



flying over the high jump... .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Mum times my races...

18th February 2010

COMPETITION this Saturday at Kenmore.

Sat 20th February:- Normal competition day Nominations close for Junior Carnival / Senior Pentathlon
Fri 26th February: Western Suburbs Games @Toowong Little Athletics – 5.30 – 9.00pm No Nominations required
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

Coach Alex had the younger athletes honing their long jump skills to go further while she had the U12s+perfecting their high jump technique to soar towards the sky.

The Walks races provided some entertainment to finish off the day. There were some very interesting styles employed by the competitors, like the Sunday afternoon stroll technique. However, some athletes showed great aptitude to the event and took to it like ducks to water. Special mention goes to a couple of the U12 boys who thought they were in a 1500m run.

State Championships

Athletes who qualified to compete at the State Championships will need to advise our Carnivals Co-ordinator, Janet by **Monday, 22 February** whether or not they are attending. This can be done either at Centre Competition on Saturday or by email to janetcbell@gmail.com

As recognition of the athletes efforts in qualifying the club will meet the nomination fees for their events.

The State Championships are being held on the 26th to 28th March 2010 at the Townsville Sports Reserve, 14 Warburton Street, North Ward, Townsville.

Images courtesy of Sporting Images

State Championships Shirts

Final opportunity this weekend for orders to be placed and payments made for the 2010 IGA State Championships Souvenir Shirts. The shirts are white with blue printed artwork and are available in sizes Youth 8 to 3XL. The cost is \$25 incl gst. Please see Melinda at the canteen.

Western Suburbs Games

The **Western Suburbs Games** are on **Friday Night 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 / Senior Pentathlon

Junior Carnival (U7 to U10) / **Senior Pentathlon** is being held at the University of Queensland, St Lucia 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**. Attached is a copy of the Nomination Form and the program.

If you are unable to make it to Centre competition on Saturdays you can email your nomination forms to our Carnival Co-ordinator, Janet at janetcbell@gmail.com. **Closing time for emails is 6pm on Saturday 20th February.**

Break Up Party & AGM

Our break up party and trophy presentation day is set down for **Saturday 20th March on the oval at Kenmore** starting at 2.00pm. There will be a BBQ and weather permitting a selection of rides or activities. More detail next week.

Also the Centre will hold its **Annual General Meeting** during the afternoon commencing at 2.30pm

See you this Saturday at Kenmore 2.30pm

See our web page for further details:

<http://www.kenmorelittleathletics.org.au> or

Phone: Nicole 0408 060 209

Email: kenmorelittleathletics@live.com.au