

# Welcome



## Randwick Botany Little Athletics 2021-2022 season



### A message from the President

Week 2 over and many more to come .

Again a big thank you to all the Committee, Age Marshals, parents and a BIG thank you again to the KIDS. Without the kids we wouldn't be here and without the helpers it wouldn't happen. Thanks again.

This Saturday will be series 2 and I am excited to see the return of the hurdles for the kids . The main events this week for track are 50m, 100m and 200m for the little ones and for the older kids 60m or 80m hurdles, 200m , 500m or 800m or 1500m , and the walks . Know all like the 100 m and will include again this week for kids to see if they are improving . All kids will have 4 track events dependant on the age groups . Field events as per normal, shot/ball throw, discus, long and high jump.

Training schedule this week - Monday to Thursday 5-6 pm is sprint and running training for the u6 up with Leo and David, Tiny Tots training Monday 5-6 pm with Cameron .

I will be conducting throwing training Thursday nights 5-5:45pm for shot put and 5:45 to 6:30 pm for discus. I hopefully will be able to confirm shortly and will communicate through our Facebook and Instagram the long jump night and propose it for 5-6 pm Tuesday nights. If anyone is would like to offer their services in any of the field coaching disciplines please let us know .

There were many great performances from our kids and parent helpers again last week. Many thanks for ALL the Age Mangers new and old but a special mention to Kelly - Tiny Tots and Monica - U12 girls for looking after our largest numbers.

This week I would like to make mention of a great example of why we do what we do. Francesca and Sophie are my athletes of the week, why ? Not because they are champions but because they tried their hearts in every event they competed in although not race winners . Well done!

**Representative calendar:** An update from the Little Athletics association - the Zone carnival for kids aged Under 7 to Under 17 will be held on the weekend of the 29th and 30 th of January 2022 at the Crest Athletic track at Georges Hall. More information in the coming weeks.

If you have any feedback or suggestions or would love to help in some way or just wish to say thank you to someone please let me know via the club email  
Randwickbotanylac@gmail.com

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

# Weather updates

If it is raining on a Saturday morning the committee will decide if we need to cancel or possibly start a little later if it looks like it is clearing. Communication will be sent via social media and will also be on our website.

# This weeks program

We will be on series 2 this week. Tots, U6, U7 and U8 will receive their schedule at the track.

**S E R I E S 2**

u14 /17	u14 /17	u13	u 13	u 12	u 12	u 11	u 11	u 10	u 10	u 9	u 9
BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
1500 m RUN		1500 m RUN		1500 m RUN		1500 m RUN		800m RUN			
	1500 RUN		1500 m RUN		1500 m RUN		1500 m RUN		800m RUN		
DISCUS 1	HIGH J 1	DISCUS 1	HIGH J 1	DISCUS 1	HIGH J 1	TRIPLE 2	SHOT 2	HIGH J 3	DISCUS 3	LONG 3	SHOT 3
										HURDLE	HURDLE
						HURDLE	HURDLE	HURDLE	HURDLE		
		HURDLE	HURDLE	HURDLE	HURDLE					SHOT 3	DISCUS 3
HURDLE	HURDLE										
										800m RUN	800 m RUN
HIGH J 1	DISCUS 1	HIGH J 1	DISCUS 1	HIGH J 1	DISCUS 1	HIGH J 2	DISCUS 2	LONG 3	HIGH J 3		
LONG 1	SHOT 1	LONG 1	SHOT 1	LONG 1	SHOT 1	SHOT 2	TRIPLE 2	DISCUS 3	SHOT 3	HIGH J 3	LONG 3
								200 m RUN	200 m RUN	200 m RUN	200 m RUN
				200 m RUN	200 m RUN	200 m RUN	200 m RUN				
200 m RUN	200 RUN	200 m RUN	200 m RUN							DISCUS 3	HIGH J 3
				SHOT 1	LONG 1			SHOT 3	LONG 3		
SHOT 1	LONG 1	SHOT 1	LONG 1			DISCUS 2	HIGH J 2				
								700m walk	700m walk	700m walk	700m walk
1500m walk	1500m walk	1500 m walk	1500m walk	1500m walk	1500m walk	1100m walk	1100m walk				

# We are social

Reminder that we are on both Facebook and Instagram. Any announcements will be posted on those sites as well as our website. You can also message us through Facebook messenger or through our website.

