



GUNLAC Weekly Wrap-up

22 February 2017

GUNLAC WEEK 15 THIS SATURDAY!

From the heat of week 13, week 14 came with some showers which forced us to modify our program - thanks to our age group managers for making this work so efficiently last Saturday, and in the end the sun did come out!

Its a busy week for the club this week with our **Throws Clinic** being held at our usual Thursday training time - 5.15pm. If you're keen to improve your throws technique this is a great opportunity to learn from two of the best coaches in the ACT!

This Sunday we have have Multievent carnival, where we have over 40 GUNLAC athletes competing. GUNLAC is hosting the BBQ and canteen - should be a good fundraiser for the club so if you're at Woden on Sunday make sure you grab a snag or two!

We will be holding our Saturday meet as usual this week - there are 2 more regular GUNLAC before our presentation day on March 11th.

GUNLAC THROWS CLINIC - THURSDAY 23rd FEBRUARY

Our wonderful Coaching Coordinator Simone has secured two excellent throws coaches to run a throws clinic for **Under 9s and older, on Thursday 23rd February (5.15pm)**.

Les Bottles (ATFCA Level 4 throws, President ACT throwers club) and Rod Bizzell (ATFCA Level 2 advanced throws) will be running sessions for Shot Put, Discus and Javelin. This is a fantastic opportunity for our athletes to get in throws practice before the Multievent carnival and ACT Championships, as well as helping those athletes looking to beat their PBs at GUNLAC meets. It would be great to see lots of keen GUNLAC athletes at these sessions!



WEEK 14 PARENT ROSTER

The following age groups are rostered on this Saturday -

Morning set-up help - Under 6 Girls (2-3 people)

Canteen/BBQ - Under 12 Girls (4 people)

Track helpers - Under 8 Girls (6 people)

Pack-up Assistance - Under 14-17 Boys and & Under 13 Boys (2-3 people)

For more info on these roles go to our [Parent Roster](#) page on the website.

Canteen at the ACT Multievent Carnival AND ACT Champs - help us raise funds for new Long Jump Pits and runways!

GUNLAC has responsibility this season for running the canteen and BBQ at **BOTH** the **Multi-event carnival on Sunday 26th February** and **ACT Champs on March 17th-19th 2017**.

This is a great opportunity for us to raise funds, with the priority to invest in a new long jump pit and new runways at GUNLAC - something all our athletes will benefit from!

We would love to hear from parents who are able to help us with this fundraising.



This weekend at the Multievent carnival we have rostered on parents to help at the BBQ and Canteen. This roster has been emailed directly to those families attending the carnival. PLEASE SHOW UP FOR YOUR ROSTERED TIME SLOT! We do need all families to help out to run the Canteen and BBQ properly!

Multievent Carnival arrangements

Families will have received an email with all details for the day - including the parent roster. If are attending the carnival but have not received an email please let us know ASAP.

PLEASE check the roster and make sure you attend where you are allocated. During the relay carnival in November we had several no-shows from the roster which meant other parents had to cover at our allocated events (long jump and discus) - we want to avoid this on Sunday!

When you arrive at the track in the morning please check in at the GUNLAC and check your rostered time and location. Athletes will have the opportunity to do a group warm up before events commence at 9am.

If you have any questions about the carnival you can email us at enquiries@gunlac.org.au.

SOME FINAL REMINDERS.....

Record Breakers - do you think you may have broken a GUNLAC record this season? If the answer is yes, please email our Chief Recorder Andrew with the details so we can recognise this achievement properly (chiefrecorder@gunlac.org.au)

End Season Presentation Day - Preparations are already underway for our final meet which doubles as our Presentation Day - this will be the **SATURDAY MARCH 11th 2017**. On the day we will have a number of special awards, as well as participation medals to all athletes who have competed in at least one meet following the Christmas break (January 14th onwards).



