



October 2011

Volume 8
Issue 2

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Season Dates:

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

Important Dates:

- Officials Coaching Day:
30 October 2011
- Athletes Coaching Day:
13 November 2011
- State Relays:
26/27 November 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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Instant Message Service: Text ALAC to 199BBSMS (19922767) Cost 55c inc gst

Our Sponsors



Macarthur Awards



Health & Safety

Smoke Free Policy — Smoking is not permitted on the field at any time. Please be considerate of others & remember there are a lot of young children around.



Alcohol Policy – No drinking permitted on or around the field & canteen areas. The Association has a zero tolerance on the consumption of alcohol during all Competition nights.

Please help to ensure these policies are followed

Encouragement Trophies

There will be an "Encouragement Trophy" for the Tiny Tots, U6 and U7 age groups. The trophy will be awarded by the Age Official at the end of the night to a selected athlete.

Hopefully this will help to encourage good behavior & sportsmanship. The child can then take the trophy home and return it the following Friday night.



The trophies can be collected from the Canteen by the Age Official once the age group has finished their event

Athletes Coaching Day - Sun 13th Nov

For those athletes wishing to learn the techniques & styles in all events. This session will be conducted by Coaches from various Centres within the South West Metropolitan Zone. We encourage all new athletes to attend

Where: Onslow Park (Camden Showground), Cawdor Road, Camden
Time: 10:00am - 2:00pm Lunch will be provided



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! **NB:** *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 & entry forms please check our website www.alac.ispdr.com.au

Liverpool City Little Athletics Gala Day - Sunday 30th October 2011

Dwyer Oval, Williamson Crescent, Warwick Farm
Cost: \$10.00 per athlete (Max 4 events per athlete)
Entries close 24th October 2011

Werrington Gala Day - Sunday 6th November 2011

Harold Corr Oval, Herbert Street, Cambridge Park
Cost: \$4.00 per event or \$15.00 for 4 events (Max 4 events per athlete)
For U6 - U17 age groups only. There are no Tiny Tots events
Entries close 28th October 2011 - No entries on the day

Campbelltown Gala Day - Saturday 12th November 2011

Campbelltown Athletics Stadium, Pembroke Road, Leumeah
Cost: \$10.00 per athlete (Max 4 events per athlete)
Entries close 4th November 2011 - No entries on the day

Warren Mossman Memorial Carnival - Sunday 13th November 2011

Blair Oval, St Marys
Cost: \$10.00 per athlete U6 - U17 (Max 4 events per athlete) or \$9.00 per Tiny Tots
Entries close 21st October 2011 - No entries on the day

