



GUNLAC Weekly Wrap-up

Week 3 2017-18 Season

Fantastic start to season 2017-18

What a great first two weeks of little athletics we've had! Week 2 the weather was perfect and we ran a full program of events for the first time this season. We did some juggling with events as we wait for the new long jump pits to be finished - fingers crossed for this Saturday!

Thank you to all those parents who took on Age Group Manager roles on Saturday - we have several age groups with 30 or more athletes and for these we MUST run at least two groups, which means two managers. Check out our Age Group Manager page on our website with all the info you need for this role.

Thank you also to those parents who helped out on the tracks and at the canteen - our canteen is our main source of fundraising every year and therefore its important to have parents helping out each week.

Coles Sponsorship this season

We are very excited to have Coles Supermarkets on board as a National Sponsor of Little Athletics this season. Last Saturday we received several boxes of free bananas for our athletes from Coles - a big thank you to our local store for supporting our athletes! We expect receive Coles badges for athlete's shirts very soon.



Congrats to our ACT representatives

A big congratulations to those GUNLAC athletes who will be representing the ACT at National Schools Championships in December:

- Athletes selected in School Sport ACT 12U Track & Field Team to compete at the Pacific School Games in Adelaide 1st week December – Thomas Penfold, Cooper Jenner, Emma Vermeulen
- Athletes selected in Athletics ACT All Schools Track & Field Team to compete National Championships in Adelaide 2nd week December – Fin Hegyi, Oscar O'Neill, Cameron Scott, Mikayla Cruz, Jacob West.

We know there were also a number of GUNLAC athletes who qualified for selection but were unable to accept their position due to other commitments - well done to all those athletes on this achievement.

YOUR CLUB



Parent Duty Roster

This year we asked all families to nominate a role on a duty roster during registration. Thank you to all those parents who have taken on roles this season so far. A reminder email will be sent to families in the week leading up to their rostered position. In order for our meets to run smoothly we need parents to show up and complete the roles they nominated for. If can't please let us know ASAP so we can allocate you to another role on a different day.

In particular - if you nominated to be an Age Group Manager and are not doing that role please let us know ASAP as we need to make sure we have an accurate list of all our Age Managers (for instance to ensure we have Working with Vulnerable People Card numbers on a list to comply with ACT government requirements).



COACHING AND TRAINING

GUNLAC runs training for all athletes Under 7 and older each Thursday during the season, commencing at 5.15pm. Each session focuses on particular events, with the schedule published on our website each week.

These training sessions provide a great opportunity for athletes to practice their technique, particularly in events which are new this season, for example Under 9 athletes starting high jump, Under 11 athletes starting Triple Jump etc. Its also a great way for athletes new to athletics to work on their skills.

The sessions are FREE to all GUNLAC athletes, we just ask that parents stay and supervise their children during training - helpers are always welcome too! Please do not leave your children unsupervised at training. Check out our [training page](#) for more details.

WEARING SPIKES AT GUNLAC MEETS

Athletes Under 9 and older are allowed to wear spikes at GUNLAC meets. For safety reasons, athletes who choose to wear spikes must:



- Register on the spikes register near the noticeboard each Saturday morning
- Only wear spikes while competing - take them off if you are walking around the oval between events.
- Only wear them for laned track events - not for the 800 metres or 1500 metres (to avoid spiking other athletes).
- In field events, take care to not spike other athletes while waiting for your turn.



INTERESTED IN A 1500m OR WALKING EVENT?

We hold a 1500m race and Walks events each Saturday morning at **8.30am** prior to the full GUNLAC meet commencing. The 1500m is for Under 10 athletes and older, and the Walks are for Athletes Under 9 and older. Please arrive before 8.30am for a quick warm up - races start promptly at 8.30.

This is a great opportunity for athletes to gain some valuable racing practice for these events.

Need More Info?

GUNLAC website

Our website is 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

