

2018/19

NEWSLETTER

HORNSBY DISTRICT LITTLE ATHLETICS CENTRE



Message from your president:

Hi All,

The season has just wrapped up, and firstly I want to acknowledge the athletes that made the State championships. The conditions were very tough but the athletes all performed well and learned a great deal from the experience.

On the last day of competition I had some time to sit back and watch the competition for a bit. I saw kids enjoying themselves, being supported by friends and family, and reminded myself this is what it is all about - kids enjoying outdoor activity. At the end of the competition I was blown away by the help from all the families to pack up for the season and I thank you all very much for your help.

I hope you can all get to the end of season awards to support and celebrate the achievements of all the kids and have a fun day amongst friends.

Regards,
Lance Erasmus

Dates for the diary

Sunday 31/03: Presentation Day; Thornleigh Oval; 12:30

Thursday 04/04: Stepz Fitness Indoor Training Starts

Sunday 14/04: HDLAC Cross Country; 3:00pm

Saturday 04/05: Community Nitro Event; SOPAC; 10:30

Tuesday 21/05: HDLAC AGM

Saturday 25/05: Athletics NSW Cross Country Relays

Sunday 09/06: HDLAC Cross Country; 3:00pm

Saturday 13/07: Athletics NSW Street Relays

Sunday 21/07: HDLAC Cross Country; 3:00pm

Saturday 03/08: LANSW State Cross Country; Rydalmere

Italic: tentative. See website/facebook for confirmation

Region and State T-Shirts can be purchased at Presentation Day for \$15 for anyone who previously qualified for these events.

Winter Training – see HDLAC web for detail



Wednesday Fitness Training continues with Joe Burgess at Pennant Hills Oval between 4:30-6:00pm. Recommended for U9 and older to prepare for Cross Country, School Carnivals or just general fitness. Friends and parents are welcome to join in too.



Indoor training starts on Thursday 4th April at Stepz Fitness Thornleigh for a 6 weeks trial. See training tab of HDLAC website or www.trybooking.com/BBOCY to book or for more details.

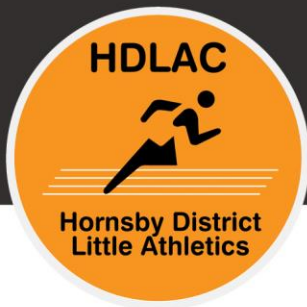
Looking ahead

The 2018/19 Annual General Meeting will be held on Tuesday 21st May at West Pennant Hills Sports Club, New Line Road at 7:30pm. All are encouraged to attend to hear a wrap up of the 2018/19 season and the vision for 2019/20 season.

Committee Positions will also be re-elected and a number of positions require filling including:

Age Manager Coordinator; Awards Manager; Website Manager; Uniform Officer; Canteen Officer.

Positions can be shared and regular meeting attendance is optional. We need to fill these positions to keep the Centre operating and continue to trial new initiatives. Please think about how you can help support your Centre and get in touch if you want more details.



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Winter Competition

There are several opportunities to compete over the winter season with something for everyone!

HDLAC Cross Country – locations will vary and format is relaxed and informal. The intention is to provide opportunities to practice Cross Country running and get help and advice from our coaches. See Dates section for information, as well as Facebook and website for further details.

We will also visit our friends at Northern Districts LAC to participate in their Cross Country events for some variety and friendly competition.

COMMUNITY NITRO EVENT

HDLAC will be entering teams in the **Community Nitro** Event, a great fun, team-based competition!

Teams: There will be 3 age categories (U7-U9, U10-U12, U13-U15)

- Each team will consist of six athletes of the age group(s) as per above with 3 male and 3 female in each category.
- Each athlete can compete in two individual events and one relay.
- Teams will be selected based on enthusiasm - not performance!

Events: 60m Sprint, 150m Sprint, Elimination

800m, Long Jump, Shot Put and Vortex Javelin Throw.

Relays: 2 X 100m and Medley Relay (1 x 400m, 1x 200m, 2 x 100m)

If you are available and keen to participate - please complete the below form (one per child) so we can determine how many teams we can enter.

<https://coachhdlac.wufoo.com/code/community-nitro-expression-of-interest/>

ATHLETICS NSW CROSS COUNTRY AND STREET RELAYS

Teams will be entered for **Cross Country Relays** and **Street Relays** in U12+ age categories, and a fun run for everyone is also available at both events.

The Cross Country Relays are held at Miranda Park on 25th May and also includes fun activities, music, food & drink stalls. You can also watch and be inspired by the Senior athletes charging around the course.

Similarly, the Street Relays are held at Ourimbah. For further details on both see:

<http://nswathletics.org.au/Events/Calendar>

LANSW STATE CROSS COUNTRY

The **LANSW State Cross Country** is close to home at Rydalmere on 3rd August for U7+. More information is available on the HDLAC website or LANSW website. This is a great opportunity to race in a State event and get visibility for our Centre. As there is no qualification event for this State Champs, and given lots of children prioritise team sports over the winter months – the standard is somewhat more inclusive than the athletics state champs. Fun Runs will also be available for non-registered children and parents.

