



2018/19

# NEWSLETTER

## HORNSBY DISTRICT LITTLE ATHLETICS CENTRE



### *Message from your president:*

Welcome to the January edition of HDLAC News. I hope you had a restful holiday and are ready to start 2019 with a bang.

It's been a thoroughly enjoyable season so far and I hope you and your kids are enjoying Saturdays too.

Firstly I want acknowledge the wonderful performances from all the little athletes already this season. There have been more than 3,800 personal best performances by all athletes, which is amazing and I encourage you to celebrate every PB with your child and encourage FUN.

The committee has made a number of changes this season including adding card payment to the canteen and introducing coaches to our centre. We hope the various changes are working out well for everyone. We have had a great response from all parent helpers to make set up and competition more seamless. Don't underestimate the enjoyment your children have from seeing you be involved in their sport.

I thought the skills sessions at the beginning of the season were fantastic and I would like to thank Alice for all the work she has done in coordinating the coaches and trying to put together a program that will suit everyone. This training looks to be paying off!

Our 113 Zone representatives put in an amazing performance and we have 72 athletes going on to Region across 161 events, that is well over 60% of zone reps going to region. Congratulations to all our Rep athletes for their hard work and achievement.

Read on for lots of opportunities to be part of the centre in 2019, and we look forward to seeing many of you on the 11<sup>th</sup> Jan with our first ever combined event at the Northern District meeting.

**Lance Erasmus**

**Dates for the diary (see Season Program on website for more info)**

**Wednesday 9/01:** Training starts again

**Friday 11/01:** Twilight meet with NDALC

**Saturday 19/01:** First HDLAC back

**Saturday 26/01:** No HDLAC – invitational at NDALC

**Saturday 2/02:** Uniform Comp entries due (see p3)

**Saturday 9/02 – Sunday 10/02:**

Region comp at Narrabeen – no HDLAC

**Sat 2/03 – Sun 3/03:** State Multi – Dubbo

**Sat 16/03 – Sun 17/03:** State Champs at SOPAC

**Saturday 23/03:** Final comp day at HDLAC

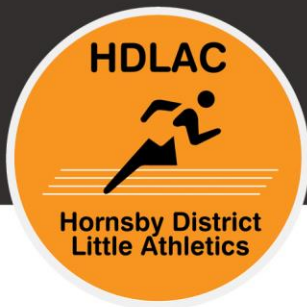
**Sunday 24/03:** Working Bee

**Sunday 31/03:** Presentation Day (*tentative*)

**Congratulations to our new centre captains for 2018/19 season. Danielle Osifo & Abby Hartshorne.**



**Captain Abby says:** "I started Little Athletics with Hornsby when I was 5 years old. What I liked about joining was my little sister and brother could do tiny tots and we could all go together on a Saturday morning. I didn't know anyone in my group when I started but I have made great friends over the past 11 years from all different schools. Every Saturday I enjoy getting outside and participating in every event, even high jump! My favorite event is 800m. I think it's great that it doesn't matter where you come as long as you have a go and try hard to get a PB. I look forward to meeting more of the younger groups in the New Year and running a race or doing some throws with everyone."



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### Coaches Corner

This season we kicked off with Saturday morning skills sessions to lay down the fundamentals for our kids and age managers. Feedback was really positive from around the grounds, and the coaches enjoyed their time too. Mid-week training has continued this learning and all attending athletes have developed remarkably. The 2019 coaching program has now been uploaded to the training page on the website, with a greater focus on specialist development. Here's what our coaches say:

**Coach Maddy says:** "I've really enjoyed seeing so many kids involved in athletics and learning new skills. The excitement of the kids when they are having fun at training makes me really happy too. At the zone weekend, one of our regular Thursday athletes came bouncing over bursting with the news that he'd thrown a pb and qualified for region. The pure joy on his face is the reason why I love coaching, for moments like that."



**Coach Joe says:** "Fitness training at HDLAC has started to build momentum nicely. Continued participation of the athletes and their enjoyment is the most important and rewarding aspect of my involvement. It's been great to develop a core group of athletes turning up regularly and building a strong training culture, as well as fostering continued improvement. I'm looking forward to growing the group in size in 2019, and having more athletes enjoy and pursue distance running!"



### A-Z Set up changes

We've made a number of improvements to our set up routine over the first half of the year with our new task board. From January, our set up roster will move to alphabetical to ease the variation in parent helper numbers. The roster is set up as per surname of your registered children. See season program for roster.

### Season Performances so far

Well done to our 347 children who have so far achieved over 3,800 pbs. Here is a summary of some additional stand out performances:

**Nathan Ramsey** *TransTasman Reserve*

**Zara Warland** *State 3km Champs, National qualifying time*

#### State Relay Teams:

**U8B 4x100m 11<sup>th</sup>**                      **U8B Throws 9<sup>th</sup>**

**U10G Throws 8<sup>th</sup>**                      **U10G Jumps 1<sup>st</sup>**

**U12G Throws 11<sup>th</sup>**                      **U12B Jumps 20<sup>th</sup>**

**U12G Jumps 11<sup>th</sup>**

#### Centre Records:

**Annabel Magnussen** *U17G, 400m 1:01.22, 13th Oct 18*

**Annabel Magnussen** *U17G, 800m, 2:29.88, 20th Oct 18*

**Eve Clark** *U9G, HJS 1m05 3rd Nov 18*

**Thomas Vedris** *U8B, 100m, 16.49, 8th Dec 18*

### Safety First



Thank you to our regular First Aid officers Tracey and Stuart. It's great seeing you out on the field in your Green Jackets.

