



flying over the high jump...
letting the discus fly...
sprinting down the track...
I've made some great friends...

Dad times my races...

8th October 2009

Sat 10th October: Normal competition day

Sat 17th October: Normal competition day
Last day for Senior Carnival / Junior Pentathlon Nomination

Sat 24th October: Normal competition day
Last day for Met West Relay Carnival Nomination

Sat 31st October: Normal competition day

Sun 1st November: Senior Carnival / Junior Pentathlon @ SAF, Nathan (QEII)

Sat 7th November: Normal competition day and Relay Practice

Sun 8^h November: Met West Relay Day – Qld Uni @ St Lucia

BBQ this Saturday

This Saturday we will be having a BBQ at the conclusion of the day's events. – So grab a sausage on bread or a kebab for dinner.

Committee News

We are pleased to welcome Janessa Gilmont and Janet Bellinger to the committee. Janessa is taking on the position of secretary and Janet has volunteered to become our carnivals co-ordinator.

Last Saturday

Despite the dust and the heat we had a good turn up. With our starter, Simon unavailable we welcomed back Peter G as our guest starter for the day. He showed that he had not lost his touch. On the track, Coach Alex gave our Under 6s to 8s some handy tips on starts and sprinting.

Coaching Tips

Discus - The discus is not held in the hand but should just sit in the finger tips which are locked at 90degrees to the palm. Centrifugal force holds it in the hand. The arc of the throw starts from below the hips and released above shoulder height. Like Shot Put, power is from the legs. The discus should be released spinning forward like a Frisbee to gain more distance

Look out for Hurdles this Saturday!

Carnivals

Images courtesy of Sporting Images

The Senior Carnival is an opportunity for the older athletes to compete in a large scale competition without the pressure of championship conditions.

The Junior Pentathlon is a championship event that encourages junior athletes (U9-U10) to participate in a wide range of events. The events typically include a hurdle event, sprint and long distance and two field events.

Saturday 17th October is last day for Senior Carnival / Junior pentathlon nominations.

Met West Regional Relay Day

The Regional Relay Day is on **Sunday 8^h November** at Uni of Queensland, St Lucia.

Each athlete nominated will be part of a relay team. It's always a great day and the kids love the carnival atmosphere, running on a tartan track and just being part of a team. They also get to meet and compete against athletes in the Met West area.

There are track events in teams of four and field events in teams of two. Selection of teams is based on results from Saturday competitions. Events are shot put, discus, long jump, high jump and for U/9&U10s 4x100m and 4x200m relays and for U/11 up 4x100m and 4xmedley (2x200m, 1x400m, 1x800m).

From U/9 and up, teams are eligible to go onto the State Relays if they place at the Regional Relays.

The State Relay is being held on Saturday **12th December** at SAF Nathan. Nominations close **24th October** so the teams can be worked out. A committee member will be talking to all athletes and collecting nominations for the event soon.

Next competition day is this Saturday at Kenmore – see you there!

For further details:

www.kenmorelittleathletics.org.au

www.qlaa.asn.au

Phone: Nicole 0408 060 209

Email: kenmorelittleathletics@live.com.au