



OFF THE BLOCKS

Dates for your diary

When: Sunday 5 March

What: State Challenge

Where: SA Athletics Stadium

Info: <http://salaa.org.au/Calendar/Events/state-challenge>

When: 17/18/19 March

What: Individual State Championships

Where: SA Athletics Stadium

Info: <http://salaa.org.au/Calendar/Events/state-individual-championships>

When: Sunday 26 March

What: Awards and AGM

Time: 4pm

Where: Heathfield High School Gym

When: Sunday 7 May

What: Cross Country Program commences

Info: <http://salaa.org.au/Calendar/Events/state-cross-country-program>

**\$10 for 10
& WIN a marquee!**

Help us win a marquee

Little Athletics sponsor Health Partners will donate \$10 for new equipment to our centre for every call for a health insurance quote. Call Health Partners on 1300 113 113 and make sure you mention HLAC. Plus, our centre could win 1 of 5 marquees if we have 25 quotes or more by 31 March 2017!



Committee members needed

As we inch towards the end of the Summer season and start planning presentation day and the Cross Country season, we also hit that point of the year where we need some HLAC committee nominations.

It doesn't matter if you have one hour or 10 hours to spare, there is a role for you. From Treasurer to Recorder to Cross Country Coordinator to Marketing/PR Coordinator, roles are interesting and diverse. If you're new to the club, don't fear! There is plenty of support available from returning members.

Attached with this newsletter is a Committee Nomination Form and there's more information about committee nominations on the following pages. Please consider whether you can volunteer a few hours. HLAC can't run without your help.

We're also gearing up for the State Challenge on 5 March and the State Champs on 17/18/19 March. Good luck to all HLAC athletes competing!

Finally, make sure you put **Sunday 26 March** at 4pm in your diaries for HLAC summer season **presentations**. Boys to bring a savoury plate and girls to bring a sweet plate. BYO drinks. We'll have an RSVP sheet at meets from this Sunday listing all athlete names. Please tick off your name if you're attending so that we can order the appropriate number of trophies/ribbons.

See you on Sunday!

Helen Scharpf, President HLAC

Email president@hlac.org.au or phone 0419 811 193

HLAC committee: we need you in 2017!

It's that time of year when we ask the Hills Little Athletics Centre community to consider volunteering some time to join the HLAC Committee.

You just need to fill in a nomination form (attached with this newsletter) or nominate at the AGM, which will be held in the Heathfield High School gymnasium at 4pm.

Elections will be held for the following positions on the HLAC Committee: President, Vice President, Secretary, Treasurer, Registrar, Boys Recorder, Girls Recorder, Arena Manager, Officials Co-Ordinator, Tiny Tots Co-Ordinator, Uniforms Co-Ordinator, Special Events, Cross Country Co-Ordinator, Marketing and Public Relations, Fund Raising Sponsorship and Grants Officer, Child Safety Officer, Competition Co-Ordinator

Assistant positions to each of these positions are also available. In some instances, it is also possible to job share.

And the following Home Meet Roles also need to be filled: BBQ Co-Ordinator, First Aid Officers (at least 2 required), Arena Assistants (at least 6 required), Line Markers (at least 2 required), Courier Results Collator, Starters (at least 2 required), Timekeepers (at least 4 required). Please note that all roles are voluntary and if we cannot fill these roles, HLAC will not operate.



State Relay Champs success

Young athletes from Hills Little Athletics Centre hit the track at the SA Athletics Stadium on Sunday 12 February for the Health Partners State Relay Championships.

Track relay teams for Under 9 boys and girls, Under 10 boys and girls, Under 11 boys and girls, Under 12 boys, mixed Under 17s and a Mums team competed. Field Relay teams for Under 11 Girls and boys and Under 14 boys took part.

Results included Bronze in the Under 14 boys field relay, Silver and Gold in the Under 17 mixed relays, two Silver medals for the Under 12 Boys in the 4x200 and 4x100 relays and valiant efforts by all other athletes who competed.

Other HLAC highlights included two athletes, Oscar Nugent and Thomas King, losing a shoe during their relay legs, but powering on regardless, Under 17 boys champion Jacyn Elsworthy having a baton clash with a competitor as he surged past on the bend, dropping the baton and needing to stop, go back and retrieve but still powering home for silver and Jack Rawlinson securing the bronze in the Under 14 boys field relay, with some powerful throws in discus and shot put.

Participating teams from around SA were encouraged to dress in yellow for the opening ceremony. HLAC Team Manager Stephen Morris made 200 Minion hats for HLAC kids to wear. They were so popular, other teams were trying to steal them for the parade! Unfortunately, HLAC didn't win the best dressed prize, but the kids looked terrific.

A big thanks to Stephen for coordinating the event and for the wonderful costumes. And a big thank you to the athletes and families who put time into training and the event on the 12th. It was a great celebration of team spirit.

Sign up: 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.



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.

Weekly prize draws of \$50 happen at home meets. And Major draws will be conducted at the Presentation Day on Sunday 26 March – BUT 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



Count down to Cross Country season!

The Cross Country season returns on Sunday 7 May, with the season running until Sunday 16 July, culminating in the Cross Country Championships on Sunday 23 July.

Cross Country provides athletes with an opportunity to run a distance race over various terrain and courses each week. Most events include creeks, mud and hills!

Athletes from the under 6 to under 17 age group can take part in cross country events. All Cross Country meets also include events for mums and dads, Tiny Tots, and an open event too.

If you are a current member of the 2016-17 Little Athletics season, you can just turn up on the day. All athletes are to pay a \$2.00 entry fee at the start line on the day of competition.

To qualify for the Championships, all athletes must compete in at least three Cross Country meets during the season. Championships in 2017 are hosted by Mid Coast Little Athletics Centre at Tatachilla Lutheran College, Tatachilla.

Keep your eye on <http://salaa.org.au/Calendar/Events/state-cross-country-program> for the 2017 season program.

Thanks to our sponsors...

A huge thank you to the following businesses for donating goods to keep our Centre running:

Hahndorf Fruit & Veg Market: thanks for the boxes of delicious fruit for all of our home meets!

Klose's Supermarkets: thanks for the vouchers for BBQ and stationery supplies!

Lovells Bakery: thanks for the bread for our sausage sangers and egg and bacon delights!