



## Newsletter January 2019

### HAPPY NEW YEAR

The current track and field season will recommence on Friday 1<sup>st</sup> February 2019. A huge thank you to all the parents that have assisted in taking the age groups and are encouraged to continue to do so. As all parents are encouraged to assist, each group should have at least two parents supervising/running the events.

**As a reward, parents NOW that take the age-group boards should sign the bottom of the sheet, and when handing the board in.. will receive a ticket for a free sausage/drink. (max 2 tickets per age group)**

The continuation of the program will contain a variety of activities with a race-walking clinic, club championship /ribbon nights, a runathon, handicap night and the Haddon Gift. It is essential that all children/athletes are properly supervised and events are conducted properly and with integrity. A sheet of tech-tips/event rules will be placed with each age-group board. Please read and conform. **To assist parents, teenage athletes will be periodically assisting at each field event. Please accept their help as it will be beneficial to both parents and children.**

### HOLIDAY

March 8th (long weekend) **NO COMPETITION**

### 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](mailto:woadyaths@outlook.com)

### 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

### 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. These include weekly BBQs, raffles, runathon and the upcoming sausage sizzle at Bunnings. A roster will be set with at least 3-4 parents attending/cooking at all times. Please note the date and assist if possible



Equipment fundraising  
Sausage sizzle  
**SATURDAY**  
**MARCH 16<sup>th</sup> 2019**  
(week after long weekend)



### 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.

## RACE WALKING CLINIC

There will be a race walking clinic run by qualified specialist coaches during February - prior to our championship night.

## HADDON GIFT AND TROPHY NIGHT

The Haddon Gift will be run on our trophy night. This event will be for all athletes as well as parents that have ran the 100m trial beforehand. There will be heats, semi-finals before the final. There will be prizes for the placegetters. After the Gift activities a FREE BBQ and drinks will be available and a COMPULSORY quick meeting for all parents and helpers before the season's award ceremony. All athletes will be awarded with recognition of their efforts from the season. As there will be photos taken, please remind us if you would not like one taken.



### SINGLETS and sponsor hats

The costs of the singlets are being subsidised to encourage all children/athletes to wear each week during activities. Please support our major sponsor and wear their hats.

## 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: [woadyaths.org.au](http://woadyaths.org.au) Results will be on the website as soon as possible

## 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.

## 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 WOADY YALOK ATHLETIC CLUB.

## RUNATHON

Our runathon will be conducted on Friday 17th March. All members are encouraged to attract sponsorship, either as a donation or amount per lap. Prizes will be awarded including MOST SPONSORSHIP RAISED and laps covered

## CLUB CHAMPIONSHIPS 2019

The Club Championships will be held on Friday nights February 15<sup>th</sup> and 22<sup>nd</sup> at the Haddon Oval. The Championships are open to all athletes from under 4's to Open.

- Ribbons will be awarded for all placegetters.
- Strict measuring and stopwatch timing will be on all events.
- New club records can be challenged for all ages inc. open age
- Invitation entry fee: \$5.00 for non - club members.

## COACHING TIPS and OTHER

**Longjump:** - Cones will now be placed front edge of take-off board for u7-10. Children/athletes must jump over cones to be recorded from front edge of board. Under 11+ must use board only. Any breach must record a 'NJ' (no jump) **FOR u5&6** Please put sand over line and measure from toes (made in sand) and heel in sandpit.

**Highjump** - Please discourage children/athletes from diving over the bar

**Shotput** - Please use one of three rings **MUST** check and use correct weight of shots (some u11+ weights have changed). The shot put **MUST be pushed from chin**. Please assist each thrower in keeping up their elbow. For under 11+ children/athletes, a 'no throw' must be recorded if not thrown correctly.

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