



Dear Parents/Guardians



With our last meet next Sunday, March 15, we are planning for the meet to be **Fancy Dress**. We are encouraging all athletes, parents and guardians to dress up and celebrate the conclusion of the 30 year anniversary season for Hills LAC. Prizes awarded to best dressed Boy, Girl and Adult.

With the heat and threat of thunderstorm, the **McDonald's Multi Event Championships** was cancelled and rescheduled to Sunday 29th March, with the event for the under 15's moved to Friday evening the 20th March.

Unfortunately this reshuffle has meant the rescheduling of our **Annual General Meeting and Awards Presentation**. This is now scheduled to be held at 4pm on Saturday 28th March at the Heathfield High School hall. We do apologise to those who will now not be able to attend.

We wish all the athletes who are competing in the **State Champs** and **Multi Event** Good luck! Have fun and be your best!

Upcoming Events

Hills LAC Annual General Meeting and Awards Presentation have been rescheduled to **4pm Saturday 28th March**, Heathfield High School Hall.

We ask that the Girls bring a plate of Savoury and the Boys a plate of Sweets to be shared at the end of the presentations. 1 Free drink will be available per registered athlete.

McDonald's Multi Event Championships is now on Sunday, March 29 at SA Athletics Stadium (Under 15's to be held Friday March 20). With the change in date, LASA have opened up the event for athletes who meet qualifications and are able to now attend on the rescheduled date. Entries need to be lodged by March 9. Please urgently contact Tash Hortle email: hortztash@adam.com.au if you wish to attend.

To make the Multi Event day more special and inclusive of all members, LASA have included exciting and fun activities for the whole family at SA Athletics Stadium. There will be a Bouncy Castle, face painting, special guest Ronald McDonald, and activities for the older children and even more surprises. Even if you are not competing, you can come along and join in the fun and watch the competition.



The **'be active' State Individual Championships** is the pinnacle event for many athletes, to be held 21st and 22nd 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.



We need YOU for season 2015/2016

Nominate NOW for a position with Hills LAC for season 2015/2016.

With a number of parents who have served Hills LAC moving on from the club, we need a new group of parents and/or guardians to support the club provide Little Athletics to our kids in the Hills!

Key Roles we are seeking nominations for are:

Vice President, Secretary, Boys Recorder, Girls Recorder, Cross Country Co-Ordinator, Officials Recorder, Child Safety Officer, Competition Co-Ordinator, Arena Assistants, Starters, Time-Keepers, Line Markers, Coaches – High Jump, Long Jump, and Throws (Shot Put, Discus, Javelin).



We are strongly encouraging parents and guardians to nominate for a role on the committee, for home meets or a coaching role. Job descriptions are listed under the nomination form.

Please complete the [Nomination Form](#) and email to info@hlac.org.au by 8:00pm Thursday 26th March.

If you have any questions, please do not hesitate to contact Stephen Morris, 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: Paul May and Kai Pottarst.

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

*****Season Ending Special*** Hills LAC Socks** on sale for \$5 a pair till Sunday March 15, 2015.

Hills LAC Caps only \$20 (available only to parents/guardians and athletes in the Under 9 Age Groups or older).

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

Dates to Remember

Mar 9, 2015 – McDonald's Multi Event Championships Nominations Close (3:00pm)

Mar 15, 2015 - Hills LAC Fancy Dress Home Meet

Mar 20, 2015 – McDonald's Multi-Event Championships

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

Mar 26, 2015 – Nominations to be submitted for HLAC Season 2015/2016 Roles

Mar 28, 2015 – Annual General Meeting & Trophy Presentation

Mar 29, 2015 – McDonald's Multi-Event Championships

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](#).