EPPING ATHIOTE

Newsletter – September 2018





Bendigo Community Bank Sponsorship

We are pleased to announce a sponsorship arrangement with Bendigo Bank - Epping Community Bank Branch. Your Club relies on the support of organisations like Bendigo Bank to help fund our activities and promote athletics in the local community.

A presentation was made last Thursday with a cheque for \$2,500 handed to the club by their Branch Manager Stephen Hu and Liaison Officer Stefan Sojka.

EDAC and Bendigo Bank -Epping Community Bank Branch look forward to working with each other to promote each parties activities.

Pick Up and Drop Off.

Mum's and Dad's please ensure a coach or club official is present at the Centre before leaving your child at training.



Coaching Update

Allan & Larissa have been back from Estonia for a few weeks.

Larissa picked up some valuable experience whilst competing at local championships.



Current Session Times

Mondays: 4.30 – 6.30 Do your own thing, track or gym. Baerbel is away until October.

Tuesdays: 4.30 - 6.30 with Allan, Larissa & James

Thursday: 4.30 – 6.30 with Larissa, Margaret & James

Sundays: 8.30 - 11.00 with

Allan

Allan has requested that for Tuesday and Thursday sessions all athletes should be warmed up and ready to start by 5.00pm

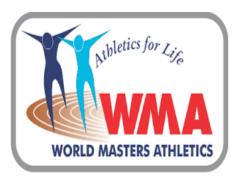
Allan says "Don't be late or you are in Big Trouble!!"

Social Running Group

This group meets every Thursday at 6.20 pm.

Check our Facebook page for Trevor's weekly program which can include Street Runs, Mini Boot Camps, Bush Runs and soon to be yoga.

World Masters Championships



Baerbel Koribalski and Ellena Cubban are currently in Europe where they will compete in the World Masters Athletics Championships which are being held in Malaga Spain from 4th to 16th September.

Good luck and bring back some medals!!

Dual Athlete Registration Process

- 1) Dual aged Athletes will register once through the LANSW website.
- 2) During their registration on the LANSW website, athletes will also pick their senior club (Hopefully Epping!!).
- 3) All athletes will receive their set of bibs from their LANSW centre. This set of bibs will double up as their Athletics NSW Competition Bib.

Bibs



For the 2018/19 season, there will be two different types of Competition Bibs:

- A Dual Athlete Bib
- A Standard Athlete Bib

The Dual Bib will be worn by all Little Athletics NSW athletes between the ages of 11 and 17 years.

This Bib will be worn at both LANSW and ANSW events/competitions on their Little Athletics uniform and will come in a set of two. The Standard Athlete Bib will serve all Athletics NSW Members (excluding Dual Athletes).

Distribution of Bibs for Senior Athletes

The distribution of bibs will be made by Athletics NSW at Athletics NSW events.

Bibs will not be distributed by clubs as in previous years.

Bibs will be available for athletes at Athlete Check-In for collection and will be marked off a master list. Bib numbers will be automatically allocated by the Athletics NSW system.



















