



# THE BANNO WEEKLY

Ku-ring-gai Little Athletics Newsletter

Newsletter No. 20 – 17 February - 2011/12 Little Athletics Season

## PRESIDENT'S MESSAGE

Please note that as a large amount of KLAC equipment and many of our Key Assistants will be required at Region Championships (Narrabeen) this weekend there will be **no competition at Bannockburn Oval this Saturday, 18 Feb.**

Parents who have children competing at **Region** this weekend please note that as with all Little Athletics Championships the carnival **will go ahead in most all weather conditions**. Please ensure that all family members attending / competing come suitably prepared! A copy of the Region 'Order of Events' can be found via a link on our website. Region programs can be purchased from the KLAC Team Area (located in the Grandstand as with Zone) for \$5. Parents who pre-ordered / paid for programs can also collect from that point.

With the end of the Season rapidly approaching it is a good time to think ahead to the **2012/13 Season!** Parents are asked to **nominate themselves** to join the **Committee** or become **Key Assistants, Age Managers**, etc. Everyone involved in our Saturday competition is a volunteer. You may not be aware of how you can assist but if you have the time to help please come and have a chat!

On the subject of **Parent Help this Season** has been a little **problematic** at times! Seems a good number of parents struggle with the obligation to complete Parent Help Duty on Saturdays. That in mind I thought it would be worthwhile to list just a few of the behind scenes tasks undertaken by regular Saturday helpers. These tasks could be done by our **Saturday-challenged parents** mid-week so then all parents of children participating at KLAC can feel pleased with the contribution they make towards getting competition and training on each week for the children. **Tasks include:** hurdle / track markings, mowing competition areas (we have a ride-on mower now!), data entry, charging laptops, supervising training, canteen re-stocking, website updating, etc, etc.

A note on **Coaching Sessions**. Parents are advised to regularly check the website for updates on days / times for sessions. With Championships going on, weather and the like changes can be required.

Best of luck to all the children competing in Region at Narrabeen this weekend. Do your best and gave fun!

*John McFadden*

## UPCOMING EVENTS

### NO COMPETITION AT BANNOCKBURN THIS WEEKEND

Region Championships –  
18<sup>th</sup> and 19<sup>th</sup> Feb (Narrabeen)

State Multi Event (U7-U17)  
Turner Park, Cessnock  
3<sup>rd</sup> and 4<sup>th</sup> March

## SPONSORS

### SILVER SPONSORSHIP

**JO & GARRY COUSENS OF CAFE2U  
NORTH RYDE  
(Mobile Coffee Van)**

Are proud to be sponsors of Ku-ring-gai Little Athletics 2011/2012 summer season. Cafe2u has been associated with Ku-ring-gai Little Athletics over the last few years with Belinda Tafe, and now we hope to continue this into the future with the same great service each Saturday morning.

Do come and see us, say hello and enjoy a great coffee or a delicious cold frappe.

### THE ATHLETES FOOT ST IVES

- Great range of shoes for little A's
- Specialists in fitting growing feet
- School shoes in stock all year round
- Full range of sport shoes including football
- See John and his team for friendly and professional fitting

Shop 41, St Ives Shopping Village

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St Ives NSW 2075 (02) 9440-5614

### BRONZE SPONSORSHIP

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PHYSIOTHERAPY**

- Running injuries
  - Orthotics
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- Lindfield – 9416 2033  
Hornsby – 9476 1666

## SUPPORTERS

**O'Loughlin's Medical Pharmacy**  
St Ives Shopping Village

**KLAC Major Sponsor**

**mcconnell bourn**  
our destiny...to sell property

mcconnell bourn is firmly established as a leading real estate agency for buying, selling or renting property from roseville to wahroonga.

Every year, mcconnell bourn manages the sale and leasing of many properties – our experience provides clients with an unparalleled level of local knowledge which helps them find all the right answers to their property questions.

If you'd like to speak with one of the mcconnell bourn team, call us at our lindfield office on 9496 2777 or wahroonga on 9496 2788.

