



# GUNLAC Weekly Wrap-up

## Week 5, 2017-18 Season

### Hurdles Training this week!

This week for Thursday Training (November 9th) our coaches will be giving our younger hurdlers - U8s, U9s and U10s - some coaching on hurdles technique. This is a great opportunity for athletes in these age groups to get some tips on how to improve speed and technique. Our U7s will be doing sprints and throws and older athletes will be on long jump. Check out all the info on our training sessions on our [Training Page](#).



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.

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 website for more details.

**This Saturday is Remembrance Day - we would like to observe this occasion at 11am, more details at announcements Saturday morning.**



### Changes to straight track marshalling areas

It was great to be able to use our new long jump pit last week, however the position of the pit means that we do need to change how we have athletes marshalled for 50 metre and 70 metre races on the straight track. Where we used to have the athletes alongside the track is now in the middle of long jump run-ups.

To address this congestion we will now have **ALL straight track races line-up at the 100 metre end of the straight track**. This will mean one queue for straight track races (easier for the starter!), with groups who are racing 70 metres and 50 metres moving down to their start line once it is their turn to race.

**Age Group Managers** - please note these new arrangements and line up your athletes at the end of straight track for all races.

**All parents and athletes** - when you are moving around the new long jump pits please be aware of athletes competing on long jump and don't cut across the run-ups - we want to avoid collisions and injured athletes!

# Little Athletics ACT Relay Carnival

## Saturday 16 December 2017

The Little Athletics ACT Relay Carnival is being held on Saturday 16th December 2017 at Woden Park - event commences at 9am.

On this Saturday there will be no normal GUNLAC meet held.

### Who can compete?

The carnival is open to ALL athletes, including Under 6s. Athletes compete in two track relays and two field events (except for under 6s who do not compete in field events).

### How do we sign-up?

We will have sign up sheets for the carnival at Amaroo starting from this Saturday. Check out more information on the [relay carnival page](#) our website.

### Do we need to make-up teams of four?

No - we are able to put together teams on the day, including with other centres if we have extra athletes or not quite enough to make a full team. We will email GUNLAC teams the week before the carnival however these can be adjusted on the day if necessary. Often athletes will compete across multiple age groups to ensure that everyone can compete in both relays.

Please note - athletes must have a GUNLAC uniform with Age patch, sponsor patch and Registration number to compete. Parents will be asked to assist on the day.



**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



## Are you getting your results? Log-in to RESULTSHQ

All results from GUNLAC meets are uploaded to RESULTSHQ website following each meet. Families can access these results using the username and password emailed to them at the start of the season. If you did not receive this information or have misplaced your password, email us at [enquiries@gunlac.org.au](mailto:enquiries@gunlac.org.au) and we can send a password reset.

RESULTSHQ also includes all GUNLAC Records. So far this season we have had 10 Club records broken! If you think your athlete has broken a club record please email our recorder at [Chiefrecorder@gunlac.org.au](mailto:Chiefrecorder@gunlac.org.au) so we can verify the information and ensure records are recognised.

### COLES SPONSOR PATCHES NOW AVAILABLE!

Coles is the new major sponsor of Little Athletics Australia. All Little Athletes have been provided a Coles sponsor patch for their uniforms, which can be picked up from the registration desk from this Saturday.

All athletes who wish to compete in Little Athletics ACT carnivals this season (Relay, Multievent and ACT Championships) must wear the sponsor patch at these carnivals.

## 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](mailto:enquiries@gunlac.org.au)

