



Ambarvale Little Athletics Centre Inc.

ALAC YAK

We would like to welcome back all athletes and their families and hope that everyone had a safe and happy holiday.

Child Supervision

One of the requirements of Little Athletics NSW is that an adult must be present at the ground at all times until their child has completed the night's competition. It has been noted that some parents have left once they have dropped off their children. Please consider the consequences that by leaving them unattended they may not be able to compete if there is a lack of parents to help out with the Age groups.



Zone Championships *(U7 - U17 age groups)*

As part of the South West Metro Zone we will be competing with athletes from Camden, Campbelltown, Douglas Park, Eschol Park & Ingleburn

Where: Campbelltown Athletics Stadium, Pembroke Rd, Leumeah

When: Friday 3rd February 2012 *(Walks & Javelin events only)*

Time: Competition starts 7:00pm. First call will be at 6:45pm

When: Saturday 4th & Sunday 5th February 2012

Time: Competition starts 8:00am. First call will be at 7:40am

If you are attending Zone you will receive a slip to confirm your selected events & advising the day of the event. If you do not receive one please contact Karen Parkes on 0402 224 430

There is a strict uniform policy at Zone. **Please ensure that full centre uniform is worn & all patches must be clearly displayed otherwise you will not be allowed to compete.** Please ask at the canteen prior to the carnival if you need an IGA patch, centre number 58 or age patch.

To all our athletes competing at Zone,

Remember, all we ask is that you run for fun & do your best! *Good luck.*

Friday events at Zone - Javelin

All athletes entered in Javelin will need to compete at Campbelltown Stadium on Friday 3rd February 2012

Volunteers needed at Zone

These events are run entirely by volunteers from the various Centres within our Zone so we require assistance from our parents throughout the weekend. If possible, we do ask that you are able to help out for an hour or two. Our Centre has been assigned the duties listed below so please let us know if you can help. The more helpers we can find the less time each person will need to spend on the field.

Discus area—1 person required for each of the following duties:

Recorder, Spiker, Chaser, Tape Puller

2 x Raffle ticket sellers on Sat, 1 x Marshalling on Sun



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Season Dates:

- Season Finishes:
16 March 2012

Important Dates:

- Zone Championships:
3/4/5 February 2012
- Region:
18/19 February 2012
- State Championships:
23/24/25 March 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 gst

Our Sponsors



Macarthur Awards



Regional Championships (U8 - U17 age groups)

To qualify for the Regional Championships athletes must have finished in the top 4 placings for each event at the Zone Championships.

Saturday 18th & Sunday 19th February 2012

The Crest Athletics Facility, McClean Street, Georges Hall

The first three athletes in each event at Region will then progress through to the State Championships which will be held on Friday 23rd - Sunday 25th March 2012 at Sydney Olympic Park Athletics Centre (SOPAC), Homebush.



Child Safety

There have been some concerns raised about the safety of the children sitting & climbing on the fences surrounding the field.



On the last night before the mid season break there was an incident where an athlete was sitting on the top of the fence & fell off which resulted in a fractured wrist & required surgery.

Please remind all children that they are not to sit or climb on fences.



These types of injuries can be prevented!

West's Sports Awards

The West's monthly Sports Awards winner for December is:

Karen Parkes - Spirit of Sport

Congratulations Karen!

Winter Soccer

Are you interested in playing Soccer this winter?

Bradbury Ambarvale Football Club will be holding registrations in January for the upcoming soccer season.

The season will commence Sat/Sun 24th/25th March 2012. Ages range from U6 to Over 35's. Proof of age (Birth Certificate or Passport) is required for all new players.

Registrations will be held at the Bears Clubhouse, Ambarvale Sports Complex, Jiniwin Place, Ambarvale

Wednesday 25th January 2012 6:00 - 9:00pm

Saturday 28th January 2012 2:00 - 5:00pm

Please visit website for further information www.bradburybears.org.au



Enquiries:

Noni (Registrar) 0423 144 079

Chris (Secretary) 0407 902 692

