



## Dear Parents/Guardians

The pointy end of the season for our Little A's is upon us with the **McDonald's Multi Event Championships next Sunday** and the **'be active' State Individual Championships** in late March. We wish all the Little A's who are competing in the **Multi Event** Good luck! Enjoy and be your best!



It was great to have Enfield LAC come and compete alongside our athletes on Feb 1. Our numbers were down but a good representation from Enfield, despite the showers, made for a successful meet, with comments from the Enfield parents praising us for how well the meet was organised – well done Hills LAC!

Thank you to those who gave of their time to attend the Officials course held last Sunday. We look forward to having those who attended provide our Little A's with a few extra tips and hints.

## Upcoming Events

**McDonald's Multi Event Championships** is on next Sunday, February 22 at SA Athletics Stadium. The championship event is open to athletes in the Under 9 to Under 17 age groups. They athletes compete in five set events over the day and accrue points based on their performances in the individual events. Medals presented to the three highest point scorers in each age group.

The **'be active' State Individual Championships** is the pinnacle event for many athletes, to be held 21<sup>st</sup> and 22<sup>nd</sup> March 2015. Athletes strive throughout the season to qualify to compete at these championships. All individual events are held for each age group, with medals presented to the top three placegetters in each. Athletes in the Under 9 to Under 17 are eligible for the State Individual Championships, providing qualifying standards are met. Entry forms to be submitted to Tash Hortle email: [hortztash@adam.com.au](mailto:hortztash@adam.com.au) by 22<sup>nd</sup> February 2015. Full details refer to [website](#).

There will be no home meet on the weekends of the championships.



## Committee Positions vacant for 2015/2016 Season

With the end of Summer Season fast approaching and the Annual General Meeting to be held on Sunday 29<sup>th</sup> March, we have a number of positions vacant and needing nominations. Please register your interest with Stephen Morris on 0438 227 070 or email [info@hlac.org.au](mailto:info@hlac.org.au).

**Girls Recorder:** This role involves updating the girls' weekly results into the recording software, printing the home meet recording sheets and placing in the age group folders, providing the special events co-ordinator with athletes' results for championship qualification confirmations, and track/organise/present athletes awards at home meets (attendance, personal bests, centre best performances).

**Competition Co-Ordinator:** Prepares the age group folders for home meets.



**Cross Country Co-Ordinator:** This role involves organising the cross country meet hosted by Hills LAC, keeping record of Hills Little A's who compete in the cross country meets, advising the committee the winners/runners-up of the Boys and Girls trophies (based on points formula), organising the trophies and awards for all Little A's who meet the attendance criteria .

**Officials Co-Ordinator and Police Checks:** This role involves communicating with the Association Coaches and Officials to confirm Hills LAC qualified officials and if required, to organise training courses. Also, communicating with the Association to confirm Hills LAC committee members, nominated officials and coaches have current police checks filed with the Association.

## 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.



## 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

Winners in the weekly draws of \$50 of the past month: Jodie Sheldrick (a big thank you for donating your winnings back to the club), David Byrne, and Simon Perry.

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

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

## Partners

Hills LAC is proud to be associated with the following local organisations and we ask you to support them: [Klose's Supermarkets](#), [Hahndorf Fruit & Veg Market](#), [Complete Auto Solutions & Collectable Classics](#), [Baker's Delight Stirling](#), [Beerenberg](#), [Springfield Direct](#), [Crafer's Copy Centre](#).

