



December 2018, Newsletter

This newsletter contains information about upcoming carnivals of which your children can be a part through a nomination process. The Ipswich Twilight carnival and the Met West Regional Championships are run externally, but should you wish to begin a competition phase with your child, Colleges will run our own Championships during the second part of our season.

Most of what we are doing is a repeat of previous seasons and some of it has been dictated by availability of equipment. When we return from the Christmas break, our hurdles will have been delivered, which will add another aspect to our weekly competition.

Should you have any questions or suggestions we would be happy to hear them. Or you may wish to indicate your desire to be further involved. You can email Centre Manager, Chris directly on cleeson@internode.on.net or through the centre email address; colleges.little.athletics@gmail.com.

The committee (Chris, Colin, Jane, Luke and Stacey) wish you all the very best for a safe and happy Christmas break.

IMPORTANT DATES for the remainder of the 2018/19 Little Athletics season

FRIDAY, December 7, 2018

Final competition date of 2018 prior to the Christmas break.

SATURDAY, January 12, 2019

Nominations close for Ipswich Little Athletics Twilight carnival. (\$10 nomination fee)

FRIDAY, January 18, 2019

Coaching clinic for Colleges Centre parent volunteers

Nominations close for Met West Regional Athletics Championships (\$15 nomination fee)

SATURDAY, January 19, 2019

Ipswich Twilight carnival from 1:00pm

FRIDAY, January 25, 2019

First day of competition as Colleges resumes the 2018/19 season

SATURDAY & SUNDAY, February 2 & 3, 2019

Met West Regional Little Athletics Championships

FRIDAY, February 8, 2019

Colleges Little Athletics Centre nominations for Colleges Centre Championships due.

FRIDAYS, February 15, 22 & MARCH 1, 2019

Colleges Little Athletics Centre Championships

FRIDAY, MARCH 15 (reserve date March 22), 2019

Colleges Little Athletics Centre final competition day and annual Presentations from 5:00pm at WestMAC

COLLEGES LITTLE ATHLETICS CENTRE COACHING NIGHT

FRIDAY, JANUARY 18, 2019

Colleges Little Athletics Centre will hold a coaching clinic for interested parents of Colleges athletes. At the normal time of 5:00pm, at West Moreton Anglican College, interested parents and their children should gather for an informal coaching clinic. Children will be utilised to gain some coaching tips themselves, while parents are given pointers and updates on the methodology used for all Little Athletics disciplines. If you are interested in attending this session, which should take approximately 90 minutes, please indicate via an email to Centre Manager, Chris on cleeson@internode.on.net

COLLEGES LITTLE ATHLETICS CENTRE PRESENTATION NIGHT

FRIDAY, MARCH 15, (reserve date March 22), 2019

Colleges Little Athletics Centre will hold our annual Presentations from 5:00pm at West Moreton Anglican College on Friday, March 15 (reserve date of March 22 if cancellation is necessary on the 15th). The presentations will take place on the main oval where the Centre usually meets for weekly competition.

At this Presentation night, we will present each athlete with a certificate outlining their personal best performances throughout the season. We also present trophies to the boy and girl athlete from each age group who has improved the most across the season. This is done by allocating points each time they better their previous best performance in any of the disciplines undertaken. We will also present our Age Champion awards, which will be calculated from the Centre Championships undertaken during the final stages of the 2018/19 season.

COLLEGES CENTRE CHAMPIONSHIPS

NOMINATIONS CLOSE - Friday 8th February 2019

Day One - Friday 15th February 2019

Day Two - Friday 22nd February 2019

Day Three - Friday 1st March 2019

This is a new competition. Colleges has not run this competition previously and it has no bearing on the usual awards at season's end, which are based on participation and improvement across the Little Athletics season. These Centre Championships are a stand alone set of events aimed at providing the athletes with an opportunity to compete in a more structured athletics environment.

The Centre Championships will be prepared and scored utilising the Track & Field Meet Manager program and volunteers will be called for to man particular event stations. (See volunteer section on nomination form.)

Due to the number of participants in our older age groups, these Centre Championships are open to all registered athletes up to the U11 age group. Nominations must be accompanied by nomination fees by the due date. All registered athletes can compete during Centre Championships as a normal Friday night of competition, but only those who have nominated will receive points towards the Centre Age Champion. Nominations may be for one or more events, and the nomination fee of \$5 covers one or all of the events for one athlete.

