



flying over the high jump... .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Mum times my races...

Images courtesy of Sporting Images

21st January 2010

REGIONAL CHAMPIONSHIPS nomination forms are now due – Forms attached or available from Canteen (Only Under 7 and up, \$2.50 per event up to 5 events @ Qld Uni 6th/7th February)

Sat 23rd January: Normal competition day <i>Nominations close for Regional Championships</i>
Sat 30th January: Normal competition day
Sat 6th / Sun 7th February: Regional Championships at Qld Uni
Sat 13th February: Normal competition day
Sat 20th February:- Normal competition day <i>Nominations close for Junior Carnival / Senior Pentathlon</i>
Fri 26th February: Western Suburbs Games @Toowong Little Athletics – 5.30 – 9.00pm <i>No Nominations required</i>
Sat 6th March: Normal competition day
Sun 7th March: Junior Carnival / Senior Pentathlon at QEII
Sat 13th March: Normal competition day
Sat 20th March: Break up and Trophy Presentation at Kenmore
Fri 26th – Sun 28th March : State Championships at Townsville

Last Saturday

There was a good turnout for the restart of the season despite the heat and it still being school holidays.

It was a good opportunity to blow the cobwebs away in preparation for the upcoming Regional Championships in early February and there were some spirited performances, especially where the boys and girls in an age group were combined. In the field events, Mihaela's performance behind the lawn mower in mowing the high jump take-off area in record time rates a mention. It must be the extra training Dad had organised at home during the break.

Special thanks to Mr Chris West, the Long Jump B Pit Manager, who quickly came to the aid of an athlete in distress during one of the 800m races. One of Melinda's ice blocks proved to be the right medicine.

This Week

Watch out for Coach Alex's sprint drills this week and for the older age groups she will also be looking at race tactics

Upcoming Events in 2010

The **Regional Championships** are being held at University of Queensland, St Lucia on the **6th & 7th of February**. These are the individual regional championships which pave the way to the state championship in March. This carnival is the highlight of the season for the individual athlete. **Please note that nominations close Saturday 23rd January, there can be no extensions.** Nominations forms, program and event lists are attached.

If you are unable to make it to Centre competition this Saturday you can email your nomination forms to our Carnival Co-ordinator, Janet at janetcbell@gmail.com. **Closing time for emails is 6pm on Saturday 23rd January.**

The **Western Suburbs Games** are on **Friday 26th February at Toowong**. These are the friendly games with the local clubs of Toowong, Centenary and Kenmore. We encourage the Under 6s to participate in this carnival to have their first experience with Little Athletics in a carnival atmosphere. So just turn up – its run as a normal competition day.

Junior Carnival (U7 to U10) / Senior Pentathlon is being held at QEII on **Sunday 7th March**. This is a good opportunity for the younger athletes to experience the thrill of a major event at a large stadium. Nominations for the Junior Carnival close on **20th February**.

Competition this Saturday at Kenmore... See you there!

See our web page for further details:
<http://www.kenmorelittleathletics.org.au> or
www.qlaa.asn.au or the KLA Yearbook

For further details:

Phone: Nicole 0408 060 209

Email: kenmorelittleathletics@live.com.au