



The Despatch Runner

Version 2

Volume 1, Issue 9, 2nd February 2017



Local Sponsors
- **Parafield Gardens Community Club**

- **Cloudy Sheep Printing**

- **David Pfeiffer**
(accountant)

Away Meet Dates:
For more information, please see the Programme Booklet, our Website, or a Committee Member.

Nthn Region Open Day
5th Feb @ **Playford**
No nominations necessary.
Program available online.

State Relay Championships
Provisional programme available online.
12th Feb @ the Stadium.

Nthn Zone Improvers
26th February @ **Gawler**
Nominations due 5th Feb.
Program and nomination forms available online.

State Challenge
5th March @ the Stadium
Nominations open, close on Feb 20th
\$10 per event, max \$30.

State Championships
17-19th March @ the Stadium.
Nominations open, close on Feb 20th
\$10 per event, max \$30.

Northern Region Open Day



Hi Everyone,

As you should all know, we will be at **Playford Athletics Centre** (Formerly Elizabeth LAC) this Sunday, for the **Northern Region Open Day**. The Programme is available on our website for those who don't have it. This event allows you to choose your own events, so we highly recommend using it to chase down the last few State qualifiers you are looking for, whether they be for the Challenge or the Championship. With up to ten other Centres in attendance, it will provide plenty of extra competition for each athlete.

Remember that **Northern Zone Improvers** forms are **due back by Sunday**. If you haven't got yours from in, and are not attending Open Day, you can get it in tonight at Training. If you are unable to get to training tonight you will need to contact us to arrange an alternative. If you do not have a form, they can be found on our website.

Next week is the **State Relay Championships**, and as such there will be a **twilight competition** on the Friday. We are awaiting a final programme for Relay day, however a provisional one is available on our website. Those attending should know which events they are doing, however if there is any uncertainty please contact us ASAP.

Finally, we are calling for **additional volunteers** to arrive early to help set up the equipment prior to each competition, to minimise delays. This is particularly important for **Sunday the 19th of February**, as this clashes with the ASA (senior aths) State Championships, so we will be missing many of the people who are usually involved in set up. Without additional volunteers it is highly probable this competition will run significantly behind schedule.

Regards, IFLAC Committee.

Sponsor in Focus

Cloudy Sheep Printing
CSP printed our programme booklets, and also the paper slips that were sent to some schools prior to the season.

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Calendar Corrections

We would like to advise of two corrections to our Calendar. Improvers will be on the 26th of February, at Gawler, not on the 12th of March. By extension, the home meet that was advertised for the 26th of February will be on the 12th of March.

Northern Zone Open Day

The Programme for Northern Zone Open Day is now available in the family folders, and on TeamApp and the Centre website. Contrary to what we had advised, there is not a \$2.00 entry fee for Open Day, it is actually free.

Athletes are able to select the events in which they would like to compete, similar to PB Day. As with all Northern Region events, we will need parent help to run an event, in this instance, Shot Put; however we do not need to supply a chaperone/recorder for each age group as in the Northern Regional Games. A minimum of three people will be needed per hour, or 21 total.

Preferably this would be 4 per hour and 28 total. It is an expectation of participation that each family will supply one person during the day.

Bring a Friend Promotion

For all home meets for the remainder of the Season, athletes are encouraged to bring friends or relatives to *Come & Try* athletics for free. A maximum of two sessions may be completed, after which they will need to register to compete for the remainder of the season. Please remember that an athlete is only covered by insurance if they complete the free C&T registration process on SALAA's website.

Remember, registration also covers the cross country season that runs until July. This season we intend to run training during the winter, adding further value. Starting from the 1st of February, an end of season discount also applies on registration fees.

Photos

We have some pictures from the State Multi-Event Championships. More are available at the following link, with the usual password.

<http://www.getsnapt.com.au/photo-galleries/little-athletics-sa>
If you have any photos from this season, please send them to us. You may even be included in an upcoming newsletter.

AGM / Presentation

We have confirmed the date of our AGM / presentation as Sunday 9th of April. We are awaiting confirmation of the time. We will provide formal notice in early March.

This season's AGM will include a series of proposals relating to updating the Constitution, a process last taken in 2003. Current families have received drafts of these proposals via email. If you have any questions on this, please don't hesitate to ask Liam, as he is the primary author of the proposals. If any Life Members would like to comment on the proposals, please email us your contact details, and we can forward them on to you. Finalised proposals will be announced on the 27th of February.

A reminder that all athletes will receive a trophy, **provided that** they participate in at least half of the events, in at least half of the competitions this season, including at least half of the competitions after Christmas. Exceptions may be made in the event of serious injury, illness, etc., if we are aware of it. Additionally, all outstanding fees must be paid prior to the State Championships. All registered (and paid) athletes will receive a Certificate with their best results for the season, regardless of the number of meets attended.

