

Welcome



Randwick Botany Little Athletics

2022-2023 season



A message from the President

It was great to see the kids running, jumping and throwing again all with smiles on their faces. Week 1 is always a challenge no matter what sport and our opening day was, indeed, a challenge for the club. New committee, new age marshals, and a lot of new kids and parents. A lot of positives and a lot of learning to take on moving forward to week 2 and beyond. A BIG Thank you to all the Committee, Age marshals and their assistants, 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.

Our first Saturday morning was an introduction into Little Athletics for many and we introduce something new where we did not measure, record, or time any events. It was to let the kids, parents and age managers and their assistants learn the ropes. Most importantly it was an introduction into Little Athletics, our centre and how the various field events are performed, and on the track the importance of starting, staying in their lanes and running thru the finish line. (It was quite funny seeing some of the little ones running past the finish line and keep running around the track until eventually some stopped them).

This week we will be running again under the same format in preparation for our 'first competition week' -

the 24th of September - returning to a structured event competition morning starting at 8:30am. All kids this week again will have 4 running events dependants 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 a class on this from 11:30 am. 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'.

3 points to consider and to assist

- We try to start at 8:30 am and ideally, we would love for everyone to be early
- Everyone is a volunteer please respect and offer assistance if possible
- If you have a problem, please let one of our committee members know otherwise we will never know what to improve on

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

Anthony



We have been contacted by the council to remind you all that dogs are NOT allowed at the track anytime of the day. Can you please leave your 4 legged cuties at home to avoid us getting a fine.

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 if you did not pre-order them. Cash or card can be used to purchase.

The below image shows where the patches are to be placed. Coles patches are on back order but if you have yours from last season please use those.



Merchandise for sale

Over the next few weeks we will have limited quantity merchandise available for sale. We have hts, cooler bags, backpack available and more. Please come to the shed and speak to us and as to see what's available.



Training nights

Traning is now on Monday - Thursday 5pm-7pm at the track. Please speak to Anthony to find out what is available on what night. Sprint training is on each night. All children are welcome to come down any night.

No need to book in.



How can you help?

Please come and see any of the committee members if you are able to help with being an age marshall or would like to join the committee. We are always looking for new people to join us and help out.

