



# OFF THE BLOCKS

## Dates for your diary

**When:** Sunday 6 November  
**What:** Introduction to Coaching Course  
**Where:** SA Athletics Stadium  
**Info:** <http://salaa.org.au/ITCC>

**When:** Sunday 20 November  
**What:** State Carnival (TT-U8 and U9-U12)  
**Where:** SA Athletics Stadium  
**Info:** <http://www.salaa.org.au/>

**When:** Sunday 11 December  
**What:** SA State Classic (PB Day)  
**Where:** SA Athletics Stadium  
**Info:** <http://www.salaa.org.au/>

## Team Managers: we want you!

To improve communication and to develop relationships throughout the Centre, we're calling for a parent volunteer from each age group to be the Team Manager. We've already done most of the hard work for you – rostering is done, set up/pack up duties are already allocated ... you simply need to coordinate your team "on the ground" to get it done.

You will be the central point of contact for your team for extra information e.g., dates of championship events. Don't worry – you don't have to be an expert on all of this. The committee will provide you with all of the information and help you need. Estee Briggs is the dedicated Team Manager Liaison. If you are keen to be a Team Manager, please contact Estee asap via [jamieandestee@bigpond.com](mailto:jamieandestee@bigpond.com) or 0408 088 368.



## Important changes at HLAC

It's great to see so many eager kids at Little Athletics this season. (Even in week one when Mother Nature threw her worst at us!) The season is off to a great start and we're looking forward to a summer of fun and fitness.

We've made some important changes this year to ensure the best possible experience for our kids. We've introduced the Team App and we'll load all critical information here. We've also introduced a Set Up/Pack Up roster to ensure the smooth running of meets. And we've introduced Team Managers – we're looking for parent volunteers for each age group. (See info to the left.)

These initiatives are designed to improve communication and to keep things fair when it comes to the vital jobs that need to be done every Sunday.

If you have questions you can talk to me or any of the HLAC committee members on Sunday mornings. You can also ask questions via email.

See you on Sunday!

Helen Scharpf, President HLAC

Email [president@hlac.org.au](mailto:president@hlac.org.au) or phone 0419 811 193



## Team App

This year we've created our own smart phone app using Team App. It's 100% free and will allow us to send updates about important issues such as rosters, special events, championships and any changes to programs due to weather.

The app is available for iPhone and Android so go to the App Store, Google Play or <http://www.teamapp.com/> to download the app to your phone or tablet. Search for HLAC, sign up and request to join.

We will be adding information to Team App over the next two weeks, so stay tuned!

## Why not join the Committee?

We have some key HLAC committee and assistant positions vacant. On the committee we still need a Secretary. Much needed assistant roles include BBQ Coordinator, Arena Assistants, Timekeepers, Finishing Gates, First Aid Officer and Line Marker. If you'd like to nominate yourself for a committee position, please email [president@hlac.org.au](mailto:president@hlac.org.au) asap.

## New system for Set Up/Pack Up

Meets take significant time to set up and pack up. At the moment, a small group of volunteers does this work every Sunday. To make things fairer this season, we've introduced a Set Up/Pack Up roster, effective this **Sunday 30 October**.

We have delegated a set up or pack up responsibility to each age group. Each group is responsible for their allocated activity for the entire year which means you will know exactly what is required each week and how long it will take. Training and assistance will be provided this Sunday 30 October.

Please arrive at Healthfield Oval by **8am this Sunday** to learn how to set up your allocated activity. Please ensure you have parents in your age group available at the end of the meet for pack up of your activity. If you have more than one child participating in different age groups, you will need to ensure all activities relevant to you are set up and packed up correctly. The more hands on deck, the faster we can set up the meets and get on with the fun!

You can find the Set Up/Pack Up roster on the next page of this newsletter or here: <http://www.hlac.org.au/set-up-pack-up-roster/>

The only exception is the BBQ roster – a separate rotating roster has been developed for this and is available in the HLAC Handbook as well as on the website <http://www.hlac.org.au/assistance/bbq-roster/>. Please note that when your group is rostered on for BBQ duty, that includes set up of the BBQ and pack up of the BBQ area.

We will send roster reminders via Team App each week. We thank you in anticipation of your assistance!



## Cross Country champions!

Congratulations to our Cross Country Champions for 2016! Ashleigh Slobedman was the winner of the Lisa, Craig and Peter Davis Perpetual Trophy (presented by Lisa Davis) and runner-up was Caitlin Slobedman. Keenan O'Malley was the winner of the Rhys Jones Perpetual Trophy (presented by Rhys Jones). See the winners photo on the right. Cross Country season runs through late Autumn and Winter each year. Children registered for Little Athletics can participate. Cross Country gives athletes an opportunity to run a distance race over different terrain and courses each week. Most events include creeks, mud and hills!

## Want to win \$50?

Each week at Little Athletics you have the chance to win \$50! It's called Club 50, and it's also a great way to support our club – at the moment we're fundraising for high jump mats.

