

Welcome



Randwick Botany Little Athletics

2021-2022 season



A message from the President

Week 3, Series 2 - Our first hurdle competition event this season and it presented our first challenge for the season. Not only for the kids but for the wonderful helpers (thanks) who battled the wind and the kids keeping them upright to race.

It was eventful and hopefully fun morning, a few falls, and many great jumpers. Have learnt a bit with the organising that the hurdles did take a fair while to get through, but it did allow the kids to compete twice. I tried to keep the younger ones moving with the 200m but in hindsight I missed that the Under 7's need to run in the lanes and the hurdles in the same lanes together just didn't match up. Next time it will be the 400m as a pack start for the younger ones. Sorry U7 age managers!

I cannot stop thanking the committee, age marshals, parents and a BIG thank you to the again from and 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 1 and the main events this week for the track are 50m, 100m and 400m for the little ones and for the older kids 100 m or 400m, 500/700m or 800m and the walks. All kids will have 4 track events depending on the age groups. Field events as per normal, shot/ ball throw, discus, long and high jump.

The training schedule for this week - Monday to Thursday 5-6 pm 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 night 5-5:45pm for the shot put and 5:45 to 6:30 pm for the discus. Long jump is proposed for 5-6 pm Tuesday. Please be aware that you will have to pick sprints or jumping, everyone wanted to run this week and no takers for the jump!

If anyone would like to offer their services in field coaching high jump, throwing disciplines please let us know it would really help our kids.

Again, there were many great performances from our kids and parent helpers last week. Many thanks for ALL the age managers new and old but a special mention to new our new age marshals for stepping up into the unknown and helping the club and the kids out - well done!

This week I would like to make mention of a great example of why we do what we do. Harry from the U11 Boys is my Athlete of the week, why? Not because he is a champion but because competing in the hurdles first time jumped fell at the first, jumped again fell 5 times in all and kept getting back up to finish, I am sorry that the hurdle height is not by me and to some seem like a steeple. Well done Harry!

Representative calendar: An update from the Little Athletics Association for the Zone carnival for the kids from Under 7 to Under 17 will be held on the weekend of the 29th and 30th of January 2022 at the Crest Athletic track at Georges Hall.

If you have any feedback, suggestions, would love to help in some way or just wish to say thank you to someone please let me know on the club email

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'.

Still 4 more Saturdays until our Christmas break.
Anthony



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Safety at the track

While we are so happy to see so many kids each weekend at the track the large volume makes it hard for age marshalls and committee members to keep an eye on them all. We ask parents to help ensure that kids are not playing on the soccer nets or climbing on the large net on the field and please keep children away from the golf kart.



Merchandise for sale

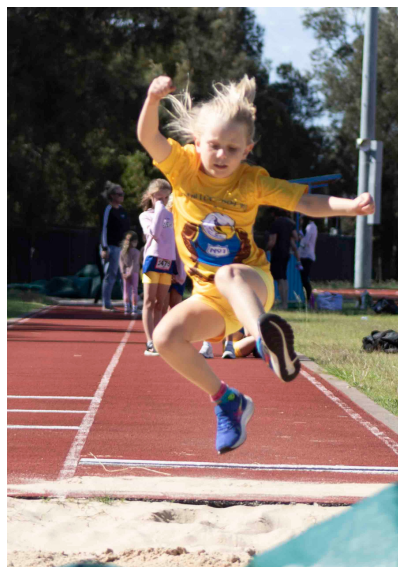
Over the next few weeks we will have limited quantity merchandise available for sale. This week we have backpacks and cooler bags for \$30 and we have bucket hats for \$10 and baseball caps for \$15. There is limited stock available so please get in quick if you would love your own Eagle branded stock.



Uniform update

If you ordered a uniform when registering they are now available for pick up. Please see Sam or Shirley.

Uniforms are still available for purchase. Presently we cannot accept cards so please bring cash.



Covid update

Thank you to everyone for helping to keep us all safe. A quick reminder to make sure you sign in at the gate on entry and to social distance when in large groups. And if you are feeling unwell please stay home and look after yourself.



How can you help?

If you happen to be walking through the supermarket and see icy poles or treats on sale and think to yourself 'would the club like these for the kids' - the answer is yes we would. Any donated goods for the club will be greatly accepted.