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Sunnybank

Little Athletics Centre Inc.

Sunnybank Little A's

2017/2018

Newsletter #1

Welcome to the Sunnybank Little Athletics 2017/2018 Season

Welcome back to our returning families and Congratulations to our new families on taking the first step in introducing your family to the fun and fitness that is Little Athletics.

All Little A's Centres run on a completely volunteer basis, we encourage parents to join in and learn how you can help all of our young athletes to participate. Children love it when you help and you'll enjoy the experience just as much as them.

Our first letter for the new season traditionally carries important notices related directly to the running of Sunnybank Little Athletics.

****For the safety and comfort of all athletes, parents or appointed guardians are required to remain on site with their child (ren) during all centre competition, Regional and LAQ carnival times.***

TOILETS



Due to the fact that the toilets are located in the centre of the school, and that the school is used by other groups on Saturdays, it has always been the policy of this centre that no children are to go to the toilet on their own. Children are to be accompanied by parents from their age group. If you are not comfortable with your child being taken to the toilet by anyone other than yourself, your child needs to be aware of this. If you are not with your child's age group, possibly helping in another area, your child needs to advise their age marshal of their need to go to you. We will then organise a replacement helper, to enable you to take your child to the toilet. Older athletes, with the permission of their parents, are to ensure that there are always at least two when going to the toilets.

*****Parent Participation Levy*****

The Parent Participation Levy of \$50 per family that is paid with your registration Fees is fully refundable if Parent/s helps for a minimum of 12 out of the 18 weekly Centre competition days or 2/3 of the season from when your family registered. Points for helping are awarded as follows:

Age marshal - Being an age marshal means that you help that age group at all of their events for the day (1 point is awarded for being age marshal for the afternoon).

If you nominate to help run a specific event that means you go to and stay at that event for the afternoon to help all age groups who come to that event (1 point for running that event for the afternoon). That's why it's really important to get your name marked down as an age marshal or at a specific event (for the full afternoon) when you arrive. There are also additional points for helping set up (1 point) or packing up (1 point) and points for helping at Regional and LAQ Carnivals.

SAFETY

Please ensure you are aware and alert as you move from event to event. Look around to make sure you aren't entering an area where a discus, javelin or shot put is being thrown.

Be aware of the track as you cross is there a race in progress?



Watch for athletes performing an approach run-up for high, long or triple jump as you enter those event areas too!

Safety Rules

- Track Rule – Give Way to all athletes running on the track!!
- Please stay clear of the area in front of the Discus Cage and also the track area near it at all times during competition. Our older athletes may throw the discus over 20 metres or possibly over 30 metres. If you have finished competition for the day, please walk behind the discus cage to access Gager Street or walk through the middle of the oval and walk across to Gager Street.
- Do Not** enter the roped area at Javelin. Javelin is conducted in Weeks 2, 3, 5 and 6.

Set-up / Pack-up Crew Members

You can earn helper points from setting up equipment and packing up equipment. It would be great to have some parents help on a regular weekly basis. Our dedicated committee members need more help in this area.

Just come down to the shed at 12.30pm any competition day to help set-up. Pack-up is from approx. 4pm onwards.

Don't forget to let Isabel know, so you receive your point each time.



Coaching commenced Sunday 20 August



Sundays 3:30-5:00 at the oval.

Occasionally throughout the season we will conduct the training at SAF, Nathan (The new blue track at the Stadium)

Free training available to all U6 to U17 Athletes. Any parents who wish to help at coaching – Just ask! Our club is always looking for interested parents who want to take a more active role by becoming an assistant coach or an accredited coach.

Please contact our Coaching Officer/Centre Manager- Isabel Green.



Photos

We love to see happy faces at Little A's, there's nothing better than getting the year book each season and seeing the pictures all of our young athletes performing their events and having fun. We encourage parents to bring their cameras and take pictures of your children enjoying themselves and achieving their goals. We would love you to share your photos with us for our Centre Publications too!

Rebecca may be seen wandering around taking photos on behalf of the Centre.



Sun Safety



Summer is well and truly on the way, so this is a timely reminder to ensure that everyone adopts the good old SLIP, SLOP SLAP attitude every time you step outside. Last year the Cancer Council introduced an additional word to their long running, well known, campaign.....SLIDE..... that's for slide on your Sunnies to provide sun protection for your eyes!

Hats and sunscreen are essential for sun protection. Please stay under the shade of our tents wherever possible and shirts with covered shoulders are preferable. Water bottles may be refilled from the ice water we provide in the McDonalds cooler at the canteen.



(Thanks to Sunnybank McDonalds for the ice!)



This notice applies to the adults as well as the Kids!!!!



Sunnybank Little A's Sponsors 2017/2018

Peter Keay
Annu Nangia



ORTHODONTICS

Suite 13 259 McCullough St
Sunnybank Qld 4109
Telephone: 07 3344 1055

Email: Sunnybank@knorthodontics.com.au
Website: www.knorthodontics.com.au

Thanks to our major sponsor **KN ORTHODONTICS** (formerly known as Sunnybank Orthodontics) every young athlete will receive a trophy at our end of season Presentation Evening.

We are extremely proud of our continued association with a local business that shares our passion for the healthy physical and social development of children



DISCOVER THE BENEFITS OF SWIMMING LESSONS

Swimming lessons have many benefits for children. Not only do they equip kids with the skills they need to be safe and enjoy being in and near the water, but they have athletic and developmental benefits as well.

LEARN TO SWIM SQUAD & CLUB BIRTHDAY PARTIES

RACKLEY SWIMMING RUNCORN.

37 Bonemill Rd, Runcorn 4113
Ph: 1300 733 053

Mon to Thur: 5.30am - 8pm Fri: 5.30am - 6pm Sat & Sun: 8am - 5pm



Rugby League Club Sunnybank

Under 6 – Opens

With Masters and Womens Teams also!

Family orientated

GREAT OFF SEASON ATHLETICS TRAINING

Association with Souths Logan

Check Website for details:

southssunnybank.com.au

