



GUNLAC Weekly Wrap-up

Week 11, 2017-18 Season

Welcome back to Little Athletics in 2018!

We hope all of our GUNLAC families had a great Christmas break and are feeling refreshed for our final two months of the Little Athletics season! We had a good turn out to our meet held during the holidays on 20th January, and are now back for the final 7 meets of the 2017-18 season (including our presentation day on March 17th).

- Many of our older athletes competed in the ACT Athletics Championships last weekend. It was an exciting meet with many elite athletes competing as preparation to the up-coming Commonwealth Games trials - a great experience for all of our athletes!
- Registrations are now open for the ACT Little Athletics Multi-event carnival. More details on this carnival in this newsletter.
- Thursday Training is back on and we will be providing sessions for those athletes keen to practice particular events ahead of the Multi-event and ACT Little Athletics Championships at the end of March.
- And a belated CONGRATULATIONS to our relay teams who finished second in the point score at the ACT Relay carnival which was held in December - a great effort and the Club's best result at the carnival for several seasons!



Parent Roster reminders

Many thanks to all our parents who have already taken on roles through our parent roster this season. If you are not sure what days or roles who have signed up for, you can find them listed on your ResultsHQ profile when you log in to find results (these are listed on the right hand side on the desktop version or at the bottom on the mobile version). We also send out reminders to all parents who are rostered on for the up-coming weekend.

Key Diary Dates for the remainder of the season

A quick reminder of some key dates for the rest of the season:

Sunday 25th February 2018 - ACT Little Athletics Multi-event Carnival (Under 8s and above able to enter)

Saturday 17th March 2018 - Final GUNLAC Meet and Presentation Day

Weekend of 23rd, 24th, and 25th March - ACT Championships (Under 8s and above able to enter)

Any questions about any of these dates please email us at enquiries@gunlac.org.au

Little Athletics ACT Multievent Carnival

When: Sunday February 25th 2018

Under 15, 16 and 17 athletes competing in the Heptathlon also have events on Saturday February 24th - Check the Little Athletics ACT website for the full schedule

Where: AIS Athletics Track

Athletes need to arrive by 8.15am for a team warm up. Officials will be called from 8.45am. First events commence 9am.

**REGISTRATIONS MUST BE DONE ONLINE BY FEBRUARY 13th 2018.
NO LATE ENTRIES WILL BE TAKEN**

EVENTS - The events at the carnival vary across age groups - younger athletes compete in four events (a sprint, a longer run, a throw event and a jump event). Older athletes also compete in hurdles. The list of events for each age group, it can be found at the Little Athletics ACT [website](#).

RESULTS - Athletes earn points for their performances in each event (based on times or distances, not placings). Medals are awarded based on total points earned across all events (1st, 2nd and 3rd). Each club also earns points for the placings of their athletes, with a club point score determining the 'winning' club on the day.

FINISH TIME - Athletes are free to leave at the conclusion of their events, the final events are expected to be completed by 3pm. Event timing will depend on the number of athletes who register in each age group.

WHAT TO WEAR - Athletes competing must have a GUNLAC shirt with registration number, age patch and Coles sponsorship patch.

PARENT HELP AT THE CARNIVAL- We do need parent help to run the carnival - all Little Athletics ACT events are run by parent volunteers. GUNLAC will be asked to fill a set number of officials roles on the day, and we will set a roster for our parents to fill these roles. You will only be asked to fill a role for around 1-2 hours on the day.

REGISTRATION - If you are interested in attending the carnival, you can register online **via ResultsHQ** (all families should have received a notification on their ResultsHQ account about this carnival and how to register). Registration is online only - Clubs are not taking registrations. If you are having problems registering please let us know ASAP by email to enquiries@gunlac.org.au.

ALREADY REGISTERED?

We will be in touch by email in the week prior to the carnival to confirm details and the parent roster. If you decide to not attend the carnival please let us know by emailing enquiries@gunlac.org.au so we can take you off the parent roster (preferable to filling vacant spots on the day).





Training and Coaching update

Thursday Training is back after a break for Christmas Holidays. Training is held every Thursday afternoon at Amaroo Oval starting from 5.15pm. Each week training focuses on specific events, with training schedules published on our website and Facebook page. Training is FREE and is open to all athletes Under 7 and older. We ask parents to please stay with your children at training as we are not covered by insurance to coach athletes without their parents also being present.

We are excited to welcome Rodney to the club as our new coaching assistant. He has a great deal of experience in Little Athletics and has just recently moved to Canberra. He will be helping us out at Thursday Training and will also be providing tips at field events on Saturday meets - some parents may have already met Rodney at our meet in January.

We will be scheduling High Jump practice at training in the coming weeks. For those Under 9s and Under 10s athletes who are new to scissors technique this is a great opportunity to practice and get some technique advice. Any younger athletes who are considering entering high jump at ACT Championships should talk to Coach Simone or their Age Manager about getting practice jumping with the hard bar (rather than the flex-bar) as this will be used in competition.



Need More Info?

GUNLAC website

Our website has a wealth of information including the Club Handbook, Club Records, Season Calendar and Training information. Make sure you check it regularly.

Like us on FACEBOOK

We regularly put information on our Facebook page including photos from meets, training updates, wet weather notices and lots of other useful information. Make sure you like our page and like our posts regularly to ensure you keep on seeing our posts on your newsfeed.

Contact our Committee

The best way to contact our committee is via our enquiries email - enquiries@gunlac.org.au

