



Welcome to the 2014/15 Summer Season of Athletics!

We are delighted to have many of our families joining the club for another season along with a large contingent of new families. It has been great to see great numbers come out for our first 2 meets (in particular the Tiny Tots), and we hope the kids enjoyed their experience and want more.

What's been happening?

During the winter we have managed to launch our website, hac.org.au, and our Facebook page facebook.com/hillslittleaths. For those that tweet, please follow us on twitter.com/HillsLAC.

We are planning a special meet for December 7, 2014 to celebrate our 30 years since incorporation.

Hills LAC has been awarded the Cross Country Championships, to be held July 26th, 2015.

Little Athletics SA launched Online Registrations for all clubs.

Events

'be active" Regional Games will be hosted by Murray Bridge LAC on Sunday 23rd November. Events will be held for all Age Groups (including Tiny Tots), further details to be provided. (Note: There will be no meet held at Heathfield on this day).

50's Club

We have had a good take up of the 50's Club – thank you to all those who have purchased tickets. If you have not already got your number or would like to purchase another, please contact Stephen Morris. We will be holding 3 draws on Sunday 26th October, you will need to have paid to win the weekly prize.

For further details: <http://www.hac.org.au/hills-lac/50s-club/>

BBQ Fundraiser

We need 3 people each meet to assist running the BBQ. Please refer to the handbook or the website for details as to when the age group of your athlete(s) is responsible for running the BBQ.

This week, the U14 – U17 Boys and Girls are responsible. Given the small number of athletes and within this age group, we would ask if Parents/Guardians within the Tiny Tots are able to provide assistance this weekend as well.

<http://www.hac.org.au/about-us/assistance/bbq-roster/>

Free Fruit

[Hahndorf Fruit & Veg Market](#) provides Hills LAC with a large box of fruit for our home meets. This fruit is available FREE to all athletes from the BBQ.

Please encourage your child(ren) to take a piece.

Courier Results

We would ask those parents/guardians performing the recording role to complete the Courier Results form, located in the Age Group folder.



In completing the form, please ensure that the athletes' full name is listed along with their selected event and result.

Assistance

Help us successfully deliver the Little Athletics program to our children, and to give all parents a change to see their child(ren) participating. The more volunteers, the more we can share duties.

We are seeking interest from people to learn the Time-Keeping roles on both the Inside and Outside Tracks. This is Chris Cartwright's last season, so we need to ensure we are planning to cover this vital role. We would like to be able to provide assistance, particularly to the younger athletes and their parents, with guidance during a meet, and this option is currently limited without additional assistance for time-keeping on the Inside Track.

Also, we are seeking interest from people to be a back-up for our Starters – here's your chance to shoot a gun!

Interested parents/guardian, please contact Stephen Morris.

Uniforms

The new Hills LAC shirt that was introduced 2 years ago is now the only shirt to be worn.

For those athletes previously registered, please ensure that the Red Oval Shaped IGA patch is removed from the right sleeve.

Also, we have not yet received the Jetstar patches and bags; we will endeavour to distribute them as soon as practical.

<http://www.hlac.org.au/about-us/uniform/>

Coaching

Hills LAC conducts weekly coaching sessions to assist athletes with the development of their athletic skills throughout the summer season at Heathfield High School Oval, Hender Road, Heathfield.

Coaching for Field Events (High Jump, Long Jump, Triple Jump, Shot Put, Discuss, Javelin) is held on Tuesday at 4:30pm - 5:30pm. Running Training is then held from 5:30pm - 6:30pm.

Hot Weather Policy

With the early season hot weather, please note that our Hot Weather Policy:

Sunday meetings will commence at 8.00am when the Bureau of Meteorology forecast at 6:00pm on the Saturday for the Sunday is 38°C or above at Mt Barker. Coaching will be cancelled when the Bureau of Meteorology forecast at 6:00pm on the Monday for the Tuesday is 38°C or above at Mt Barker.

Partners

Please support our Partners:

Complete Auto Solutions: If you are in the market for a new, used or demo cars from \$5000 no matter what the make and model, please contact **Ben Finnis** on **0411 744 190**, let him know you are



from Hills LAC and let him do the work to source your next vehicle. Hills LAC receives \$50 for each car sold.

Springfield Direct is an independent grocery business that delivers quality Australian produce that you order online and they deliver direct from the 'field to the family' plate. Order online at springfielddirect.com.au and enter "Hills LAC" in the comments. Hills LAC received 5% for each order.

If you feel your business would appreciate being associated with a highly successful community based club that has existed for 30+ years promoting healthy, fun family activities in Adelaide Hills, please [Contact Us](#) to begin a new community partnership or for further information.

