

Welcome



Randwick Botany Little Athletics

2021-2022 season



There were too many great performances from our kids last week to single out a few, in the coming weeks we will highlight some of the outstanding individual or age group results not only focusing on the fastest but whom is improving or just tries their hardest . Remember that it is important to “Be your Best” . The emphasis is on fun, participation, performance, technique and getting involved with your family in physical and healthy activity. The motto of Little Athletics is ‘Family, Fun and Fitness’.

Anthony
President

A message from the President

What a start to the season! Proud to be President of such a great club and team of people.

It was great to see the kids running, jumping and throwing again all with smiles on their faces.

Firstly a big Thank you to all the Committee, Age marshals, parents and A BIG Thank you to the KIDS. Without the kids we wouldn't be here and without the helpers it wouldn't happen.

Thanks again

This week we will be returning to a structured event competition morning starting with Series 1. Main events this week for running are 50 Metres , 70 metres 100 metres 400 metres and 700m or 800 m . All kids will have 4 running events dependant on the age groups . Field events as per normal, shot/ ball throw , discus, long and high. If anyone is keen from Under 11 up to learn and throw the Javelin I will be conducting this from 11 am .

Training

The track was busy each night last week. Lovely to see all the little ones who came down to work with Cameron and the team from Speed and Agility were kept busy as well.

If you are a coach and would be interested in training high jump or discus/shotput one night a week please see Anthony.



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Uniform Update

We have been in contact with our suppliers and hopefully our order should be here in the next week or two. If you have ordered a uniform please keep checking in.

In the meantime black shorts are welcome to be worn and if you are awaiting a singlet please make sure that the rego number and age patch are pinned to the shirt you are wearing.

Staying in the Know

Did you know that we are on social media and have a website? This year we are aiming to move away from being paper based so all correspondence will be online.

If you do not have social media don't fear - we also have a website. There you will find all our latest news as well as copies of the newsletter.

If you have questions or suggestions send them through to our email or Facebook and a committee member will respond.

Have your say

Do you have something you would like to add to the weekly newsletter? Would you like to send a shout out to someone who you saw doing something spectacular? Send an email or a Facebook message and we can include it in upcoming editions.

Parent involvement

Thank you to all the parents who helped with small jobs last week. You help to make the day run smoother.

If you are still interested in being an age marshall please come and talk to Anthony or the Committee.

