



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

## 1<sup>st</sup> October 2009

**Sat 3<sup>rd</sup> October** – Normal competition day

**Sat 10<sup>th</sup> October** – Normal competition day

**Sat 17<sup>th</sup> October** - Normal competition day  
*Last day for Senior Carnival /Junior Pentathlon Nomination.*

**Sat 24<sup>th</sup> October** - Normal competition day  
*Last day for Met West Relay Carnival nominations*

### Welcome

We're back this Saturday and with the holidays out of the way the season now gets into full swing.

It is not too late for athletes to join if you have family or friends invite them down for a trial day.

Also we are still on the lookout for committee members.

### Holiday Fun

Which Kenmore Little Athlete spent their holidays in a knee brace after coming off second best when he took on a rock wall. Look for the limp this Saturday.

### 2009/2010 season

Two Queensland Little Athletics Association (QLAA) carnivals are fast approaching:

#### **Senior Carnival (U11- U15)**

##### **Junior Pentathlon (U9-U10)**

Sunday 1st November 2009 at QEII.

Nominate at Kenmore, Nominations close

Sat 17th Oct (Max 5 events, \$2.50 per event, pentathlon \$7.70)

#### **Met West Regional Relay Day –**

Sunday 8th November 2009 at Qld Uni.

Nominations close Sat 24th October.

**The Senior Carnival** is an opportunity for the older athletes to compete in a large scale competition without the pressure of championship conditions. The day is for athletes of all abilities to have an enjoyable competition and foster new friendships.

**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.

The reverse - **Junior Carnival / Senior Pentathlon** is held early in 2010.

### Last Competition Day

There was a good turn out for the first day of school holidays on 19 September. There was the introduction of more of the field events for the older groups. The Under 9s to Under 11s got their opportunity at high jump. While the Under 12s+ had some fun throwing the javelin. Over at the Discus Net, the Under 6s took to the circle for the first time and from all reports there were some promising results.

### Parent Information

**Most Improved** - The major trophy at the end of the season for each age group is "Most Improved". This is worked out on a point system - 1 point for competing, 2 for equalling their best time and 3 for improving their best time. The emphasis is on improving their personal best (PB), not where they are placed in an event.

### High Jump

**High Jump** is an unusual event in that the competition continues until all athletes are eliminated. High Jump is very much about technique and psyche. Little Athletics does scissor jumps until U11 then flop from U12.

- Athletes remember - **do not play on the jump mats;**
- Measure the height to the **middle of the bar** and ensure each end measures equal distance to the ground;
- The bar is generally raised **5cm at a time** at club level;
- 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;

(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 – see you there!**

For further details:

[www.kenmorelittleathletics.org.au](http://www.kenmorelittleathletics.org.au)

[www.qlaa.asn.au](http://www.qlaa.asn.au)

Phone: Nicole 0408 060 209

Email: [kenmorelittleathletics@live.com.au](mailto:kenmorelittleathletics@live.com.au)