



flying over the high jump... .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Dad times my races...

22nd October 2009

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 with Relay Practice

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

Sat 14th November: Normal competition day

Sat 21st November: Normal competition day

Last Saturday

Coach Alex had a busy time with high jump coaching for the Under 8s and Under 12+. The Under 12s got to try the flop for the first time. After 4 years doing the scissors method it may take a little while to master the new technique. The Under 8s received instructions on how to correctly scissors over the crossbar. It will be interesting to watch them soar to new heights as they progress through the season.

Coaching Tips – High Jump

It might be appropriate to review some of the important rules:

- U12+ can use the flop or scissors style. All younger age groups must use the scissors style;
- Athletes must take off on **one foot**;
- **If the bar falls by being knocked, the jump is a foul** irrespective of whether the athlete is off or on the mat;
- At club level, jumpers are allowed **multiple attempts within reason** of approaching the bar and not jumping;
- To be fair scissors jump, **an athlete can not dive over the bar, the leading foot must go over the bar first and the athlete on landing must attempt to get their feet down first.**

Uniforms / Spikes

Those competing at Senior Carnival / Junior Pentathlon **must** wear the correct uniform which is the club shirt and **NAVY BLUE** shorts/bike pants, **correct registration** and **correct age patch.**

Images courtesy of Sporting Images

Also print your first name on the registration label for the marshals.

Athletes from U11 and U12 up can wear spikes (with spikes or blanks) in laned events and field events. U13 up can wear spikes in un-laned events. U 7 to U 10 cannot wear spikes in any event.

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). Attached is the Nomination Information Sheet outlining the events available for each age group. Also attached is a copy of the draft Regional Relay Day Timetable

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 for Regional Relay Day close this Saturday 24th October so the teams can be worked out. Janet, our carnival co-ordinator, will be collecting nominations this Saturday. However, you can email nominations to her prior to Saturday at janetbell@gmail.com or direct any queries to her at the same email address.

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

For further details:

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