



# ON TRACK

Week 22 Season 2011/2012

## UPCOMING EVENTS

**REGION CARNIVAL  
AT NARRABEEN  
SATURDAY 18<sup>TH</sup> FEB &  
SUNDAY 19<sup>TH</sup> FEB**  
Qualifying U8-U17 athletes  
**(no meeting at Foxglove  
on Saturday 18<sup>th</sup>)**  
See our website for  
more information on  
Region Carnival

**NDLAC MIDDLE  
DISTANCE HANDICAP  
25<sup>th</sup> FEB**  
U10-U17 athletes  
at end of Saturday program

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Generously sponsoring the  
printing of NDLAC Awards  
Certificates

Published: 17<sup>th</sup> February 2012

## AWARDS REPORT

Thank you and well done to all the athletes who handed in their books.  
Congratulations to the following athletes:

**6 PB's**      S.P.    **J. Hanson (7B)**  
                 800m    **I. Guthrie (9G)**

**Blue level** achievement certificate awarded to: **M. Quinlan (10G), E. Todd (6G), J. Setiadji (13G)**

**Red level** achievement certificate awarded to: **M. Quinlan (10G), E. Hann (11G), E. Todd (6G)**

**5 PB's**      5/11    **L. Nicklin (11G)**  
                 12/11   **C. Gaica (10G)**  
                 19/11   **E. Oliver (7B)**

**PLEASE NOTE:** We have had some printing issues with the Achievement Award Certificates through SNAP. If you have not received your certificate from handing in your book in 2011, please contact via email – [airlie98@hotmail.com](mailto:airlie98@hotmail.com) so we can re-order your certificate.

Awards certificates will now be given to Age Managers and handed out on Saturdays once we have received them from SNAP Printing. If yours has been marked in your books then the certificate will come in due course, but we are still awaiting some of the certificates. Thank you for your patience.

- Heidi & Stuart Guthrie, Awards Officers

## NEW CENTRE RECORD – 11<sup>th</sup> FEBRUARY 2012

A rare appearance by Ashley Frost saw her reclaim the 17G shot put record from Rachael Bird by 24cm. The new mark stands at 8.92m. James Bellamy improved his own 17B 800m record by three seconds to stop the watches at 2m19.2s. (Cumulative season record tally: 46.5).

- Michael Halmy, Track & Field

## UPCOMING PARENT/HELPER ROSTER – SETUP/CANTEEN/BBQ

18 <sup>th</sup> FEBRUARY	25 <sup>th</sup> FEBRUARY	3 <sup>rd</sup> MARCH
<b>NO FOXGLOVE MEETING (REGION CARNIVAL)</b>	<b>U6</b>	<b>U14, 15 &amp; 17</b> (this is also State Multi weekend so we will need extra helpers as many of our senior athletes will be away. Please sign on for extra Brownie points!)

**\*\* 2011-12 SEASON AWARD NOMINATION FORMS AT END  
OF THIS NEWSLETTER \*\***



## 2012 ND Lac Middle Distance Handicap – SAT 25<sup>TH</sup> FEB

All U10-17 athletes are invited to compete in the prestigious ND Lac Middle Distance Handicap to be held at the end of the regular Saturday program on 25 February (the week after Region).

The MDH consists of two mixed-age races over 1500m - one for boys and one for girls. As competitors will be allocated a time-handicap, the winners will not necessarily be the fastest runners. This event is suitable for any U10-17 athlete who has achieved a red- or blue-level performance over 800m or 1500m this season. The first three boys and girls across the line will be awarded trophies at our end-of-season presentation night, whilst the names of the two winners will be inscribed on perpetual trophies. Pre-registration is not required. Handicaps will be issued to interested athletes during the morning program.

Whether your children are competing or not, all families are invited to stay back after the regular finish time (approx 11am) to support the runners and to watch some very close and exciting racing. For more information, please contact Michael Halmy, Track & Field Officer.

To ensure that MDH competitors are not overtaxed during the morning, all athletes should note the following changes to the scheduled program for 25/2. All regular 1500m races will be replaced with 800m races. Those 1500m races will be rescheduled in the following week's program (3/3) in lieu of 800m events. Also, if early 3000m races are scheduled, these will also be deferred until the next week.

## AGE MANAGER REPORTS – 11<sup>TH</sup> FEBRUARY 2012

**U6B:** Four seasons in one day – but still 3 Season Bests and a heap of PBs. Well done William A for winning Multi-Event. – *Malcolm*

**U6G:** Congratulations to all the girls who got PBs today – 3 to Evie and Giselle, 2 for Abbey and Ella and 1 to Brooke. See you on the 25<sup>th</sup>, enjoy your sleep in next week!

**U7B:** Lots of good PBs today and plenty of fun had by all. Congratulations to all the boys who competed at Zone – you represented our group well.

**U7G:** What a great day – the girls must have been enthused by last week's Zone. All girls got at least 1 PB. Well done. Nicola G achieved 4 PBs.

**U8G:** 12 girls had a great morning, 15 PBs including 3 each for Jaz, Lauren and Sophia!! Good luck Summer at Region carnival!

