

NOVEMBER 2011

TRACK TIME



PSAC

Port Stephens Athletic Club

Remember *Little Athletics is all about - FAMILY, FUN and FITNESS!*

2ND PLACE AT EDGEWORTH

A big congratulations to our wonderful team of athletes who competed at the Edgeworth Multi Event Carnival a couple of weeks ago. Our club came 2nd over all and just missed out on first place by 200 points. We had 14 athletes competing and there were a total of 275 athletes on the day, some coming from as far away as Sydney.

Look at all those medals and trophies! Well done everyone - what a great effort.



Like us on
Facebook

Did you know that we now have our very own Facebook Page? Visit us and like us at



Port Stephens Athletic Club

We will use this page to keep you updated on a regular basis of current information about cancellations, competitions and you can join in too.

New photos have been uploaded!

EASTLAKES PENTATHLON



Congratulations to our fantastic bunch of athletes who competed at the Eastlakes Pentathlon 2011 at Mark's Point on Saturday 12 November.

All our Port Stephens Athletic club athletes gained either 1st or 2nd place! Each athlete chooses 5 events and points for placings are totalled at the end.

Awesome effort kids! Another load of medals and trophies!

WEEKLY COMPETITION RESULTS ON WEBSITE

Don't forget to check our website each week to see your competition results at

<http://www.portstephenslac.org.au>

On the left hand side of the screen click on Athlete Results, then type in your rego number and your previous week's results will be shown.

LA's ZONE CHAMPIONSHIPS

One of the highlights each year on our athletics calendar is the Port Hunter Zone Championships held at Vi Barnett Field, Raymond Terrace on Saturday 10th and Sunday 11th December.

The Port Hunter Zone championships is held over two days. You should have received a day by day program of events, but if not this is available on our website, to enable you to help your child choose their events.

Only U7s to U17s are eligible to compete at Zone. U7s to U12s can nominate for up to 4 events. U13 to U17s can nominate for up to six events. These events can be spread over both days or you can choose events to compete on one day only. U7s do not progress to Regional Championships. If

your child qualifies for Regional, they will be competing at The Hunter Sports Centre, Glendale on 18th and 19th February 2012.

Our club is required to provide helpers on both days of zone, usually for high jump and canteen duties. Please indicate on the nomination form which 2 hour timeslots you would be able to cover. Please submit these entries to Kim Hoswell and if you need any other information please don't hesitate to ask. **Entries need to be in by Monday 21 November at the latest.**



B.A.S.I.C TRAINING DAY FOR ALL PARENTS 26 NOVEMBER

Time: 10:30 - 12:30
Date: Saturday 26 Nov
Location: Dick Burwell Oval
 Nelson Bay

Have you ever wanted to help at your Little Athletics Centre but not known how? Well, this is your opportunity.

One of the biggest criticisms we get is that parents do not know how to instruct or record events at Little Athletics. Following on from the success of our school holiday training camp we are really excited to have the Little Athletics Coaches back to our

club for a fun morning where parents can learn all about the different events that your child competes in at Little Athletics!

You will learn how to instruct your child on the correct techniques, how to stay safe and avoid injuries; and how to measure and record correctly.

We would appreciate if children weren't present for the this training period but there will be a family BBQ to follow at 12.30 with food provided.

Please email Connie at sandnsea@bigpond.net.au to put your name down - we need to know numbers.

FUNDRAISING

PIE DRIVE

We are excited about our new fundraising idea this year - delicious Thompson's Pies. We hope you received your order form at last week's meeting but if you didn't please grab one this week from the BBQ table.

You can collect orders from family, friends and neighbours but remember all **orders have to be in by Monday 21 November**. Delivery will be on Monday 28 November between 5-7pm.

This money will go towards our Christmas party and the trophies and awards for the end of the year.



RECYCLED SPORTSWEAR SHOP!

Children can grow out of their sports wear and shoes within a season! If you are in this position have a look at what is for sale in our 'shop' (table next to the BBQ) each week. You may find something that is suitable for your child at a great price.

If you have any good quality items that you would like to donate to the club to sell please see Tiffany. If you would like to collect some money for your items then you can sell these at the shop too donating a small amount of commission back to the club.

Please make sure all shoes are reasonably clean and that all garments are washed.

**Christmas Party Monday 12 December
Dick Burwell Oval... details to come!**

CROP TOPS HAVE ARRIVED!

The girls who have waited so patiently will be happy to know the crop tops have arrived! The bike pants for the girls will arrive on 2 December. Please remember to have your club number, age patch and IGA badge sewn on the front as shown in the example below. You should have received these upon registration. If you are competing outside of our club you will be given a club number for the back. Plain navy sports shorts without advertising can be purchased from most sports shops, Target, Kmart etc.

UNIFORM PRICES

Singlet	\$35.00
2nd Singlet or more.....	\$30.00
Crop Top	\$35.00
Nicks	\$25.00

