



Dear Parents/Guardians

Happy New Year and Welcome Back

We hope your Little A's have enjoyed the break and looking forward to getting back and doing some athletics in the hills on Sunday mornings.

Already, we have had our first home meet and last Sunday had approximately 40 members attend the Jetstar Personal Best day held at SA Athletics Stadium.

IGA State Relay Day

A strong contingent of Hills LAC Little A's competed in the IGA State Relay Championships on Sunday December 14 at SA Athletics Stadium. The day was hectic but fun, with the athletes enjoying the opportunity to compete in teams.

The final results of the day had 2 Hills LAC teams reaching the podium: **Silver** achieved by Jaydn Elsworth, Stefan Mundy and Jack Angwin in the Under 15 Boys Field Relay; **Bronze** achieved by Alexandra Smith, Olivia Myers and Charlotte Illman in the Under 10 Girls Field Relay.



Thank you to Tash Hortle and Di Prosser for organising the teams and co-ordination on the day. Also, special mention to Sandra Afnan and Connor Hortle for their assistance on the day.

Upcoming Events

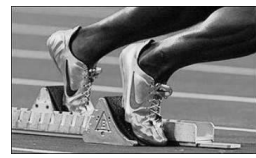
Hills LAC are hosting **Enfield Little Athletics** on February 1, 2015. This is a great opportunity for the athletes to mix, learn, and compete with other Little A's. For those new to the club, the meet is conducted in the same manner as all home meets just with additional athletes competing so please allow a little extra time to complete the days' events.

McDonald's Multi Event Championships is being held on February 22, 2015 at SA Athletics Stadium. The championship is an event where athletes compete in five set events over the day. Athletes accrue points based on their performances in the individual events, with medals presented to the three highest point scorers in each age group.

The championship event is open to athletes in the Under 9 to Under 17 age groups who are registered before January 10, 2015.



Athletes in the Under 9 to Under 13 age groups must achieve a qualifying standard in at least 3 of the 5 events to be conducted for their age group to be eligible for the State Multi Event Championships. For full details refer [website](#). Please contact Tash Hortle, email: hortztash@adam.com.au, to lodge your application by **January 25, 2015**.



Officials Course

Hills LAC are hosting a Little Athletics Officials Course on February 8, 2015. The course will be held from 11:30am for approximately 2 hours. The course will cover the basic knowledge to officiate the events.

We strongly recommend those who assist as Chaperones and athletes in the Under 13 or older Age Groups. Please contact Di Prosser, email: prossers@sa.chariot.net.au, if you would like to attend.



Assistance Required Now

Starters: We need 1 or 2 people to be back-up Starters for this season with the view to assist more permanently next season (1 of our Starters will be moving on next season).

Outside Track Time-Keepers: We need 1 or 2 people to assist Time-Keeping on the Outside Track (1 of our time-keepers will be moving on next season and we need to ensure these vital positions are filled).

Inside Track Time-Keepers: We need 1 or 2 people to assist as back up time-keepers on the Inside Track.

Lane Marking: Lane marking needs to be maintained fortnightly – without this job being done we have no meets. It would be much appreciated if there a 1 or 2 additional people able to perform this task on a rostered basis. This job takes up to 2 hours to setup, line mark, and clean up.

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



Committee Positions vacant for 2015/2016 Season

Cross Country Co-Ordinator: The current co-ordinators have advised they will no longer be available to fulfil this position. Please advise your interest in taking on this position.

Officials Co-Ordinator and Police Checks: The current committee member who performs both these roles will be moving on next season and we are now seeking interest in taking on either or both of these positions.

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



Coaching

Weekly Coaching sessions held throughout the summer season at Heathfield High School Oval, Hender Road, Heathfield; Field Events (High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin) is held on Tuesday at 4:30pm - 5:30pm; Running Training held from 5:30pm - 6:30pm.

50's Club

The weekly winner in draw 9 of \$50: Scharpf family.

Remember, it is never too late to join with the major prize of \$700 to be drawn at the AGM, March 29, 2015. Further details: <http://www.hlac.org.au/hills-lac/50s-club/>

Uniforms

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

A new shipment of **Hills LAC Shirts** has arrived. Please see Angela at the Uniform Desk.

In preparation for the Cross Country season, order your **Hills LAC Hoodies** now from the Uniform Officer for \$45.

Dates to Remember

Jan 25, 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 8, 2015 – Official Course (11:30am Heathfield High School Oval)

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