**U9B:** Good day today. Small group of 12. SBs to Jack in Discus & Long Jump. SBs to Sam in 70m and 100m.

**U9G:** Congratulations to all the girls today for a fantastic effort with lots of PBs. Special mention to Charley for 3 SBs!!!

**U11B:** Great morning from the boys. Lots of PBs. Congratulations to Josh S for SB in Triple Jump and Max T for SB in Long Jump.

**U11G:** Everybody scored a couple of PBs. Jemma and Emma continue to push the 400m time.

**U13G:** It went from wet & cold to sunny & hot but the girls didn't let the weather get them down. Lots of PBs in Shot Put and the 200m and the Long Jump. What a great day!

**U14B:** This week's PBs: Tim – 3, Jordan – 2 and Michael – 2. Well done boys.

**U14G:** All tired and not in running mood but still got some PBs. Nice finish to the day with an ice block each. Early finish as we only had 4 people.

**U15G:** Ned was a slacker and went to work! But luckily we had Karen to age manage us. ☺ Thank you! Hope everyone did really well at Zone and congrats to everyone that got through to region. And congrats to Alysha who broke some records at Zone! – *Brenna*



U7 Tamata – Gold at Zone



U7 Ethan – Gold at Zone



Jnr Girls Shuttle Relay Zone



Jnr Boys Shuttle Relay Zone



## **Kevin Hirst Age Manager of the Year Award**

The NDLC Committee seeks nominations from age managers, key officials and parents for this prestigious award for a *non-athlete*. Nominations may be placed in the red age managers' reports box, preferably by the last competition date (Sat, 17<sup>th</sup> March 2012).

### **BACKGROUND**

This award is made in memory of a parent who passed away after succumbing to a medical condition in December 2010. Kevin held many roles during his time at NDLC, but most notably he will be remembered as an age manager of his youngest daughter's age group for some 10 years.

The award is made to an age manager who displays a number of characteristics which portray the ideals and spirit of athletics. The award is presented each season. Our inaugural recipient was Barry Thompson U12B AM.

### **CRITERIA**

- acts as an excellent role model, leader, teacher, parent and friend towards his/her age group
- is well respected and liked by fellow age managers, key officials and his/her age group
- demonstrates respect for the rules and officials of Little Athletics
- maintains a gracious and friendly attitude towards others
- maintains a high standard of behaviour, treating all charges under his/her care equally
- contributes with enthusiasm, eagerness and enjoyment over a number of years
- is a willing helper without necessarily being asked
- commits themselves to the spirit of Little Athletics

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### **Kevin Hirst Age Manager of the Year Award nomination, 2011-12**

**Name of Nominee:** \_\_\_\_\_

**Short statement (approx. 50 words) in support of the nomination:**

**Name(s) of Nominator(s):** \_\_\_\_\_



## **Megan Jones Award**

The ND Lac Committee seeks nominations from age managers, key officials and parents for this prestigious annual award. Nominations may be placed in the red age managers' reports box, preferably by the last competition date (Sat, 17th March 2012).

### **BACKGROUND**

This award is made in memory of one of our athletes who unexpectedly passed away succumbing to a medical condition in October 1999 whilst a member of the U15 Girls. Megan loved to compete, not for the win, but for the enjoyment of athletics.

The award is made to an athlete who displays a number of characteristics which portray the ideals and spirit of athletics. Recent recipients include Ashley Frost, Alison Fury and Tim Graham Robinson.

### **CRITERIA**

- places concern for others above themselves
- demonstrates respect for the rules and officials of Little Athletics
- maintains a gracious and friendly attitude towards other competitors
- maintains a high standard of behaviour
- demonstrates a constant desire to improve and achieve personal goals
- participates with enthusiasm, eagerness and enjoyment
- is a willing helper without necessarily being asked
- commits themselves to the spirit of Little Athletics

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### **Megan Jones Award nomination, 2011-12**

**Name of Nominee:** \_\_\_\_\_

**Short statement (approx. 50 words) in support of the nomination:**

**Name(s) of Nominator(s):** \_\_\_\_\_



## **Julie Halsey Outstanding Service Award**

The NDLC Committee seeks nominations from age managers, key officials and parents for this prestigious award for a *non-athlete*. Nominations may be placed in the red age managers' reports box, preferably by the last competition date (Sat, 17th March 2012).

### **BACKGROUND**

This award was originally presented as the President's Award. It now recognises an individual (non-athlete) who has contributed to the Centre through efforts in support roles. This may be seen in areas such as setting up equipment, behind the scenes, coaching and so on.

The award is not necessarily presented each season. Recent recipients include Ned Bird, Kara van Noort, Paul Boccalatte and Peter Cummins.

### **CRITERIA**

- places concern for others above themselves
- demonstrates respect for the rules and officials of Little Athletics
- maintains a gracious and friendly attitude towards others
- maintains a high standard of behaviour
- contributes with enthusiasm, eagerness and enjoyment
- is a willing helper without necessarily being asked
- commits themselves to the spirit of Little Athletics

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### **Julie Halsey Outstanding Service Award nomination, 2011-12**

Name of Nominee: \_\_\_\_\_

Short statement (approx. 50 words) in support of the nomination:

Name(s) of Nominator(s): \_\_\_\_\_