

Doonside Little Athletics News

Issue No. 5

Tuesday 14th February 2012

www.doonsidelac.com

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Wet Weather Number: 0423 384 651

Dates To Remember

2012

16th February Thursday Night Competition

Sat 18th & Sun 19th February - Regional Championship

Blacktown International Sports Park Rooty Hill

1st March Thursday Night Competition

Sat 3rd & Sun 4th March - State Multi Event

Cessnock

9th March Last Night of Competition

Fri 23rd: Sat 24th Sun 25th March - State Championships

Homebush SOPAC

Sunday 6th May AGM & Presentation Day - **Charlie Bali Reserve**

Sunday 13th May - Back Up for Presentation Day

DLAC Website has been partially updated with more to come

Gala Days

List of Gala Day carnivals state wide on notice board

Don't forget that the walks will be held at 5.30pm, each time they are to be contested. This is so that the serious walkers may be judged properly and fairly.

Centre Championship will now be held on

Saturday 10th March and back up date 17th March. 12noon start - Javelin

COACHING at CHARLIE BALI RESERVE

Doonside LA's offer **free** coaching at Charlie Bali Reserve. Coaches and their times are as follows:

Kerry Wynne 9625 2229

Tuesdays - Charlie Bali Reserve 4.30pm Hurdles

Thursdays - Charlie Bali Reserve 4.30 pm Hurdles

Ron Keys 9671 5182

Tuesdays - Charlie Bali Reserve - 4.30pm Sprints and Middle Distance

Thursdays - Charlie Bali Reserve - 4.30pm Sprints and Middle Distance

Dawn Keys 9671 5182

Monday - Charlie Bali Reserve - 4.00pm - Walks

HELP NEEDED

The BBQ can't run it self - we need parents to help out, not children, but in saying that, we thank the children that have offered to help; **SO PLEASE PARENTS** come forward to offer your assistance.

The other area we need help is with field events. If we can get parents that know the RULES or would like to learn the rules in Long/Triple/High Jump, Discus & Shot, this will assist the age managers and make the event run a lot smoother and quicker. See Kevin (President) or Craig Dhu (V. President)

FRIDAY NIGHT RAFFLES

Firstly thank you to the parents and mainly our officials that buy raffle tickets each week, this money helps go towards the children's trophies at the end of season.

We have a huge high quality meat tray every week that can feed a family of 6 or more.



WARNING TO PARENTS AND ATHLETES!

There have been a few sightings of snakes reported to committee members. It's recommended that athletes be aware of this matter.

“Woof Fest at the Off Leash Area Doonside Road Doonside”

Sunday 4th March 2012 - 9am-1pm Doonside Little Athletics are seeking assistance with the running of our BBQ. With 1500 people attending the event this could be a valuable fundraiser for our Club. Just call into the committee room and put your name down as a helper. Many hands make light work.

AGE MANAGERS & COMMITTEE

It is most important that if you are not going to attend Friday nights PLEASE CONTACT Sandra 0420709546 ASAP so your positions can be filled for the night.

CENTRE UNIFORMS

All athletes must be in FULL centre uniform with registration number sewn on the front of the top with the red border showing, age patch on the left side of uniform, IGA patch on the right side top of shirt, and for athletes going to State Relay, Zone, Regional, State Multi and State Championships you must have the 140 number and NO COKE A COLA SIGN sewn on the back of your uniform. If you don't have any of these please come to the committee room ASAP.

SKINS or any of type of compression pants only to the knee NO FULL LENGTH compression pants to be worn at any time in competition.

Age Managers

Every Friday night **ALL AGE MANAGERS** will have to go the equipment shed to sign out a measuring tape and sign it back in. We have taken this step because of the damage done to the equipment by the children. On our first night three tapes were broken and this is a **large** cost to the Centre.

Another important message to Age Managers, **PLEASE** can you submit a report on your age group to be published in the newsletter? Send to rose@kinnell.net or handwrite it out and leave in the committee room to be collected.

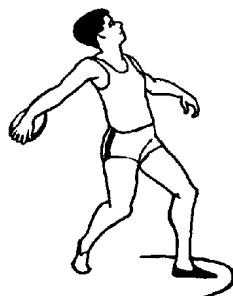
Rosemary Smith

Centre Championships New date

Our Centre Championships held on **Saturday 10th March 2012 at Charlie Bali Reserve - 12noon first call for Javelin - then followed at 1pm by the rest of the carnival.**

Age Managers and parents - your assistance will be greatly appreciated when a call is made to help out at the track/field events. The other areas we need help are the Canteen and BBQ, as our Canteen Manager is also the Marshalling Official. If you can help out please see Lyn Channells on Friday night.

