



On Track

No 1 Saturday 6 September 2008

EVENTS

Upcoming Events for
your Calendar

First Competition Meeting

Sat 6 September

Training Commences

Tues 16 September

State Relay Selection

Sat 11 October

BEIC Course

Sun 19th October

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Mt Kuring-gai
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TOSHIBA

Wow it is hard to believe the athletics season has started again! It doesn't seem that long ago that we finished our last meet for the 2007/08 season at Warrina Street Berowra. This season marks many new beginnings—a return to a revamped Foxglove Oval, a new computerized result system and very soon a revised website that will allow athletes to view their weekly results and PBs for the season.

A warm welcome to all our new athletes. We hope you and your family enjoy your time at Northern Districts. As you can probably imagine Little Athletics is one sport which relies heavily on the support of parent helpers. Please do not hesitate to ask Eva Melchoirsen (Officer for Assistants), one of our regular helpers or a committee member (they are the people wearing the bright blue Thompson Landscape shirts each Saturday morning), if you are uncertain about how you can assist.

We always welcome contributions to our newsletter, especially weekly reports from the Age Managers. Contributions can be placed in the white letterbox (near the announcers table) or emailed to ndlac@ndlac.org.au.

Here's to a great 2008/2009 season

Nicky Hall
Publicity

Early Events Next Week—September 11

The first 3000m race of the season will be offered next week. Interested U13-17 athletes should report to the 200m start ready to run at 8am sharp. Walking events for U9-17 athletes will also commence next week as well. Ideally we need four parents to act as walk judges each fortnight. Walks will be cancelled if we don't get sufficient numbers of parents offering assistance. Walkers should report to the 1500m start line by 8.20am.

Wet Weather Cancellations (BounceBack SMS)

You can now use your mobile phone to get up-to-date information on whether our competition meetings or training sessions are on or not. Our Website (ndlac.org.au) will still be updated if an early decision has been made to cancel competition or training. However, if it's been raining at Hornsby or Berowra and you don't know what the conditions are like at Mt Colah, simply text one of the unique codes below to **199BBSMS (19922767)**. Within 10-20 seconds you will receive an SMS text advising the current state of play. Committee members monitoring Foxglove Oval can instantly update the message as conditions deteriorate or improve. Each call costs 55 cents, which includes the cost of the request and the response. There is no need to pre-register to use this service. To check on regular competition meetings, text **NDLAC** to **199BBSMS**. To find out about scheduled Tuesday training sessions, text **NDTRAIN** to **199BBSMS**. Log on to bbsms.info to find out more about the company providing this service. Families without access to a mobile phone can still call the Track & Field Officer or Coaching Coordinator as appropriate using the contact numbers published in our season handbook.



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TOSHIBA

Week Night Training

Training and coaching will be available to all registered Centre athletes on Tuesday evenings at Foxglove Oval from 5:30pm to 7:30pm. The first training will be held on **Tuesday 16th September** and will be split into two timeslots, with the U6 to U9 age groups training from 5.30pm to 6.15pm and the U10's to U15's from 6.30pm to 7.30pm. The session will include a variety of activities, practices, games and drills. The emphasis will be on fun, activity and physical & technical skill development with differing amounts of time dependent upon the age of the athlete. It is very important that athletes give themselves the best opportunity to develop and achieve their potential by preparing for competition. Training is not just for the elite or gifted it is open for all athletes and should be part of your Little Athletics schedule. The old adage 'failure to prepare is preparing to fail' holds true no matter what your age or ability.

All events are covered on a rotating basis from week to week. Please refer to the Tuesday training schedule (www.ndlac.org.au) for the complete calendar of activities and events as well as the dates when training is suspended due to holidays.

Note athletes are encouraged to develop skills in *all* events.

Sunday Training

Additional training for Centre Squads (such as Relay teams, Zone, Regional and State representatives) will be provided at Foxglove Oval on Sunday mornings between 9:00am and 10:15am. Training will commence on **Sunday 19th October**. All athletes selected for relay teams are required to attend relay training as these are team events and it is imperative that the whole team trains together. If a selected athlete does not attend Relay Team training, he/she may jeopardise their place in the team.

Coaching Courses

Little Athletics Association of NSW organises courses to teach parents who wish to be trained as coaches. NDLAC will pay the cost of these courses, if the parent coaches for the Centre. For more details on any Coaching Courses, please contact the Coaching Co-ordinator.

Centre run training & coaching education sessions will also be offered for Age Mangers and parental coaches/assistants. These will take the form of practical demonstrations supported by a handbook/coaching manual that documents the training stages and relevant drills/activities/games/practices. These education sessions will be of 1 hour duration.