



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

## 19<sup>th</sup> November 2009

**Sat 21<sup>st</sup> November:** Normal competition day

**Fri 27<sup>th</sup> November:** Toowong Invitation at Jack Cook Park, Taringa from 6:00pm

**Sat 28<sup>th</sup> November:** NO Centre Competition

**Sat 5<sup>th</sup> December:** Normal competition day with BBQ

**Christmas Break**

**Sat 12<sup>th</sup> December:** State Relays – SAF (QEII), Nathan

**Sat 16<sup>th</sup> January 2010:** Centre competition recommences

**This Saturday is a normal competition day at Kenmore**

### Toowong Invitation

There is no Centre competition at Kenmore on Saturday 28<sup>th</sup> November. Our competition that week will be with our colleagues at Toowong on the Friday night (27<sup>th</sup> November from 6:00pm). This is a great opportunity to compete against some different athletes. It is run just the same as our competition days – just turn up and compete – no need for nominations.

### Last 2009 Competition Date

The last Centre competition day is Saturday 5<sup>th</sup> December at Kenmore. There will be a BBQ that afternoon. We will break for the Christmas school holidays. **The season recommences on Saturday 16<sup>th</sup> January 2010.**

### State Relay Carnival

The State Relay Championship will be held at QEII on **12<sup>th</sup> December**. Each athlete is part of a team. Field events compete in teams of two with the aggregate of their distance or height being the result for that team. Track events compete in teams of four. If you are part of a team that qualified for the States it is imperative you turn up on the day otherwise your team may not compete at all.

Attached is a list of the Kenmore Relay Teams that qualified for the State Relay Championship. Well done.

For those who qualified our Carnivals Co-ordinator, Janet will be in contact with you to confirm availability for the championship.

### Safety Issues

**All athletes must ensure they wear footwear at all times when involved in Little Athletics activities.** This is a Health and Safety requirement set down by Queensland Little Athletics Association.

### Regional Championships

This is an early warning for the **Regional Championships on 6<sup>th</sup>/7<sup>th</sup> February 2010 hosted by the Souths Club.** They pave the way for individuals to qualify for the state championships in March 2010. The nominations for the Regional Championships close **23<sup>rd</sup> January 2010** – so start thinking about what events the kids wish to nominate.

### Parent Information

**Most Improved** - The major trophy at the end of the season (March 2010) 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.

### Kenmore Blues

Julius, our records officer, has been busy compiling the results from the weekly centre competitions. He now has a list of the athletes who have earned the right to wear a Kenmore Blue shoulder patch.

Presentation of these shoulder patches will be made to the athletes before the start of competition this Saturday. Attached is a copy of the list of the recipients. Congratulations to those athletes.

For more details on the Kenmore Blues please see page 20 of the Yearbook and the McDonalds Achievement Levels on the QLAA website.

### Happenings..

☺ Look out this week for the return of the Hurdles.

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)