Weekly prize draws of \$50 happen at home meets. Major draws are conducted at the Presentation Day – you have to be in attendance to claim a major prize. Major draws are:

- 1 draw of \$400
- 1 draw of \$200
- 1 draw of \$100

The total prize pool \$1400 and all for just a \$50 investment!

Club 50 is limited to 100 members. Interested?

Contact Helen via [president@hlac.org.au](mailto:president@hlac.org.au)



Cross Country champions Caitlin Slobedman (runner up), Ashleigh Slobedman and Keenan O'Malley.

### SET UP / PACK UP ROSTER

#### SET UP Event

Tiny Tots  
Outside Track  
Outside Track Gates  
Inside Track  
Inside Track Gates  
High Jump  
Long Jump 3 and 4  
Long Jump 1 and 2  
Javelin/Vortex and Discus 3  
Discus 1 and 2  
Shot Put 1, 2 and 3  
Hurdles

#### Age Group

Tiny Tots  
Under 11 Girls  
Under 11 Boys  
Under 8 Boys  
Under 8 Girls  
Under 10 Girls  
Under 9 Boys  
Under 12 Girls  
Under 13-17 Boys and Girls  
Under 7 Boys  
Under 6 Girls  
All Groups

#### PACK UP Event

Tiny Tots  
Outside Track  
Outside Track Gates  
Inside Track  
Inside Track Gates  
High Jump  
Long Jump 3 and 4  
Long Jump 1 and 2  
Javelin/Vortex and Discus 3  
Discus 1 and 2  
Shot Put 1, 2 and 3  
Hurdles

#### Age Group

Tiny Tots  
Under 11 Girls  
Under 11 Boys  
Under 8 Boys  
Under 8 Girls  
Under 10 Boys  
Under 9 Girls  
Under 12 Boys  
Under 13-17 Boys and Girls  
Under 7 Girls  
Under 6 Boys  
Under 10 Boys and Girls

## Thanks for the fruit!

A huge thank you to Hahndorf Fruit & Veg Market for providing the free fruit available to kids every Sunday at the the BBQ.

Why not do your fruit and veg shopping with Hahndorf Fruit & Veg to say thanks? <http://www.hahndorfmarket.com.au/>

## Earn cash for HLAC

Health Partners is offering HLAC a great way to raise money for our club. They are giving us \$10 for 10 minutes! What does that mean? Just call Health Partners for a quote to compare your health cover. (It only takes 10 minutes.)

Once that's done, Health Partners will donate \$10 towards new equipment for our club. So if 100 HLAC families call Health Partners for a quote, that's \$1,000 for new equipment!

Call 1300 113 113 and talk to Health Partners today. Don't forget to tell them you're from Hills Little Athletics Centre.

For more information visit <http://www.healthpartners.com.au/Promotions/LittleAthletics>

## Train with a hero

Would you like to win a training session for you and your friends with a Jetstar Big Hero? Jetstar are searching for Little Athletics kids who are reaching for the stars in their sport. Kids who enter can win one of 5 exclusive training sessions with a Jetstar Big Hero for them and 15 of their Little Athletics friends. Find out more and enter here: <https://www.facebook.com/JetstarAustralia/app/1687840574793437/>

# SALAA Athlete of the Month... and Year

The South Australian Little Athletics Association has introduced a new athlete award scheme for the 2016/2017 Little Athletics summer and winter season – the Athlete of the Month & Year Award.

This award aims to recognise the outstanding efforts and contribution our athletes make in Little Athletics, either at a personal level or a community level.

There are two categories an athlete can be nominated for; Achievement or Commitment. Each month Centres will be asked to nominate ONE athlete they feel is a true representation of one of these awards. Nominations commence in October and run through until the end of June (9 months in total).

Nominations are submitted to SALAA for consideration, with two monthly winners (one from each category) chosen. The Achievement monthly award winner will be determined by a points system, while the Commitment monthly award winner will be selected by the Little Athletics SA CEO and Athlete Development Subcommittee.

At the end of the season, all monthly award winners will be invited to the SALAA Awards Night, where two of those athletes will be announced as the Athlete of the Year (one from each category).

The Award winners of each category will receive the following:

- **ATHLETE OF THE MONTH:** 1 x Recognition Trophy and an invitation to the SALAA Awards Night for themselves and two guests.
- **ATHLETE OF THE YEAR:** 1 x Major Trophy and a \$500 Jetstar Voucher.

All unsuccessful nominees each month will receive a Merit Certificate and be published on the SALAA website to ensure the athletes outstanding achievement or commitment does not go unnoticed.

You can find out more and view the eligibility criteria here: [https://assets.sportstg.com/assets/console/document/documents/20161019111419Athlete\\_of\\_the\\_Month\\_&\\_Year\\_Award.pdf](https://assets.sportstg.com/assets/console/document/documents/20161019111419Athlete_of_the_Month_&_Year_Award.pdf)

