



# OFF THE BLOCKS

## Dates for your diary

**When:** Sunday 12 February

**What:** Health Partners State Relay Championships

**Where:** SA Athletics Stadium

**Info:** <http://www.salaa.org.au/Championship-Events/health-partners-state-relay-championships>

**When:** Sunday 19 February

**What:** Hills Little Athletics Centre hosts Little Athletics Enfield

**Where:** Heathfield Oval

**Info:** <http://www.hlac.org.au/events/season-calendar/>



## Sign up for Team App

Don't forget to download Team App for your smart phone or tablet. It's a great way to keep in touch with everything that's happening at HLAC. And it's 100% free!

The app is available for iPhone and Android so go to the App Store, Google Play or <http://www.teamapp.com/> to download the app, then search for HLAC, sign up and request to join.

HLAC is adding information to Team App constantly, so stay tuned.



## Welcome back!

Happy New Year! I hope you had a wonderful festive season celebrating and relaxing with your family and friends.

Little Athletics is back at Heathfield on Sunday (8 January). For anyone who has registered (or is interested in registering) for the Health Partners State Relay Championships, we'll be holding a training session before the meet on Sunday at 8.15am. We'd love to see you there. There are more details about the State Relay Champs on the next page.

A huge thank you to all families who have given up time so far this season to assist with set up, pack up and BBQ duties, as per the new rosters. Please keep in touch with your Team Manager to ensure you know when you are rostered on for various activities. The extra hands are making life so much easier for the regular volunteers.

We are looking to fill some key committee roles for the 2017/18 season. See the note on the next page. If you are interested in joining the committee, please come and have a chat on Sunday or email me at the address below. And welcome to our new Secretary Susie Moritz (Mum of Jack in U8B and Will in U12B)!

Finally, don't forget that we offer training on Tuesday afternoons at Heathfield Oval. Coaching for field events is 4.30pm-5.30pm and track training is 5.30pm-6.30pm. With the State Champs coming up in March, this is an ideal time to work on technique.

See you at the meet!

Helen Scharpf, President HLAC

Email [president@hlac.org.au](mailto:president@hlac.org.au) or phone 0419 811 193

## Committee positions up for grabs

We are on the hunt for some key committee members for the 2017/18 season. We're calling for expressions of interest for the roles of **Treasurer** and **Recorder**.

The Treasurer keeps a ledger of all receipts and payments transacted for the centre, and presents a summary of receipts and expenses, including the bank balance and inventory and stock levels at committee meetings. The treasurer also presents a detailed Financial Statement of Income and Expenditure for the past 12 months at the Annual General Meeting.



The Recorder updates the weekly results into the recording software, prints the home meet recording sheets and places in the age group folders, provides the special events coordinator with athletes' results for championship qualification confirmations, and tracks/organises/presents athletes awards at home meets (attendance, personal bests, centre best performances).

As well as these key committee roles, we're still hunting for:

- Starters
- Arena Managers
- Arena Assistants
- First Aid Officers

If you can fill any of these roles or are interested in getting involved in any way, shape or form, please contact President Helen Scharpf at [president@hlac.org.au](mailto:president@hlac.org.au) or phone 0419 811 193.



## State Relay Champs

The Health Partners State Relay Championships are coming up on Sunday 12 February. The event is open to teams from Little Athletics centres from all over SA in Under 9 to Under 17 age groups. This championship event provides the only opportunity for our athletes to compete as a part of a team, and the top three placed teams in each event for each age group receive medals.

The following relay events are held:

- Track Relays consisting of 4x100m and 4x200m for each age group and combined mixed medley 2x100, 1x200m, 1x400m for U9-U11, U12-U14, and U15-U17.
- Field Relays consisting of 4 events – Long Jump, High Jump, Shot Put and Discus.
- 4x100m Mum and 4x100m Dad.

Those nominating for the track relay squad need to attend two relay training sessions. Sessions will be held before home meets at 8.15am on 8 January, 15 January, 29 January and 5 February.

