

Ashmore Little Athletics

PO Box 29, Ashmore City, QLD 4214

www.ashmorelittleas.com

Issue 2: 2009/2010

Hello parents /caregivers and athletes,

I hope you have all enjoyed the peace of Christmas and are looking forward to a happy and safe New Year.

State Relays

Congratulations to all who competed in Brisbane, and especially those who were successful in winning medals. A special thank you to those athletes who did extra events, and those who filled in, to make up teams. You enabled all teams that qualified at regionals, to participate on the day.

Thanks to parent helpers, committee members and officials who gave their time so that the day ran smoothly, and to all parents who transported athletes to Brisbane.

This is always a hot, tiring day but the children love the team spirit and the memories are long lasting and enjoyable for them. It's all about 'family, fun and fitness'.

Ashmore Walks Day

We are hosting a special event for those who are serious about competing in walks. It is open to all centres in our region. Fully qualified judges have been invited and competitors will receive a time that can be submitted, if they choose to compete in walks at regional championships.

When: Sunday January 17, 2010

Where: Ashmore Oval

Time: 8:30 for a 9am start

Cost: No cost for Ashmore athletes
\$5 for visiting athletes

Who: U/9 – U/17 boys & girls

Events: U/9 – 700M
U/10 & U/11 – 1100M
U/12 – U/17 – 1500M

No prior nomination is necessary.
Canteen facilities will be available.

Bunnings BBQ – Townsville Fundraiser

As you are all aware this season's state championships will be held at Townsville, in March 2010.

To assist parents with costs, our wonderful ladies in charge of fundraising (Jo and Liz from the canteen) have organized and manned a number of BBQ's this season.

Our next one is this weekend **Sunday January 3rd**, at Southport Bunnings, Olsen Avenue.

Please come and help if you are available. Particularly parents of athletes in the U/9 – U/17 age groups, as it is your children who are eligible to compete in the championships. Even if you can volunteer an hour of your time it will be much appreciated.

Anytime between 10am and 3pm.

Thanks in anticipation!

Regional Championships

This event is open to U/7 – U/17 athletes, but only U/9 – U/17 age groups can proceed to state championships.

You must compete in this event to go on to state.

U/7 and U/8 athletes receive a participation medal if they compete in these championships.

Older athletes receive medals for placing 1st, 2nd, 3rd.

When: February 13th & 14th (back-up 20th & 21st)

Where: Ashmore Oval

Cost: \$2.50 / event (maximum 5 events)
\$7.70 U/15 – U/17 Pentathlon + option of 2 extra events @ \$2.50 / event.

Nominations close : Saturday January 30th.

If possible please try to nominate **prior to this date** as we have to enter your PB's for all your events, in case we are washed out (remember last February!) and this is a time consuming job.

Saturday competition resumes January 9th 2010.

Happy holidays!

Debbie Spence - secretary