

NEWSLETTER

19th November 2005

Issue No.2



RESULTS

We are now in a position to commence posting results on our Centre Web Site.

This will be a great medium for athletes to check their results and monitor their progress.

These results will take the form of child's name plus performance.

If there are any families that do not wish their results to be published could you please give the Registrar (Melissa Belli) a written note or email us at info@lyrlac.org.au

PB's

- ? Athletes who achieve 3 PB's or more in one week of competition are awarded with a Certificate from Video Ezy. (These Certificates are placed in the athletes Club Folder – plastic sleeve)
- ? **PLUS**
These Certificates can be taken to the Canteen and a **FREE ZOOPER DOOPER** will be provided

TRAINING

- ? Remember general training is held every Wednesday night at 5.00 pm for approximately 1 hour.
- ? Qualified Coaches are in attendance
- ? A range of events are covered each week

More specific training sessions are held on Tuesday and Thursday nights

Please check with the Coaches for details.

Andrew Gibbons, Tony Harris, Paul Owens, Mark Sneddon, Lorraine Taylor

OPEN DAYS

- ? Open Days are Little Athletic Carnivals held at other Centres
- ? A range of events are available for all age groups
- ? Medals are usually awarded
- ? There is a small entry fee for each event

Waverley Little Athletics Centre is holding their Open Day on Sunday 4th December 2005.

This is the second year of their Open Day

We had a few athletes and families from our Centre attend last year and it was a great day.

It was run in a friendly environment and the kids all had great fun

Open Days are a great opportunity to compete against athletes from other Centres

They are also a great “lead in” to Region Track & Field - gets the athletes used to competing in a different environment against others

Details are available on our web site.

Click on the “Links” bar and arrow down to Waverley

The Waverley page contains all the details you require

Otherwise please see Melissa Belli or Steve Doggett for details

We already have a number of families attending

Let's all get together and have a large Lilydale & Yarra Ranges contingent at the day.

