



On Track

No 2 Saturday 20 September 2008

EVENTS

Upcoming Events for
your Calendar

State Relay Selection

Sat 11 October

BEIC Course

Sun 19th October

Trans Tasman Entries Close

Wed 22nd October

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TOSHIBA

Two new Centre Records in Week 1

Katie Johnson (U13G) secured her first ever CR with a 22.71m throw in her first ever javelin competition, beating the old mark by 1.26m. With six months remaining in the season, Katie is odds on to improve her record again. Olivia Fusca (U14G) has shown her all-round abilities previously with multievent CRs in the last two seasons. Last week Olivia broke her first discus record with a throw of 27.83m, taking 56cm off the old CR.

Trans Tasman Challenge—Under 11 and 12's

This competition is held every year for the Under 11 and 12 age groups, alternating between New Zealand and Sydney. This year the event takes place in Homebush on 18 January 2008.

If you wish to trial please see Kara van Noort to submit your entry nomination form.

Age Manager Reports 13th September

Under 8 Girls: Welcome to all of the new girls and welcome back to those returning for the new season. 20 Girls today had fun, made new friends and learnt how to jump over hurdles Well done girls.

Under 10 Girls: What a great start to the season. I'm sure we'll see some records fall this year!! Welcome to all our new girls, you all went so well for your first try. We hope you enjoy the season.

Under 12 Girls: Welcome back girls and a warm welcome to the new girls. Everyone did very well today, look forward to great improvements over the season.

Under 14 Boys: Seven athletes have registered for this season and after our first week of competition back at Foxglove I believe we're in for a fantastic year! Great performances today from all the boys in every event. Newcomers Maclean & Matthew showed they're not afraid to have a red hot go; Nick proved his knee reconstruction went well last year; and Max, James, Kaitlen & Josh all improved on last season's performances - and it's only week 1!

Under 14 Girls: Great to see so many happy faces for our first meeting for 2008/09. A big welcome to Trisha who joins us this year. Congratulations to Olivia who set a new record in the discus!

Wet Weather Cancellations—Bounce Back 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**.