



GUNLAC Weekly Wrap-up

Week 6, 2017-18 Season

Thank you to our parent volunteers!

Its been a great start to the season with lots of new helpers on set up, out on the track and in the canteen - we greatly appreciate the help of our parents every week, and your willingness to try out new jobs.

To help us manage the roster please email us in the following instances:

- You need to change what you have been allocated for;
- You nominated to be an Age Group Manager and are no longer doing this role. We need to make sure we have an accurate list of all our Age Managers, mostly to ensure that this job is being covered every week but also to make sure we have contact details and WWVP card numbers for everyone.

If you can't remember what you signed up for you can check this on RESULTSHQ website - on your family profile it lists those tasks that you nominated for on the duty roster. Reminder emails are also being sent to families in the week leading up to their rostered position.

Will it rain this Saturday??

We hope not, but in the event that it is raining on Saturday morning, or if the grounds are too wet, we will make a decision by 8am Saturday morning (usually before). The notice of cancellation will go up on the gunlac website - www.gunlac.org and also on Facebook.

Please check both of these on Saturday morning if you are unsure. No notice means the meet will go ahead. We also have the option of holding the meet with a modified program which would mean no High Jump or Hurdles events.

Coles Bananas

Its great to see so many of our families enjoying the free Bananas provided by Coles every week. Unfortunately not all athletes are getting the chance to enjoy these as they are often all taken by the end of the meet - to ensure we have enough for all athletes please take just those that you need for your athletes, so everyone can enjoy a healthy piece of fruit after Little Athletics!



Little Athletics ACT Relay Carnival

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.

The program has not been released yet, but Little athletics ACT has advised that they will be making adjustments to last year's program to ensure U6s and U7s finish within approximately 1.5 hours.



Hurdles and Long Jump training this week!

This week for Thursday Training (November 16th) we will be running hurdles for U11s and older, Long Jump for U10s and U9s and Throws for U8s and U7s. 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.

Next GUNLAC Committee Meeting

We currently have small, hard-working Committee who keep the Club running during the Athletics season. We would love to have more parents involvement in our Committee, we have some Committee Support positions open, but also welcome regular Committee members who can contribute their ideas on how the Club is run.

The Next Committee meeting will be held on Wednesday November 22nd at McDonalds Gungahlin - 7.30pm.



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