Each field event will have a qualified official who will be running the event so parents and age managers we will need your assistance at those events.



Regional Carnival Held in February 2012

Blacktown International Sports Park

(Formally: Blacktown Olympic Park)

Region 2: Under 8s- Under 17s (BISP)

State Multi Under 7s- Under 17s (Cessnock)

State Championships: Under 9s- Under 17s (SOPAC)

Regional - Saturday 18th February and Sunday 19th February -
Starting Time first call 8.15am So please check your child's event for
the weekend.

Medals are awarded to all finalists 1st -3rd placings and certificates
from

1st-8th place. Under 9's -17's 1st - 3rd will then move onto the State
Championships at Homebush 23th, 24th, 25th March

State Multi- 3rd-4th March 2012 Cessnock First event
9.30am

State Championships - Fri. 23th, Sat. 24th, Sun. 25th
March

Friday night 6pm see attached listing for Friday U12 B/G H/J,
U13 B/G L/J, U17 B/G L/J, U15 B/G T/J, U14 B/G T/J, U17 B/G
Discus, U13 B/G Discus, U14 B/G Shot & U15 B/G Shot

PLEASE NOTE

We will also be running on Thursday night 16th February as a
full competition night - Due to Regional that weekend.

And Thursday 1st March as a full competition night - Due to
State Multi that weekend.

Please Note

"Regional Championships"

**Doonside centre is required to have 1 parent
helper at the BBQ each day for I HOUR
THROUGH OUT THE DAY**

**Sunday 1 track person exiting the track
THROUGH OUT THE DAY**

"Be Sun Smart"

Make sure you **HAVE** plenty of **WATER**, **SUNBLOCK**, and **HAT** and try to cover up your skin with a T Shirt to avoid getting burnt. This also applies to parents as well. Last year Zone was very hot and the number of children and parents that were burnt was appalling. Sunscreen should be applied every 2 hours. Rehydrate with water not fizzy drinks.

Rosemary Smith



Results

If you have any **QUERIES** with your child's/children's results, please come and see **ME**.

I am the one who processes all the results, so I will have the answers for you, and by coming straight to me, it might save you from assuming something you should not.

I will either be out on the field with the under 14 boys or you will find me in the committee room.

It is very rare that I am not at Athletics; so if you do have a query on a night I am not there; please see me the next week.

If I have made an error, I am only too happy to fix it, but most of the time I have already picked the error up and amended it for your child.

Donna DHU

SAFETY

Everyone please note

You can only go out onto the field, if you have asked the Age Manager if they need your help and you have **SIGNED** the **SIGN ON** sheet which is out the front of the Committee room. **EVERYONE**, including AGE Managers and Assistant's must sign this sheet each week. If you do not and you do happen to injure yourself whilst on the field, you **ARE NOT** covered under our insurance.

PRAM'S ARE NOT allowed onto the field at all. Please for the safety of your baby/child do not go out onto the field with your PRAM.

Age Managers and Assistant's please **DO NOT** stand inside the discus cage whilst athletes are throwing the Discus. This is for your own safety. This is not only a Doonside LAC RULE, BUT also a NSW Little Athletics Association RULE.

If you are asked to go outside the Discus cage, please do so.

If you are showing an athlete how to throw the discus, (which by now most athletes know how to throw a discus) do so and then walk outside of the cage and **JUDGE** from there.

Donna DHU

Gala Days

If your child is interested in attending Gala Days hosted by another Centre, you can find details of these on our notice board.

Entry and payments can be made in the Committee Room.

New Gala Days will be posted on the board as they are received.

Important Notice

Out of bounds at Charlie Bali Reserve

- 1) The creek behind the amenities block is out of bounds at all times.
- 2) The play equipment area also out of bounds unless accompanied by an

ADULT.

- 3) No climbing over the fences, please use the gateways provided.
- 4) The hill and tunnel on the bridge side of the ground are also out of bounds.

Important Notice

To all parents and carers of children. An adult must be present at the ground AT ALL TIMES until their child/children have completed the night's competition. It's been noted that children have been dropped and the parents have left. This practice must stop for the safety of your child/children. DLAC is not a babysitting service.

