



flying over the high jump... . .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Dad times my races...

18th September 2009

Images courtesy of Sporting Images

Sat 19th Sept - Normal competition day

Sat 26th Sept - **NO COMPETITION**

Sat 3rd October - Normal competition day

Sat 10th October - Normal competition day

Welcome

We would firstly like to welcome all the new athletes and parents and welcome back the re-registrations from last year.

This newsletter will be sent out each week to advise parents and athletes of happenings in the club, any events coming up and also some useful coaching pointers and some tips for parents.

Committee

Kenmore Little Athletics is run by a Committee of volunteers, all of whom have jobs and families of their own to look after. Their dedication and effort is what makes Centre a success.

If you would like to join the committee and help out your children and the Centre, please see our Centre Manager, Nicole.

Last Saturday

Saturday was the first day of competition and while the registrations did make for a hectic start, the day went off with only a few hitches. Most of the older athletes appeared to enjoy the sprints more than the 800m. Our youngest athletes in Under 6 and Under 7 had their first experience with discus, long jump, shot put and of course the starters gun!

A big thank you to all of the parents who helped out the various events.

Upcoming Events

This **Saturday 19th September** is a normal competition day. Next week **Saturday 26th September** we are having a break for the school holidays. Competition will start again on **Saturday 3rd October** at Kenmore.

Coaching

This season we will be engaging external coaches to do some specialised coaching for the kids during the season.

We also have two qualified level 1 coaches at the club who will assist each week.

Parent Tips

Remember we need parents help each week to simply run the competition day. This can be age marshalling, timekeeping, measuring discus or shot put or getting your feet sandy in the long jump pit. The best way to see your child compete is to be part of the action - they will appreciate it too.

Also when you arrive, don't forget to place a tick against your child's in at the desk and put your name down to assist at one of the events. Warm up starts at 2:30pm with events starting at 3:00pm. We normally wrap up by about 5:30pm.

We do try to have someone experienced at each event but if not, come and see a committee member

Parent / Athlete Tips - Shot Put

- Athletes remember **do not play with the shots – they have been known to break toes!**
- The throw in shot put is **not a throw** at all – it is a push from the neck – much like slamming a door shut;
- Power is derived from your **legs** – your arm is only a lever;
- Know the **power position** – this is similar for shot put and discus;
- Always enter and exit the throwing circle through the **back of the circle**;
- Always **remove your hat** – if the hat falls in front of the board, it's a foul;
- Parents - measure to the **back of the board** holding the tape through the middle of the circle;
- Shot Put is technically difficult to master, particularly for younger athletes – patience and perseverance is a virtue.

(Supplied for general information only - Based on QLAA Rules of Competition and QLAA Code of Conduct Policy.)

Next competition day is this Saturday at Kenmore from 2:30pm – see you there!

For further details:

www.kenmorelittleathletics.org.au

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