## REGION CHAMPIONSHIPS, SYDNEY ACADEMY OF SPORT, NARRABEEN – 18<sup>th</sup> and 19<sup>th</sup> FEBRUARY,

All athletes competing at Region will need to ensure that they wear the correct uniform as per page 18 of the KLAC Handbook. Failure to comply will result in disqualification.

Information on the Region Championships will be posted on the KLAC website as it becomes available. If you have any questions, or you have qualified but are now unable to compete, please contact your Age Manager as soon as possible.

### Zones and Centres competing at Region Championships

Region 1 comprises 4 Zones, and 23 Centres and Clubs, as follows:

**Northern Metropolitan Zone:** Hornsby, Parramatta, Ryde, Northern Suburbs, North Rocks/Carlingford and Cherrybrook.

**North East Metropolitan Zone:** Manly-Warringah, Mosman, Ku-Ring-Gai and Northern Suburbs.

**North West Metropolitan Zone:** Rouse Hill Rams, Hills District, Hawkesbury City, Kings Langley, Winston Hills, Riverstone and Quakers Hill.

**Central Coast Zone:** Gosford, Wyong, Terrigal-Wamberal, Tuggerah Lakes Mingara, Woy Woy Peninsula and Toukley.

## RETURN OF CENTRE PERPETUAL TROPHIES

Our Centre perpetual trophies have been with us for up to 35 years. Some of them, particularly the older but more important ones, are looking their age and no longer reflect the quality of the performances they are intended to celebrate. For this reason it is requested that all present holders return their perpetual awards this Saturday so that we may arrange for them refurbished prior to this year's Centre presentations.

## CLUB PRESENTATION DAY

As our Club presentation day is very soon, Saturday 17<sup>th</sup> March, could you please complete your ticket books, check to see if your child/ren are eligible for Colours and Gold awards and please complete your Merit sheet. (You can find this on the Website).

Please hand in your ticket books and please don't forget to include a computer generated copy of your achievements for us to check.

## KLAC GENERAL COACHING

**Wednesday 4.30pm-6.00pm      Ku-ring-gai Little Athletics General Coaching Session Coaches**

Event	Coach Name	Qualification
Coaching Co-ordinator	Angus McEntyre	Level 2 Coach, Specialist Throws Coach, Throws Coach Ku-ring-gai Little Athletics 2008-2011, Throws Coach Barker College 2010/2011, Sprints/Hurdles Coach Barker College 2010
Sprints	Anne Sandig	Level 1 Coach PLC Coach, SLS Patrol VC
Hurdles	Annaliese Gardiner	Level 1 Coach
LJ	Maddy Thornton	Level 1 Coach
HJ	Lachlan McEntyre	Level 1 Coach
Discus	Scott MacLennan	Level 0 Coach
Shot Put	Matt Mountfort	Level 1 Coach
Middle Distance	Anna Roberts	Exercise and Sports Science Degree, Master of Exercise Science

## Assistant Coaches

Sprints	Rosanna McConnachie	Level 0 Coach
Hurdles	Jack McArdle	Level 0 Coach
LJ	Rebecca Melville	Level 0 Coach
HJ	Ben Thornton	2nd Year Coach
Discus	Matt Bell	Level 0 Coach
Shot Put	Alex Johnson	2nd Year Coach
Middle Distance	Lolly Mann	2nd Year Coach

### General Training Wednesday 22.2.12

A modified programme including Track , Long Jump and Throws will be run on Wednesday 22.2.12.

*Little Athletes are reminded to wear their Club T shirts please.*

## SPECIALIST COACHING

**Specialist Coaching.** These sessions are only for children registered with KLAC in the **U9-U17** age groups.

Event	Day	Time	Coach
Hurdles	Monday	4.30 – 6.00	Sue Maxton (No training Mon 20 Feb)
Throws	Tuesday	4.00 – 5.30	Angus McEntyre
Sprints	Wednesday	4.15 – 5.15	Sam Stevens
Middle Distance	Wednesday	5.30 – 6.30	Sam Stevens
Long Jump	Friday	4.30 – 6.00	Maren Schuermann
Walks	<b>Friday</b>	4.30 – 6.00	Nicole Fagan