In field events (except High Jump) three attempts only are held for each athlete. Where necessary, heats will be run for track events and places will be awarded from times recorded in the heats.

Points are allocated for **U8-U11 girls and boys** for all track and field events, as follows: 9,7,6,5,4,3,2,1. At the conclusion of the championships the boy and girl from each age group with the most points in each of these age groups will be deemed the Age Champion.

The U6 and U7 Best Performance for each event held at the Championships will receive a ribbon.

Centre Best Performances throughout the season will not be recognised at these Championships. They are a stand alone competition where all performances completed during the Championships are recorded and used for point scoring. However, all performances recorded during the Centre Championships will still be recorded for normal Centre participation points.

To enable the purchase of trophies, lane draws and heats for the championships **NOMINATIONS FEES OF \$5 Per Athlete MUST BE SUBMITTED BY THE CLOSING DATE (Feb 8).**

Presentation of Age Champions and U6 and U7 Best Performances will be made at the Colleges Little Athletics Centre presentation day, which will be held on the final night of competition.

Nomination forms can be found at the end of this newsletter.

Summer Metro West Regional Championships

Ipswich Little Athletics - Bill Patterson Oval, Lion Street Ipswich

Athletes U7 - U17 compete against athletes from all Western Region centres. Athletes can nominate for a maximum of five events.

Heats & finals will be run during the Saturday and Sunday competition. All athletes will receive a certificate for events in which they compete. **Medals will be presented to athletes U9-U17 placed 1st, 2nd & 3rd.** U7 and U8 athletes will receive a participation medallion.

U9-U17 athletes placed 1st, 2nd, 3rd & 4th and those who obtain the qualifying standard in an event final qualify to compete in the State Championships to be held in Townsville 2018/2019.

SATURDAY, 2nd & SUNDAY, 3rd FEBRUARY, 2019
(Back up dates: 10/11th Feb)

Nominations must be returned to Colleges LAC by January 18, 2019. Nomination forms can be found via the Little Athletics Qld website; -Competitions, -Regional Competitions.

http://laq.org.au/Portals/47/Documents/Competition%20Forms/Comp%20forms/1819/_7%20relays%20centre%20form.pdf

Nomination fees (\$15) can be paid at the end of 2018 or at the first session for 2019. Without payment of these fees prior to Championships in early February, Colleges LAC will have to withdraw the nomination and your child will be unable to compete.

Ipswich Twilight Carnival

Ipswich Little Athletics - Twilight Carnival

Saturday 19th January 2019 1:00pm

(Back Up Date: Saturday 26th January 2019)

This carnival is fully equipped with Photo Finish. U7 – U17 may compete in 1 to 5 events against visiting athletes from other Centres. U6 may compete in four events only. Medals will be awarded to 1st, 2nd & 3rd placegetters. U6 athletes will receive a participation trophy only.

This twilight carnival takes place prior to the Colleges return to competition. Any participants for this competition will need to nominate through the Ipswich Little Athletics Centre. Parents/guardians of all participants will be expected to assist by helping to man a station across the afternoon/evening.

Nomination fees: All ages \$10.00 per athlete

Nominations close Saturday at Ipswich, 12th January 2019 at 5pm

Late Nominations will be double the fee cost.

A program and nomination form can be located through the Ipswich Little Athletics Centre usually via their website.



COLLEGES LITTLE ATHLETICS CENTRE CHAMPIONSHIPS NOMINATION FORM

Athlete Name: _____ Gender: _____ Year of Birth: _____

Tick the event/s for which you wish to nominate. Fee paid: _____

	2013	2012	2011	2010	2009	2008
70m						
100m						
200m						
400m						
800m						
1500m						
60m Hurdles						
300m Race Walk						
700m Race Walk						
1100m Race Walk						
Long Jump						
Triple Jump						
High Jump						
Shot Put						
Discus						
Javelin						

Volunteer nomination

Name: _____

Station Preference (Please number in order of preference)

Event station	Please indicate numbered preference
Track	
Race Walking	
Long Jump	
High Jump	
Triple Jump	
Shot Put	
Discus	
Javelin	