



OFF THE BLOCKS

Dates for your diary

When: Sunday 15 May

What: Cross Country season begins

Where: Dead Man's Pass Reserve, Gawler South

When: Sunday 19 June

What: Hills Little Athletics Cross Country meet

Where: Heathfield High School

When: Sunday 24 July

What: Cross Country Championships

Where: Salisbury East Little Athletics Centre

Committee members needed

We have some key HLAC committee positions vacant. If you've ever considered a greater involvement in HLAC, please have a chat with Helen, Stephen or any of the other committee members and we'll let you know what opportunities are available.

Flinders invitation

Hills Districts Athletics Club has invited all HLAC members to compete in its first senior Cross Country meet of the year on Saturday 7 May.

The meet will be held under lights at Flinders Oval and there is a free 1km event for kids.

You can find information about this and other senior events here: www.runningssa.com.au/shortxc



Welcome to winter!

Welcome to the latest edition of Off The Blocks. As the new Centre President, I'm excited to be working with the committee and volunteers to make the 2016/2017 Cross Country and Summer Season a success. With two very enthusiastic Little Athletes of my own, I very quickly discovered what a great centre we have and find myself totally immersed in what can only be described as a welcoming and rewarding sport. I hope you and your Little Athletes have the same experience.

Just as the weather changes, so too does the athletics season. After a successful summer season, our focus now moves to Cross Country where our athletes get to be in their element as well as "the elements" that Mother Nature tends to throw up during winter. HLAC is running a home meet at Heathfield on 19 June and we're looking forward to lots of HLAC participants – and volunteers. More about this on page two.

I'd like to say a huge thank you to the outgoing committee for their selfless input to the Centre over the past 12 months. Your contribution is greatly appreciated and our reward is not just the smooth running of the Centre, it's the joy and sense of accomplishment we see in our Little Athletes at every meet. A special thank you goes to our outgoing President Stephen Morris – your boundless energy and knowledge has been a blessing.

Here's to a fantastic 2016/2017!

Helen Scharpf
president@hlac.org.au or 0419 811 193



Cross Country: get involved in 2016

The Cross Country season gives athletes from the Under 6 to Under 17 age groups an opportunity to run a distance race over different terrain and courses each week. Most events include creeks, mud and hills and are lots of fun!

The 2016 Cross Country season starts on 15 May with a meet at Dead Man's Pass Reserve in Gawler. The season runs until Sunday 17 July and the program can be found on the SALA website: www.salaa.org.au

Hills Little Athletics is hosting a Cross Country meet on 19 June at Heathfield High School.

All Little Athletes are invited to attend and there is no additional registration required. The cost per meet is \$2 which is paid on the starting line.

Adding to the fun, there is a parents race and an open fun run where families can run together.

We need lots of help to run our meet, including help with course set up and pack up, help on the day marshalling and running the meet and help running the BBQ and cake stall. We also need cake and sweet donations for the cake stall and prizes for the raffle.

If you can help with any of these jobs, please let Jane Slobedman know via email: slobedman@adam.com.au

Congratulations to all!

The Hills Little Athletics Centre celebrated its athletes on Saturday 9 April at the Annual Awards. Life Memberships were presented to Jack Piasente, Rylan O'Malley and Mark Elsworth, and all Little Athletes present on the day received an official Little Athletics medal. Trophy winners in the 2015/16 season were:

Troy Broadbridge Medals for Centre Best Records:

- Tristan Lowe – high jump 1.20m
- Declan Hortle – shot put 12.68, discus 34.91
- Jady Elsworth – 100m hurdles 13.4s, 200m hurdles 26.03s, long jump 6.06m, triple jump 13.55m, high jump 1.95m
- Connor Hortle – high jump 1.83m, discus 27.93m, shot put 9.94m
- Maggie Robinson – 300m 1:18.2
- Ashleigh Slobedman – high jump 1.09m
- Lily Smart – 60m hurdles 10.9s

Centre Champions:

- Girls – Caitlin Slobedman, R/Up Lily Smart
- Boys – Troy Broadbridge Memorial Centre Best Champion – Jady Elsworth, R/Up Declan Hortle
- Jess Ward Centre Throws Champion – Declan Hortle

Attendance Medals:

- 25: Madeleine Ross, Ella McCormack, Holly Quinn, Ruby Osborn, Eleanor Nettlefold, Alice Herringer, Jade Quinn, Holly Aish
- 50: Eliza Looyestyn

Most Improved Awards: U6B – Cooper Liddle & Lochie Wilde, r/up Hugo Gwynne; U6G – Nina McGregor, r/up Pearl Rooney; U7B – Sam Wakelin, r/up Jack Moritz; U7G – Imogen Byrne, r/up Ella McCormack; U8B – Thomas King, r/up Isaac Wilde; U8G – Remi Goeing, r/up Holly Gwynne; U9B – Tristan Lowe, r/up Raphael Redin; U9G – Ashleigh Slobedman, r/up Lily Smart; U10B – Raphin Scharpf, r/up Jake Sigalas; U10G – Annabel Williams, r/up Mollie Stahlhut; U11B – Jakkrit Scharpf, r/up Jack Piasente; U11G – Ellie Humphrey, r/up Georgia King; U12B – Tyler Quinn, r/up Hamish Willsmore; U12G – Demelza Metha, r/up Ashleigh Sigalas; U13B – Declan Hortle, r/up Jack Rawlinson; U13G – Caitlin Slobedman, r/up Penny May; U14B – Finn Sanderson, r/up Noah Wilson; U14G – Taylor Davis; U15B – Keenan O'Malley, r/up Amos Doyle; U15G – Sophie Yeates; U16B – Jady Elsworth; U17B – Connor Hortle.



Hills LAC 2015/2016 Champions Jady Elsworth, Caitlin Slobedman and Declan Hortle.

TWO GREAT WAYS to support our club

Community Lottery

Hills Little Athletics Centre is participating in the People's Choice Community Lottery – a unique fundraising opportunity for not-for-profit organisations like ours.

Money raised from the Lottery will help us upgrade our track and field facilities and purchase much needed new equipment.

We get to keep 100% of every ticket purchased on our behalf.

And as a ticket holder, you are in the running to win one of 159 fantastic prizes for just a \$2 investment! Just visit this link: www.peopleschoicecu.com.au/hills-little-athletics-centre and it will take you to our unique fundraising page where you can purchase tickets.

Entertainment Book

Did you know you can support HLAC with an Entertainment Membership? For just \$65, you'll receive more than \$20,000 worth of valuable offers.

The new 2016/2017 Entertainment Book and Digital Memberships are available now and are packed with thousands of offers. Follow this link to buy: www.entertainmentbook.com.au/orderbooks/92c0577

For every Membership we sell, 20% of the proceeds go towards our fundraising – that's money we can inject into our equipment and facilities.

You'll receive more information about this soon. Stay tuned!

More photos from the Annual Awards...



Check out the HLAC Facebook page for more great photos!