



2019/20

# NEWSLETTER

## HORNSBY DISTRICT LITTLE ATHLETICS CENTRE



### Message from your president:

Happy New Year team,

We hope that you have settled in well to HDLAC if this is your first season, or have enjoyed picking up where you left off if you are returning. It's been a great start to the 49<sup>th</sup> season of HDLAC, most notably with a refresh of our uniforms for athletes and committee alike.

2020 will see the introduction of a Club T-Shirt which can be worn proudly by athletes, parents and grandparents.

There are still a number of Committee positions and occasional roles which need filling. If you are able to help in any way, please do get in touch. Your children will value your contribution as much as the current committee will.

Whilst we may be half way through the Summer competition, there are still lots of events coming up, including the return of our successful Trail Running Cross Country series. Read below for more information.

**Lance Erasmus**

### YOUR CENTRE NEEDS HELP

Our current committee is made up of 10 parent volunteers, and we are stretched very thin. We continue to invent new ways to operate, test new ideas and increase the opportunities available to our registered members, but there are lots of unrealised opportunities that we just don't have enough time for.

If you can help, even in a small way, it will take some weight off the committee, and help make HDLAC an even better centre than it is already. Please see the website for our most urgent positions to be filled, or have a chat with a committee member to offer any skills or experiences you can.

### UNIFORM



Have you ordered a Club T-Shirt yet? All orders are completed online and will take 4 weeks for delivery. Go to: [www.sportsmagic.com.au](http://www.sportsmagic.com.au) to place a "Back Order"

We don't keep any stock on site as we do not have a uniform officer, but samples are available for checking sizes.

### COACHES CORNER

Coach Maddy says:



"I've been involved with HDLAC for one year now, and in that time I've seen the club and athletes grow and develop, and improve their knowledge of athletics in general. As a coach I'm very proud of all the kids who have worked hard at training, and competed not only at Little Athletics events but events outside of the Little A's program too. We continue to test new ideas and formats for our weekly training to improve overall skill development

which is a crucial element of athletic development, and transferable to all other sports. I'm proud to wear the Orange, Black and White of HDLAC!"

Coach Joe says:

"Middle-Distance Training at HDLAC has expanded well in 2019. We now have a much larger group of regulars at our Monday sessions, and have added an additional session for our older athletes on Thursdays. I'm very pleased with everyone's commitment and enjoyment at training, which I believe is the most important metric for measuring success at any level. Well done to all!

Furthermore, we have seen some athletes enjoy competing in distance events at HDLAC, Zone Little Athletics, LANSW State Cross Country, Community Nitro, LANSW Relays, ANSW Club Championships, and various school events. It's great to see everyone enjoying the sport and competing alongside their friends. Thank you to the parents for being so supportive and to the children for being involved in the sport."



### IMPORTANT HEALTH AND SAFETY RULES

These important rules help us to keep everyone safe while at the centre. Please take note of the following:

- Every athlete must have a parent/guardian present at the oval at all times.
- If you are assisting on the field, you must be wearing a yellow vest, starters bib or first aid bib. Spectators must stay off the competition areas at all times.
- No prams are to be on the in-field at any time.
- To get help from a first aider, find someone in a green First Aid bib or notify a committee member or computer operator to call a first aider. In an emergency situation dial 000 immediately.

Limited water and sun screen will be available, but please arrive prepared for the conditions.



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### Coming up in 2020

2019 may be over, but we still have heaps of exciting events to look forward to in the remaining 8 months of the season. Your registration includes the winter season, and there are lots of opportunities to continue participation:

### Summer Competition Remaining

- Friday 10/01:** Twilight Meet with NDALAC at Foxglove Oval
- Saturday 18/01:** Competition resumes at HDALAC
- Saturday 25/01:** Australia Day at NDALAC, Foxglove Oval
- Saturday 01/02:** Seeded 400m at HDALAC
- Saturday 08/02:** Region Championship (No HDALAC)
- Sunday 09/02 :** Region Championship (No HDALAC)
- Saturday 15/02:** Septathlon at HDALAC
- Fri 21/2 to Sun 23/2:** NSW Junior Championships U14+ (SOPAC)
- Saturday 29/02:** State Multi @ Tamworth / Normal HDALAC
- Sunday 01/03 :** State Multi @ Tamworth
- Saturday 21/03:** Last Summer HDALAC comp
- Sunday 05/04:** Presentation Day

### Winter Competition Opportunities :

*All dates are indicative*

- Sunday 26/04 :** First HDALAC XC (Pennant Hills)
- Saturday 02/05:** Community Nitro (SOPAC)
- Sunday 17/05 :** HDALAC XC (Pennant Hills)
- Saturday 23/05:** ANSW XC Relays (Miranda)
- Sunday 21/06 :** HDALAC XC (Pennant Hills)
- Saturday 11/07:** ANSW Street Relays (Ourimbah)
- Sunday 26/07 :** HDALAC XC (Pennant Hills)
- Sunday 03/08 :** LANSW XC (Dapto)



### Training at HDALAC

For up to date information on days/times, see the Training tab on our website.

There are training sessions held 4 days per week during the summer months, catering for all skills levels and abilities. We are fortunate to have a team of highly passionate coaches who prioritise all-round athlete development alongside enjoyment, confidence building and working as a team.

Kids who enjoy training will want to keep coming, and consistency is key to performance. This is especially crucial during the ages of 10-15 as children are impacted by growth spurts and puberty, both of which can temporarily impact coordination, speed and energy levels. If enjoyment is only linked to performance, when children hit these bumps they are at risk of quitting.

Our Thursday teen squad is growing nicely and has become as much a social gathering as a training night for our older athletes.

### Competition Spotlight – Community Nitro



Teams are formed across multiple age groups to race unusual events, including 150m; Swedish relay; and a vortex throw. Points are allocated based on positions and calculated by team. Non-members are welcome to participate too so bring your school friends along. Watch your inboxes for details closer to the event.

### Competition Spotlight – HDALAC XC



Our HDALAC Cross Country is set in the trails of Pennant Hills Park, with distances suitable for Tots to Teens, and parents too. They are so much fun, last year one happy athlete incorporated the event into his birthday party plans and brought some friends along for the run. These events are ideal preparation for School Cross Country races.