

Hi everyone,

Wow what a great start!!!

I can't thank you all enough how much effort you put in and how the day seem to go quite smoothly.

The first day of the new season can be a nightmare but this was far from that.

The athletes all had a great time and we almost had a couple of club records broken on the first day.

### **So on to Week 2.**

As with the first week I'd like to welcome the new athletes who are going to join us for the first time and also those athletes who are trialling with our club. Just a reminder once you complete two trials sessions, you need to make a decision of whether or not you're going to sign up before you can attend a third day of athletics.

Several of the people who trialled last week have already converted to full registration as they enjoyed the first week so much.

With the school holidays upon us we usually have reduced numbers which means more opportunities for kids to experience different events.

This week we will be using [program 2](#) for the track and field schedule. This includes:

1500 metres and shorter distance races for the junior athletes

400 metres, 100 metres.

As well as the long hurdles (senior only).

**\*\* Please note that some events may not go ahead due to the weather conditions – A decision will be made on Saturday Morning \*\***

### **Other news**

#### **SEEKING AGE MARSHALS**

On the topic of age marshals, we are seeking a parent or parents to share the role of age marshal for the **Under 6's Boy and girls** and **Under 9's girls**.

If you are interested in the role or would like to know more, please speak to either Theresa, our vice president or myself at the track on Saturday.

Be assured that you will be provided with enough support and guidance to perform the role to a great standard.

#### **TRAINING NEWS**

Training commenced this week and will continue up until we break for Christmas in December. This year we'll be asking for a training contribution payment to assist in funding the training program.

In previous years we have paid all the coaches without seeking any contributions from any athletes. This year, as we did last year we are going to seek a contribution to attend the training sessions. This contribution training payment will be a one-time payment allowing the athlete to attend any training they wish for the entire season.

With up to 8 different coaching sessions each week that you might be able to attend, the contribution training payment will be the best value training anywhere. When you sign up you will receive some club merchandise as well.

We will also have range of coaching options for both senior athletes and junior athletes.

They are more details located [here on the website](#) about the coaches and we will send more information about the payment and scheduling shortly once it is sorted.

### **Jaide's pb-athon**

Last year we ran Jaide's pb-athon and this year it is back bigger and better. With prizes for the individual and team that come up with the most PB's. We will encourage athletes to get sponsorship to achieve PB's in any events over several weeks. There will be more information about this next week.

### **CLUB CHAMPIONSHIPS**

Our annual club championships will be held in late October. Nomination for Club championship events will open next weekend and last for a couple of weeks. All athletes of all abilities encouraged to attend the club championships and participate in events. Tots and U6 do their normal program over these two weeks.

### **STATE RELAYS TEAM'S**

The state relay championships will be held at Sydney Olympic Park athletics Centre over 2 weekends in November. SELAC will be entering teams in a number of events. More information will be sent out about shortly, if you wish to read about it follow the link in the below to the little A's website <https://www.nswathletics.org.au/events-page/state-championships>

### **UNIFORMS**

Uniforms can be purchased from the canteen. Should you have any questions about the uniform please inquire at the canteen.

We are again asking for volunteers to come in and help set up the equipment on Saturday morning before the track event start - Set up starts at 7:30am. The first

event on the track will be the walks at 7:45am, followed by a briefing for all athletes at 7:55am and the first events starting at 8am.

### **ALL WEATHER TRACK**

ES Marks is an all weather track, so even with the weather looking like it is at the moment, it doesn't mean athletics will be called off.

A decision will be made about 7:40am whether the morning competition will go ahead. This decision is then posted on the club website and social pages.

On most occasions the program still continues with some modification for safety reasons. If in doubt turn up.

Remember to bring:

- A jumper/ rain jacket
- A hat
- A water bottle
- A snack
- Runners

Can't wait to see you all again at the track this Saturday and looking forward to seeing what amazing results we can achieve this week.

Cheers

Matt