



Ambarvale Little Athletics Centre Inc.

ALAC YAK

Season Welcome

We would like to welcome all athletes and parents to the 2011/2012 season of Ambarvale Little Athletics.

Little Athletics is more than a sport. It is a way that your entire family can do something together. Parents are encouraged to lend a hand as voluntary helpers or officials and share in many enjoyable experiences with the children.

Friday night competition is about having fun whilst competing to the best of your ability and learning new skills.

We would like to encourage all athletes to "Run for fun and do your best".

Centre Uniform

Please note that a Centre Uniform is **compulsory** for Friday night competition for all athletes in the U6 – U17 age groups.

Registration number: Must be attached chest high to the front of the athlete's top with the red border visible.

Age Patch: Must be attached to the front left leg of the athlete's shorts.

IGA Patch: Must be attached to the front right hand shoulder of the athlete's top.

These patches must be visible at all times.

In the event of cold weather children are permitted to wear a t-shirt under their singlet. Jumpers & jackets are to be taken off before the start of any track events. Failure to do so may result in disqualification.

Assistance Required

Parental help is needed to run our Friday nights. If you are able to assist in any way please come forward at the start of the night to volunteer.

Help is needed in the following areas:

- Time Keeping / Starting
- Field Set Up / Field Pack Up
- Canteen Assistant
- BBQ cook / BBQ Assistant
- Age Officials / Age Helpers (raking the sand pits & measuring throws)



Please come forward when we call – a lack of assistance may result in some events being cancelled

Weekly Results

Weekly results for all athletes, all Age Groups & all Events will be displayed on our website on a weekly basis. Result slips & Personal Best (PB) cards will be handed out each week.



September 2011

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Issue 1

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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

Secretary: Karen Parkes 0402 224 430

President: Kasha Fitton 0406 069 438

Email:

ambarvalelittleathletics@yahoo.com.au

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

Sign-in Register



- All Age Officials, Track & Field Officials & Helpers **must** sign the register before going on to the field. The register is located in the canteen area on the table in front of the BBQ.
- All children from Tiny Tots to U8's must be signed in & out by a parent or guardian. Please see the Age Official for the sign in sheet.

Rules for Spikes - New Changes

The rule on who can wear spike shoes has changed for the 2011/12 season. The new rule is:-

Under 9 to Under 12 age groups may wear spikes in...

- All track events run entirely in lanes
- Long jump, Triple jump, High jump and Javelin (Under 12)

Under 13 to under 17 age groups may wear spikes in ...

- All track events (except walks)
- Long jump, Triple jump, High jump and Javelin

**Please note: Spikes can only be worn whilst competing
They must be taken off after each event**

Event Specification Changes

The following changes to the specifications for these events will take effect for the 2011 / 2012 season

- Under 14 Girls Javelin from 600gm to 400gms
- Under 15 Girls Javelin from 600gm to 500gms
- Under 17 Girls Javelin from 600gm to 500gms
- Under 17 Girls Shot Put from 4kg to 3kg



Our Sponsors



Macarthur Awards



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 please check our website www.alac.ispdr.com.au

Doonside Little Athletics Twilight Gala Day - Saturday 8th October 2011

Charlie Bali Reserve, (Formerly Kareela West Reserve), Off Knox Road, Doonside

Cost: \$8.00 per athlete (Maximum 4 events per athlete)

Entries close 30th September 2011 - No late entries & no entries on the day

Lake Illawarra Little Athletics October Carnival - Sunday 9th October 2011

Myimbarr Community Park, Wattle Road, Flinders

Cost: \$4.00 per event (or 6 events \$20.00) Tiny Tots: \$10.00 (Participation Award to all Tiny Tots)

Pre-Carnival Entries Close: 3rd October 2011 Entries taken on the day from 8:00am

Late Fee: \$5-50 per event (or 6 events \$30.00)

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

Dwyer Oval, Williamson Crescent, Warwick Farm

Cost: \$10.00 per athlete (Maximum of 4 events per athlete)

Entries close 24th October 2011

