

Welcome



Randwick Botany Little Athletics 2021-2022 season



A message from the President

The heavens opened and there was rain and wind, unfortunately we had to cancel and call it a wash out morning. Not a fun decision to make but under the circumstances the right one. Our apologies to the parents that did turn up without the social media notification ability and well done to the kids that braves the rain for a run.

Our wet weather policy is that if its safe enough to compete we will, but we may change the format of the events for the week but we definitely be on unless we notify you through our Facebook and Instagram pages at approximately 8am if we are going to call it off. Cancellation would only be under the circumstances of severe weather such as storms and lightning. We do have to mention that not only we look after the safety of our kids running, jumping and throwing but our dedicated group of age marshal volunteer's working their magic. If kids turn up if it's raining it shows great dedication and you can have a run.

Looking forward to the weekend and this week is back to series 1 (but may depending on the wonderful weather gods again may go with series 2). I will let everyone know in the morning; hurdles first up but will decide on the morning if safe to do so. A challenge for the kids and wonderful helpers in the dry but the wet???

This Saturday's main events for the week on the track are 50/100m, 200m and 500m/700m for the little ones and for the older kids 200m or 400m, 500/700m or 800m and the walks. 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 sprint and running training for 6 and up with Leo and David, Tiny Tots up to 6 years 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 please let me know if you are keen. Long jump/small mat high jump 5-6 pm Tuesday with Vanda. Please be aware that you will have to pick sprints or jumping as we need to keep both coaches lives easier to train. If anyone is would like to offer their services in field coaching high jump, throwing disciplines please let us know - it would really help our kids. This week I would like to mention and thank the committee for being ready in case we went ahead, a good morning for a meeting and we did get to a few things sorted out.

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. We encourage all the kids in the ages u7 and up to compete not only for themselves but for our club. Under 7 to under 11 can compete in 4 events and Under 12 up in 6 events. Please come and get a nomination form on Saturday and give back to the wonderful ladies in the shed either this Saturday or last chance the 11th of December.

If more than 5 kids nominate for a certain event we will have to pick the kids with the best performances this season.

Region set for the 19th/20th of February at Sylvania Waters, Sutherland or the Crest at Bankstown. The first 6 places at the zone will make it through to the region.

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'.

Only 2 more Saturdays until our break returning the 15th of January.
Anthony



RANDWICKBOTANYLAC@GMAIL.COM



/RANDWICKBOTANYLAC

Dates to remember

December 10 will be the last Saturday for 2021. We will be back on board on 15 January 2022.

Zone will be the weekend of 29th and 30th of January.

Region is set for 19th and 20th of February.

Please see Anthony if you have any questions regarding registering for zone or regionals.



Merchandise for sale

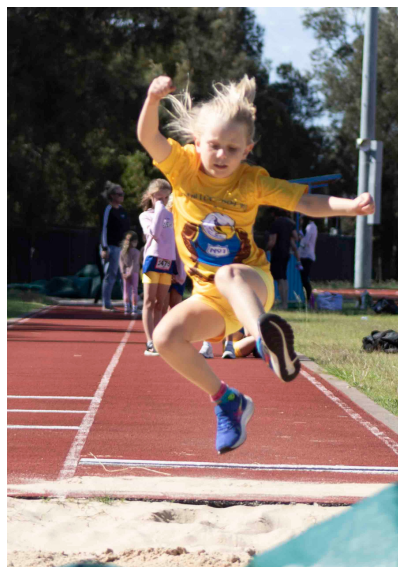
Over the next few weeks we will have limited quantity merchandise available for sale. This week we have backpacks and cooler bags for \$30 and we have bucket hats for \$10 and baseball caps for \$15. There is limited stock available so please get in quick if you would love your own Eagle branded stock.



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.



We have a
COVID-19 Safety Plan
and are committed to
keeping you safe.



Physical
distancing



Hygiene
and
cleaning



Record
keeping



Wellbeing of staff
and customers

> HELPING BUSINESS GET BACK TO WORK

Provide feedback on this business
at nsw.gov.au/covid-feedback



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.



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/RANDWICKBOTANYLAC