



OFF THE BLOCKS

Registrations now open! Visit <http://salaa.org.au/> click on 'Register Here' and select 'HLAC'

Dates for your diary

When: NOW

What: Little Athletics 2016/17 Registrations Open!

Where: www.hlac.org.au

When: Sunday 11 September

What: Working Bee and Stocktake

Where: Heathfield High Oval

When: 16 October

What: Summer Season begins!

Where: Heathfield High Oval

Working Bee and Stocktake

Hills Little Athletics Centre is calling all families to come along for an hour or two on Sunday 11 September from 9.30am for our annual working bee, as we prepare for the summer season.

As well as a clean up of the Heathfield High School Oval site, we'll be doing a stocktake of equipment in the shed. The more people on hand to help, the less time it will take.

Bunnings BBQ

Hills Little Athletics Centre will be running the Mount Barker Bunnings BBQ on 17 September. We need a few keen parents to help us with cooking, serving, etc. If you can contribute an hour or two to the roster please let Sam know on treasurer@hlac.org.au



Welcome to summer season!

Welcome back to Off The Blocks! So much has happened since our last edition. Our Little Athletes have enjoyed a fantastic cross country season. Mother Nature threw up some rather cold and soggy weather, but that didn't dampen the spirits (pardon the pun) of competitors. In cross country, the more mud the better!

The meet hosted by HLAC at Heathfield on 19 June was very successful (so much so, we'll be doing it all again same time next year). We were lucky to be joined by some special visitors from Hills Districts including Australian athlete Jessica Trengove.

Preparations are now under way for the summer season. The program's done, the working bee's been scheduled to ready the track for the first meet back on 16 October and uniforms have been ordered. With the Rio Olympics presenting us with many inspirational stories, we're hoping to welcome lots of new aspiring athletes to our Centre. Registrations will open soon so keep an eye open for the email with the registration link and be sure to take advantage of the early bird registration prices.

Looking forward to sharing a great summer season with you at Hills Little Athletic Centre!

Helen Scharpf

President HLAC

president@hlac.org.au or 0419 811 193



New hurdles on the way for HLAC

You may be aware of changes in SALAA regulations which necessitated the purchase new of hurdles to meet the new specifications.

In very exciting news for our centre, Clubs SA has approved our application for funding which will meet the full cost of replacing all of the hurdles!

We expect the new hurdles to arrive in time for our first meet in October. Meanwhile we have already arranged to donate our old (yet perfectly functional) hurdles to two local primary schools after we've taken delivery of the new ones.

Committee members needed: we want you!

We have some key HLAC committee and assistant positions vacant. On the committee we need a Vice President and Secretary. Much needed assistant roles include BBQ Coordinator, Arena Assistants (setup/pack up), Timekeepers, Finishing Gates, First Aid Officer and Line Marker. If you'd like to nominate yourself for a committee position, please email president@hlac.org.au asap.

Cross Country success!

July saw the end to the cross country season for our keen runners. The season, which runs from May to July, encompasses cross country races from Gawler and the Barossa Valley across to the Mid Coast and of course out to our meet in the Hills. We had 45 athletes compete during this year's cross country season with 10 of those going on to compete at the State Champs on a cold and wet Sunday out at Carisbrooke. All of the children put in an incredible effort on what was a tough cross country course with giant creek crossings, muddy hills and slippery corners. We had some great results with lots of athletes challenging themselves to run better every week. Congratulations go out to our medallists Keenan O'Malley who was first in the boys U15 race, Ashleigh Slobedman with first in the U9 girls and Caitlin Slobedman who took out silver in the U13 girls. We would also like to extend our thanks to all those who supported our home cross country meet in June, to the athletes who participated with great enthusiasm, to all the parents, family and friends who contributed their time and supplied goodies for the stalls, and to those who supported every runner whether they were a star of their race or fought valiantly just to make it to the finish line. The money raised at this event will benefit all members of the club.

We would also like to recognise three of our club's members who made the state cross country team this year, travelling to Canberra on August 20/21 to compete in the National Cross Country Championships. Elka Briggs, who competed for the first time this year as a 10 year old and placed 22nd, Will Brumby who won a gold medal with the composite relay team and took out 4th in the cross country U11 after setting a cracking pace in the first half of the race, and Caitlin Slobedman, who after 3 years with the junior team competed this year as a 13 year old with the senior team and placed 29th. Selection in the State team is a wonderful achievement – congratulations guys!



Will Brumby placed 4th with a time of 10:42 in the under 11 boys 3km and won a gold in the composite relay.

Registration tips for <http://salaa.org.au/>

You may have recently received a welcome email from SA Little Athletics. This contains a link to the SALAA registration site.

We'll shortly be putting a link, along with a help guide for renewing members, onto our HLAC website.

You can register your children and pay online. The system is relatively easy to use.

An important thing to remember is that you should log in as your 'Primary Member' (most likely your oldest child). Your other children can be linked to this Primary Member.

If you are having any problems with your registrations please contact info@hlac.org.au and we will do our best to help.

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.

If you have any fantastic fundraising ideas, we'd love to hear them! Email president@hlac.org.au

More photos from the Cross Country season



Top: Caitlin Slobedman at the National Cross Country Championships.



Left: Elka Briggs at the National Cross Country Championships.



Bottom: HLAC athletes with Jess Tregrove at the HLAC Cross Country event in June.