Last season children were left at the ground without adult supervision. On occasion a child was hurt or we were rained out and the child or children were left at the ground until 10pm with committee members having to remain with them till the parents picked them up. Phone calls were made to the parents with no response. If this occurs this season, the police will be notified to collect the children.

Smoking Policy- General

The Little Athletics Association of NSW Inc. (LAANSW) understands the harmful affects of smoking on health, fitness and performance in sport and that passive smoking is also hazardous to health. It is acknowledged that non-smokers should be protected from the involuntary inhalation of tobacco smoke and as a result the LAANSW has adopted the following Policy.

Smoking shall not be permitted in any competition or spectator area during any Little Athletics competition.

Parents, administrators, coaches and officials have a responsibility as role models, particularly when involved at Little Athletics Centres and at LAANSW Events.

Premises

Premises and competition areas are declared smoke free zones - smoking is only permitted where a special smoking area is designated. **For DLAC this area is behind the Amenities block.**

Athletes/Participants

Athletes/Participants are reminded that smoking adversely affects performances and are prohibited from smoking whilst engaged in Little Athletics activities.

Coaches and Officials

Coaches and Officials are reminded of their responsibilities as role models particularly with junior athletes and are asked to refrain from smoking whilst associated with our sport.

Spectators

Spectators are reminded that smoking is inappropriate behavior in a sporting environment and you are asked to respect our Smoking Policy

Visitors

Visiting Athletes, Coaches, Officials and Administrators are also asked to respect our Smoking Policy.

Non-Compliance

Non-compliance with this Policy will be handled by an explanation of the LAANSW Smoke Free Policy to the person, including the identification of areas in which smoking is permitted. In the case of continued non-compliance with the Policy, LAANSW personnel will use their discretion as to the steps to be taken, which may include asking the person to leave the premises, event or function.

Contact

Anyone wishing to discuss any aspect of this Policy is invited to contact the LAANSW Chief Executive Officer by phone on 02 9633 4511 or by mail to Locked Bag 85, Parramatta, NSW, 2124.



Alcohol Policy - General

The Little Athletics Association of NSW Inc. (LAANSW) is aware that alcohol, when misused, can cause harm to the drinker and others. This Alcohol Policy has been adopted to reduce the risks and avoid potential problems.

For the purpose of this Policy, "activity" includes competitions, carnivals, and championships, coaching events/activities, education clinics and school events/activities. It does not include social activities conducted away from competition or coaching venues.

The Little Athletics Association of NSW has a zero tolerance on the consumption of alcohol during any sanctioned event. There will be no sale or consumption of alcohol during the conduct of any Little Athletics activity.

The consumption of alcohol during competitions or activities shall be deemed a breach of the LAANSW Code of Behaviour and subject to disciplinary action by the LAANSW Board of Management.

Anyone wishing to discuss any aspect of this Policy is invited to contact the LAANSW Chief Executive Officer by phone on 02 9633 4511 or by mail to Locked Bag 85, Parramatta, NSW, 2124.

Smoking & Alcohol Policy - Doonside Little Athletics - Charlie Bali Reserve

DLAC has adopted the LAANSW policies & it is also Blacktown City Council policy of no alcohol to be consumed at the ground during athletic competitions.



SPONSORS

Woodcroft Quality Meats

(Donate a meat tray for our Friday night raffles)



IGA DOCKETS

URGENT WE NEED SOME HELPERS TO TALLY THE DOCKETS

Each season IGA ran a competition where the Centre that collects the greatest value in docketts, wins a BIG cash prize.

Last season Doonside Little A's won for the second year in a row, which was a huge effort.

I would like to thank people who collected their docketts last season; everyone played a major role in Doonside winning \$3500 again. Please bring all your IGA Docketts (no matter what the value is) to the Committee Room. Every one counts towards us again taking out the major prize.

Thank you and happy collecting.

PS

It would help if you could tally your docketts up in bundles - this would be greatly appreciated.

A big thank you to John Channells and Ron Keys for helping me tally up the docketts

Rosemary

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0412218275



**Don't forget
Doonside Little Athletics Centre
Presentation Day
At Charlie Bali Reserve
Sunday 6th May 2012
Starting at 11am for the AGM
If you're interested in joining our
Committee please see Sandra
Campbell for more information**



Fresh Promotions

