



Newsletter November 2018

WELCOME TO WYAC 2018-2019 TRACK AND FIELD SEASON

There have been many new families registered this season which has complimented our family atmosphere. And many of our new members have been willing to assist with setup and packups as well as taking the various age groups of children around the events which is greatly appreciated. The club is incorporated with Athletics Victoria and coaches/coordinator are registered with Athletics Australia, and the club/weekly activities are run by parents. Each week, a variety of job roles are needed; such as a timer, starter, the supervision of each age group, and any person experienced in a specific field event who can help with coachin

Please be sure to pencil in the upcoming events into your diary. COMING EVENTS include: Timed races in specific events for all age groups, handicap night, ongoing development sessions for early age groups. HOLIDAY Friday 9th November (show day) Christmas BBQ breakup with a visit from Santa after activities on Friday 7th December. The season recommences on Friday 1stFebruary after school term resumes.

SAFETY CONCERNS

For the safety of all children, parents are discouraged in regularly dropping off their children at the oval and collecting them at the end of the nights activities. If need be – please organise other parents with their supervision

COMMUNICATIONS

Occasional group texts and emails will be forwarded to all members, as well as information posted on FACEBOOK. Please feel free to txt, ring any of the committee members with any concerns, queries, etc.. As well the club email can be used: woadyaths@outlook.com

Committee Members:

Di Ashmore	President	Peter Luke	Coordinator/ Coach
Helen Bleicher	Vice President	Committee:	Sarah Luke
Amanda Anderson	Secretary	Amber Jeffries	Rhiannon Mann
Kellie Howlett	Treasurer	Kellie Anderson	Ross Hinde

BBQ Sausage sizzles

Regular BBQs are held to assist with our fundraising. Costs; \$1 sausage \$1 drinks. Other items: DO NEED COOKS FOR BBQ!! THE COSTS ARE MINIMAL, AND WE DO HAVE PERIODICAL FREE BBQs

EXTREME HOT / WET WEATHER - SLIP SLOP SLAP

Weekly activities will continue regardless of inclement weather. On warm days, the sprinkler system may be turned on for a brief period. Water bottles and hats are encouraged. Events may be modified. If too severe or WET.. All activities will be run with the indoor program inside the hall.

WANTED

MORE u11+ ATHLETES. Please bring a buddy in this age group. Regular competition and coaching will assist with success in their interschool competitions.

SINGLETS

The costs of the singlets are being subsidised to encourage all children/athletes to wear each week during activities.

FACEBOOK and website

WYAC has a Facebook page. Please LIKE us on Facebook. ALSO please take a pic or two of the kids and send to Peter. (with names and in club singlets). ALL Pics will be screened for suitability and permission to publish. Website has been updated and can be viewed: **wodyaths.org.au**

Results will be published on the website as soon as possible

ASSISTANCE WITH SETUPS

Many thanks to all those in setting up for competition. Please be aware that the sand pit needs constant attention and high jump bags setup. As lines will be marked on the oval, it should assist with placing of wickets hats and coloured cones at the distance starts. Shade tents and club banners are also required.

AGGREGATE POINTS

All children/athletes are rewarded with points for their weekly efforts, we urge all members to be available weekly to collect maximum age group aggregate points for the end of season tally. THIS INCLUDES EXTREME HOT, WET/ WEATHER PROGRAMS AND CLUB CHAMPIONSHIPS. Trophies, medallions and ribbons will be presented on the end of season trophy night.

FUNDRAISING

The club will run a number of fundraising activities during the season to assist with trophies, equipment maintenance etc.. Please assist as we are a non-profit club

REBEL SPORT

Rebel sport runs a club loyalty rewards program. All club members receive a discount on their purchases. As well, the sales are recorded against the club which accumulate towards a sponsorship rebate. When purchasing at the store PLEASE ADVISE THAT YOU ARE A MEMBER OF WOODY YALOOK ATHLETIC CLUB.

COACHING TIPS and OTHER

Under 5,6,7. Longjump: Please put sand over line and measure from toes (made in sand) and heel in sandpit.

Triplejump - For under 7s upwards will proceed after a development day using coloured hoops

Highjump - For large groups. A total number of three misses at any height will finalise a persons attempts.

Shotput - Please use one of three rings MUST check and use correct weight

Discus - Please use one of three rings MUST check and use correct weight

Javelin - Please use the painted sector MUST check and use correct weight

PLEASE measure to nearest cm. All tapes must be brought back to centre of ring before checking measurement over the metal sides/painted lines

Timing: For under 5-10 Periodic timing will be done with various distances – sprints especially.

ALL UNDER 11 + will have every event each week timed

TO NOTE: For under 11 and upwards, points are gained by individual results (times and distances) NOT PLACINGS. Aggregate points are awarded from points gained IN EACH AGE GROUP.

THEREFORE competition is with individual results (PBs) and others in their age group. COMPETITIVENESS IS HEALTHY BUT NOT A NECESSITY