



Dear Parents/Guardians

Merry Christmas! Season's Greetings!

This Sunday is our **30 Year Anniversary** meet. We have invited athletes / parents / guardians from the past 30 years to join us. There will be some memorabilia on display, birthday cake, ice blocks, novelty games, jumping castle, and the chance for past athletes / parents / guardians to compete in the open events. The relays will also be used for our



Relay teams as a practice for the upcoming State Relay Championship. We encourage you to not rush, bring a picnic rug, participate in the novelty games and open events, and have fun!



It was good to see the athletes from the Metro region come together for the **'be active' Regional Games**, hosted this year by Murray Bridge. Hills LAC had 46 of our athletes, from Tiny Tots to Under 16's, compete, strive for personal bests, and more importantly take the opportunity to mix with athletes between age groups and from the other clubs. Congratulations to Murray Bridge LAC on winning the **Regional Games Trophy!** The trophy is awarded to the club with the greatest percentage of athletes competing.

We wish our contingent of athletes competing in the **IGA State Relay Championships** on Dec 14 much success. The following athletes will be participating in either Track or Field relays:

U9: Raphin Scharpf, Ash Rawlinson, Joe Seekamp, Elka Briggs, Charlotte Gibbons, Jade Quinn, Harlie Smith, Tori Leaver, Molly Stahlhut, Eloise Perrin, Alice Herringer, Abi Byrne

U10: Will Brumby, Jack Piasente, Loch Rawlinson, Jakkrit Scharpf, Rylan O'Malley, Elliott Fidge, Archer Hampton, Olivia Myers, Alex Smith, Charlotte Illmann

U12: Declan Hortle, Jake Aish, Balin Hampton, Jamie Boardman, Oliver Herringer, Caitlin Slobedman, Gemma Doyle

U14: Dante Afnan, Lachlan Buckley-Sava, Amos Doyle, Keenan O'Malley, Sophie Yeates, Jasmin Vonow, Kate Pawlowski, Jess Prosser

U15: Jadyn Elsworthy, Jack Angwin, Stefan Mundy

U9-11 Mixed Medley: Holly Aish, Isaac Doyle, Remi Afnan, Harlie Smith

**Associations
Incorporation Act,
1956**

**Notice of
Intention to
Incorporate an
Association**

Notice is hereby given that it is my intention, on the expiration of one calendar month after the date of the publication of this notice, to make application to the Registrar of Companies for the incorporation of Hills Little Athletics Centre situated at Heathfield High School.

Any person may at any time within one month after the publication of this notice, by notice in writing to the Registrar, object to the incorporation of the association.

The name and address of the person giving this notice is Dennis Nussio of 4 Wilfred Ave., Stirling, 5152.

Dated: September 5, 1984.





Upcoming Events

Hills LAC 30 Year Anniversary Meet is being held Dec 7, 2014 commencing 9:15am. Hills LAC was incorporated in Dec 1984 and to celebrate we are inviting past members, parents/guardians, to attend a special meet that includes Open Events, Relays, Novelty events, jumping castle and a visit from Santa. As this is the last meet to be held at Hills LAC before Christmas, we are encouraging families to stay on and participate in the open events, the novelty games, the relays, and cheer on those athletes still participating. Refer to the following links to the [Detailed Program](#) and [Summary Program](#).



IGA State Relay Championships is being held on Dec 14, 2014 at SA Athletics Stadium. The championship event is open to teams from Little Athletics centres from all over SA. As a championship event, the top three placed teams in each event for each age group receive medals. The IGA State Relay championships provide the only opportunity on the Little Athletics calendar our athletes to compete as a part of a team.

Jetstar Personal Best Day is being held on Jan 18, 2015 at SA Athletics Stadium. This is a great opportunity for all athletes to compete at SA Athletics Stadium in their favourite events, get a few personal bests and/or championship qualifications. Personal Best Day is open to all registered Little Athletes from the Tiny Tots to Under 17 age groups. Athletes must have been registered with their centre before 11th January 2015 to participate. **Note:** Hills LAC has been assigned Discus 4 to officiate on the day, a roster will be drawn up for all parents/guardians of athletes intending to participate to assist with officiating on the day.

