



flying over the high jump... .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Dad times my races...

Images courtesy of Sporting Images

30th October 2009

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

Fri 27th November: Toowong Invitation at Jack Cook Park, Toowong LA from 6:00pm

Sat 28th November: NO Centre Competition

Sat 5th December – Normal competition day with BBQ.

Christmas Break – see you 16 January 2010

Sat 12th December: State Relays – SAF (QEII), Nathan

This Sunday is Senior Carnival (U11-U15) / Junior Pentathlon (U9-U10) at the State Athlete facility (SAF) at QEII Nathan. The programme is attached.

Good luck to all Kenmore athletes that are competing on Sunday - remember just be your best....

Uniform

Those competing in the Senior Carnival, Junior Pentathlon and Regional Relays must wear the correct uniform which is the club shirt and **NAVY BLUE** shorts/bike pants, correct registration number and correct age patch. **Officials may not let you compete with the incorrect uniform or number.**

See attached rules regarding wearing Skins.

Last Saturday

Coach Alex Young had a busy time again, starting first with triple jump for the Under 11 boys and girls. Fun was had by all trying to get the sequence right. Just remember hop, step and jump. In between this, Alex gave some excellent coaching in high jump to the Under 9 boys and girls.

Look out for some relay practice over the next two weeks – should be fun!

Met West Regional Relay Day

We now have all the nominations in for the Regional Relay carnival. Janet has been frantically working away sorting the nominations into teams. The list of teams will be available shortly.

If you have nominated for a relay it is imperative you turn up for the carnival because you are part of a team. The relay team may miss out and not compete if one member simply doesn't come. Of course if there is a sickness or an emergency please let us know as soon as possible.

We will also be looking for parent help on Regional Relay Day. So if your child is competing, the best place to watch is actually at the event assisting, rather than from the stand. Any help will count as parent participation. Kenmore looks after the long jump pit - Nicole will be drawing up a parent help roster for parents of children competing at the long jump to assist at the event.

Sportsmanship

Parents - with carnivals fast approaching here are few tips for the athletes -

"Rules Rule, Kindness is Cool and Listen Up".

- Always be polite – absolutely no sledging.
- Don't show off - just be your best. If you're good, people will notice.
- Don't cheat!! - people will also notice.
- Learn the rules of the event.
- Listen to the officials and follow their directions.
- Don't argue with an official - if you don't agree, ask a coach afterwards.
- Don't make up excuses if you lose - learn from what happened.
- Always cheer and encourage team mates.
- Respect the other competitors.

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

For further details:

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Extract from QLAA Sunsafe & Uniform Policy

Uniforms

- Uniform bottoms are defined as: bike pants / skins, sports shorts (suitable for Track & Field), netball skirt (with sports briefs / bike pants / skins under). Bike pants / skins shall be above knee length. Full length will not be acceptable.
- If boys choose to wear bike pants/skins as part of their uniform, they must wear sports shorts/pants over the top. Bike pants/skins on their own are not acceptable for boys.
- Bike pants / skins may be worn under shorts as long as they are the correct uniform colour. If the correct uniform colour is not available, then the bike pants / skins must be black.
- The manufacturer's logo should not be a dominant part of the uniform shorts, i.e. no larger than 4cm×4cm. Centre sponsorship logos to be no larger than 10cm×5cm on shorts and no larger than 30cm×10cm on shirts
- Any logos on uniform shorts that do not follow the above size guidelines will be taped, or the athlete will be asked to remove them.