Reminder – please make sure your children have a water bottle and hat every week to avoid any heat related illnesses.

### You can help

We still have a number of open committee positions available for the remainder of the season, and into next year. If you are interested in supporting your centre, please get in touch. All positions can be modified to suit schedules.



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**COMPETITION TIME: *You can help be a part of HDLAC future!***

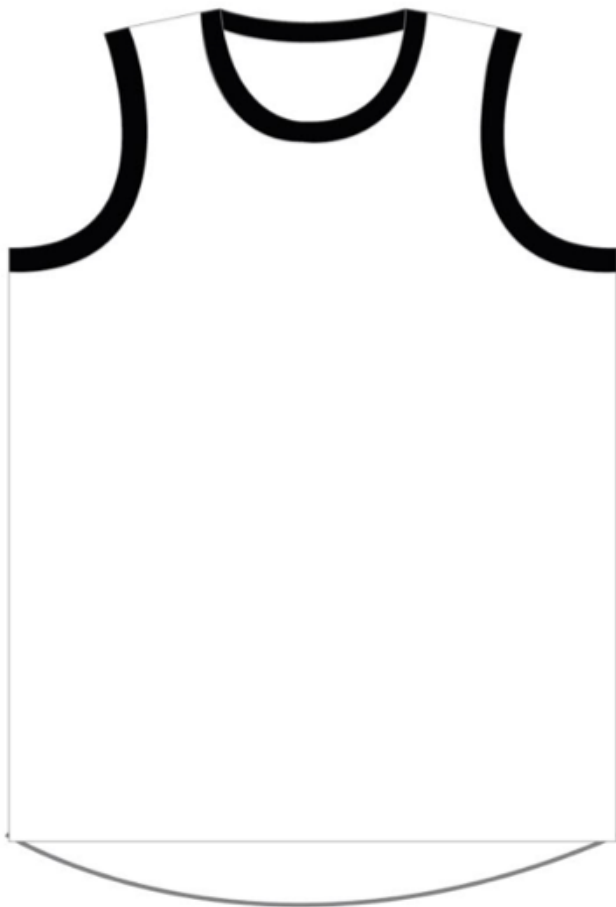
Next season we are updating our centre uniform, including adding t-shirts to the mix of options available.

Our competition kit needs to stay with our centre colours of Orange, Black and White. Anyone can submit an idea – parents, children, grandparents, neighbours! The more the better.

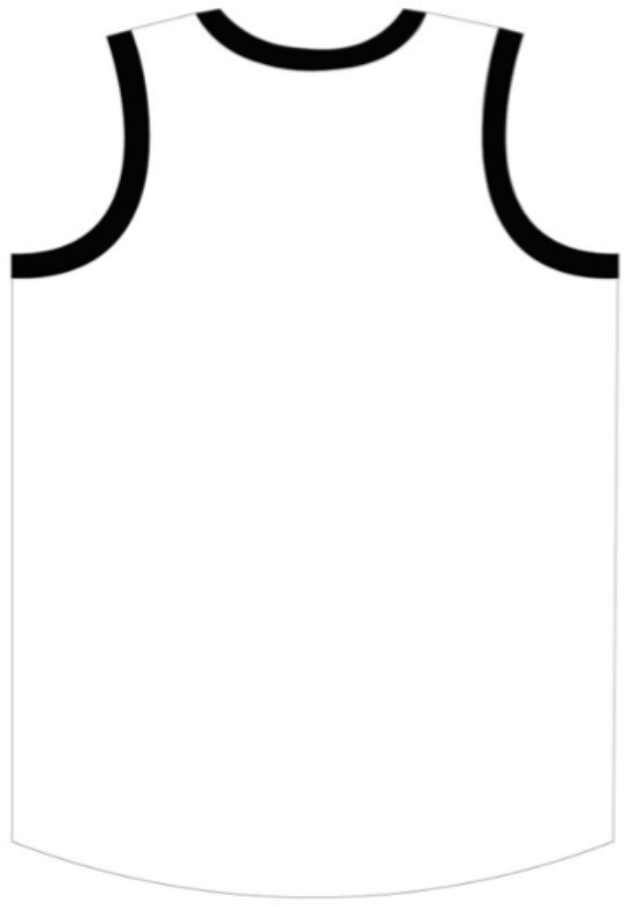
We can also design training tops which could be in different shades. So get your creative flare going over the school holidays and submit your entries by **2nd Feb**. If you want a little project and can assist with the uniform liaison, get in touch. Many hands make light work.

FAMILY NAME:

Email Address:



Front



Back