



# The Despatch Runner

Version 2

Volume 1, Issue 11, 28<sup>th</sup> February 2017



**Local Sponsors**  
- **Parafield Gardens Community Club**

- **Cloudy Sheep Printing**

- **David Pfeiffer**  
(accountant)

## **Away Meet Details:**

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

## **State Challenge**

5<sup>th</sup> March @ the Stadium  
Nominations Closed  
Final Programme available on our website and online.  
Please get back to us in regards to filling volunteer sessions.

## **State Championships**

17-19<sup>th</sup> March @ the Stadium.  
Nominations Closed  
Provisional programme available on our website and TeamApp.  
We are waiting a final programme.

## **Final ASA Club Day**

Sat. 11<sup>th</sup> March  
Entry: \$10 per athlete  
Athletes who turn twelve or older by the end of 2017 only.  
Email us for more information.  
Nominations online at:  
<https://clubday3.eventdesq.com/>

## Post Improvers Edition



Hi Everyone,

Due to circumstances beyond our control, training is cancelled for this Thursday. Additionally, we are considering permanently changing the Thursday session to Wednesday. We will provide confirmation of that decision when and if it is made. Training on Mondays will not be effected.

We have only two home competitions left for the season; this Friday, and Sunday March 12<sup>th</sup>. After that there is only the State Individual Championships (March 17-19), and the AGM, before the start of the winter season.

There will be no competition this Sunday, due to the State Classic. Those going should have received a programme and related documents via email last weekend. If not, they are available on our website.

Notice of the AGM has been sent out to all members via email, and is available on the Committee page of our website. The proposed changes to the constitution were also sent out, and are on the policy page of our website. All this is also available on TeamApp. We are taking nominations for the Centre Committee for next season. Please note that all nominations forms must be signed, so they can't be completed digitally. Included in this email are some of the outlines for Committee positions. The others will be sent out soon.

**Regards, IFLAC Committee.**

## Sponsor in Focus

### **Parafield Gardens CC**

PGCC provided the lollies in everyone's Christmas bags, and provides a venue for our AGM and trophy presentation, as well as covering many of it's costs.

"Situated on Shepherdson Road in Parafield Gardens, set back from the street and surrounded by lovely manicured gardens is the Parafield Gardens Community Club."



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## State Relay Championships

Congratulations to all nine relay teams who represented the Centre at the Championships. Special mention to the Under 10s Field Team, Armond and Bailey, who took home the gold medal.

## State Classic and State Championship Nominations

Nominations for both of these events has now closed. The full details on the State Classic have been sent to those that have entered. We are awaiting a final programme for the State Individual Championships, however when we do get it, it will be sent out.

## Senior Athletics

Information on the last Athletics SA club day (similar to a come and try for seniors) has been sent out to a number of our older families. If you did not receive this information, and are interested, please let us know and I can forward it to you. To be eligible to compete, you must turn 12 years old by the end of December 2017. There is no upper age limit, so parents can enter too.

## 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.

## Photos

This weeks photos are from Northern Zone Improvers, and were taken by a variety of parents. State Relay Championship photos are available at the following link, with the usual password. I haven't gone through those yet.

<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 9<sup>th</sup> of April, starting at 11:30 am. Formal notice has been sent out via email, and can be resent upon request.

This season's AGM will include a series of proposals relating to updating the Constitution, a process last taken in 2003. The proposals are included with the notice of the AGM. If you have any questions, please don't hesitate to ask Liam, as he is the primary author of the proposals.

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.

## Northern Zone Improvers

Congratulations to everyone who competed in Northern Zone Improvers. I've yet to receive a final medal tally, but from what I've seen in the photos it was quite impressive for the number of athletes entered. I'm told that almost everyone who didn't get a medal got at least one P.B.

Thanks also to everyone who assisted with the running of Discus 2.