Coaching

With access to Heathfield High School Oval not available from Dec 8, the last Coaching session at Heathfield High School was held last night and will resume Tuesday, Jan 13 2015.



Running training will continue, and will be held on Tuesday nights at Stirling Oval, except Dec 22 and Dec 30 2014.

High Jump Measurement Clarification

The measuring tape on the High Jumps stands used at HJ1 and HJ2 (i.e. the High Jump stands with yellow bases used with the Fibreglass Crossbar) takes into account the diameter of the crossbar. The height at which the aluminium riser is set is the height at the top of the Crossbar.

50's Club

The weekly winners in the draw 6 and 7 of \$50: Sally Williams and Jen Burch.

It is never too late to join, for further details: <http://www.hlac.org.au/hills-lac/50s-club/>



Hills LAC Caps and Hoodies

Hills LAC Caps are available **NOW** to purchase from the Uniform Officer for \$20. They are only available to parents/guardian and athletes in the Under 9 Age Groups or older.

With summer now with us, order your Hills LAC Hoodies now from the Uniform Officer for \$45.



Jetstar Patches & Bags

All registered athletes to be provided with a Jetstar patch and bag. The patches are to be worn on the right breast of the Hills LAC shirt **NOT** on the right shoulder.

If your child is competing in the IGA State Relay Championships **YOU** need to ensure they have their Jetstar patch, their Registration number, and their McDonald's Age Group patch correctly attached to their Hills LAC shirt (refer [website](#)). Athletes will be disqualified from competition if they are deemed to not be in club uniform.

Assistance Required

We need people to assist with the Time-Keeping on both the Inside and Outside Tracks. We also need people to be back-up Starters – gun handling experience is not a pre-requisite.

Lane marking needs to be maintained ever fortnight. This job takes up to 2 hours to setup, line mark, and clean up. It would be much appreciated if there a 1 or 2 additional people able to perform this task on a rostered basis.

Interested parents/guardians, please contact Stephen Morris on 0438 227 070.

Partners

Hills LAC is proud to be associated with the following local organisations and we ask you to support them:

Hahndorf Fruit & Veg Market provides Hills LAC with a large box of Fruit for each home meet, which is then provided FREE to our Little A's.

Beerenberg has provided Hills LAC with sauces to add that something special to your sausage sandwich!

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 receives 5% for each order placed.

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.

Klose's Supermarkets: guarantee you a great blend of modern convenience, choice and quality with the same old-fashioned service with a smile we have been delivering for more than a 100 years.



Dates to Remember

Dec 7, 2014 – 30 Year Anniversary Celebration

Dec 14, 2014 – IGA State Relay Championships

Jan 11, 2015 – First Home meet for 2015

Jan 18, 2015 – Jetstar Personal Best Day

Jan 26, 2015 – McDonald's Multi-Event Entry Form submission to HLAC Recorder

Feb 1, 2015 – Enfield LAC Visiting Us

Feb 2, 2015 – McDonald's Multi-Event Nomination Close (3:00pm)

Feb 22, 2015 – McDonald's Multi-Event Championships

Feb 23, 2015 – 'be active' State Individual Championships Entry Form submission to HLAC Recorder

Mar 2, 2015 – 'be active' State Individual Championships Nominations Close (3:00pm)

Mar 21&22, 2015 – 'be active' State Individual Championships

Mar 29, 2015 – Annual General Meeting & Trophy Presentation

July 26, 2015 – McDonald's State Cross Country Championships at Heathfield High School Oval



Contact Us

Email: info@hlac.org.au

Website: hlac.org.au

Facebook: facebook.com/hillslittleaths.

Twitter: twitter.com/HillsLAC.



WISHING YOU ALL A VERY MERRY CHRISTMAS!