We'd love as many nominations as possible for the Relay squad, so that we can put forward some fantastic teams for 2017!

Please email your nomination to [info@hlac.org.au](mailto:info@hlac.org.au) ASAP and by 22 January at the latest, listing the following athlete details:

- Full Name
- Registration Number
- Age Group
- Track or Field (if field, please list preferred 2 events)

We will endeavour to accommodate all those that nominate for the Relay Squads (be it in Track, Field and Medley), however the squads will be finalised on current year personal bests

If you have any questions, contact Stephen Morris who coordinates Championships Events for HLAC: Stephen Morris on 0438 227 070.

## Train with a hero

Would you like to win a training session for you and your friends with a Jetstar Big Hero? Jetstar are searching for Little Athletics kids who are reaching for the stars in their sport. Kids who enter can win one of five exclusive training sessions with a Jetstar Big Hero for them and 15 of their Little Athletics friends. Find out more and enter here: <https://www.facebook.com/JetstarAustralia/app/1687840574793437/>

## Want to win \$50?

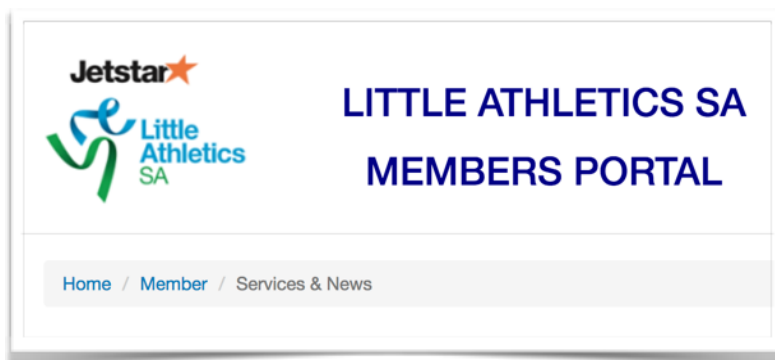
Each week at Little Athletics you have the chance to win \$50! It's called Club 50, and it's also a great way to support our club – at the moment we're fundraising for high jump mats. Weekly prize draws of \$50 happen at home meets. Major draws are conducted at the Presentation Day – you have to be in attendance to claim a major prize. Major draws are:

- 1 draw of \$400
- 1 draw of \$200
- 1 draw of \$100

The total prize pool is \$1400 and all for just a \$50 investment! Interested? Contact Helen via [president@hlac.org.au](mailto:president@hlac.org.au)

## Earn cash for HLAC

Health Partners is offering HLAC \$10 for every HLAC family that calls them for a quote to compare health cover (no strings attached). Call 1300 113 113 and talk to Health Partners today! Don't forget to mention HLAC.



## SALAA Member Portal: open for business

The South Australian Little Athletics Association has introduced a new Members Portal to enable better access for season registrations and event nominations/registrations.

To access to the portal, SALAA sent an invitation email to all athletes with a redemption code. Parents can then create a master account. You can find the portal here: <https://salaaportal.myrcrm.com/>

This is different to ResultsHQ, where you are able to login and view your children's season results.

If you have any difficulties registering for either the Member Portal or ResultsHQ, contact SALAA on (08) 8352 8133 or [emailoffice@salaa.org.au](mailto:emailoffice@salaa.org.au)

## Athlete of the Month

Little Athletics SA has also introduced a new athlete award scheme for the 2016/2017 season.

This award aims to recognise the outstanding efforts and contribution athletes make in Little Athletics, either at a personal level or a community level.

There are two categories that an athlete can be nominated for:

- Achievement
- Commitment

Each month Centres can nominate one athlete they feel is a true representation of one of these awards. Nominations are active until the end of June. Winners will be profiled in future Athlete Newsletters, the SALAA website and social media.

If you know someone who deserves to be nominated as Athlete of the Month, why not suggest them to a committee member? If you'd like to know more about this initiative visit <http://salaa.org.au/AthleteoftheMonth>