



# The Despatch Runner

Version 2

Volume 1, Issue 6, 15<sup>th</sup> December 2016



**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.

## **State Multi-Event Championships (U9+)**

21/22 Jan @ the Stadium  
Nominations close 5<sup>th</sup> Jan.  
\$15 entry fee.

## **Nthn Region Open Day**

5<sup>th</sup> Feb @ **Playford**  
No nominations necessary.  
\$2 entry fee.

## **State Relay Championships**

12<sup>th</sup> Feb @ the Stadium  
We handle nominations.

## **State Challenge**

5<sup>th</sup> March @ the Stadium  
Nominations close 19/2  
\$10 per event, max \$30.

## **Nthn Zone Improvers**

12<sup>th</sup> March @ **Gawler**  
Nominations close 19/2

## **State Championships**

17-19<sup>th</sup> March @ the Stadium  
Nominations close 19/2  
\$10 per event, max \$30.

## **Welcome to 2017 Edition**



### What's on in January?



Th. 5<sup>th</sup> - Training resumes  
Su. 8<sup>th</sup> - Competitions resume  
Su. 15<sup>th</sup> - Home competition  
Fr. 20<sup>th</sup> - Home twilight competition  
Su. 21-22 - State Multi-Event Championships  
Su. 29<sup>th</sup> - Home Competition



Happy New Year Everyone.

Hi Everyone,

We hope you have all had a great start to 2017, and look forward to seeing everyone this week.

Training will return to normal days and times starting Thursday. The focus will be on events that are contested in the State Multi-Event Championships, however this is a good variety of events, so there is still plenty of reason to attend training even if you are not entering Multis. Training for track relays will commence shortly, once we have definitive teams.

Competitions also return on Sunday, with Programme C being run, conditions allowing. Details on what events that entails for each age group are in the Programme Booklet, on our website (Season 16/17->Weekly Programmes), and TeamApp (Documents).

Can those who have put their names down for Relays please see someone at the desk this week, to confirm that you will still be available for the day. We had several late pull-outs last season, and this costs the club money.

Our next twilight competition will take place later this month, and our next Inter-Centre in the first week of February. Registrations are very close to closing for SALAA's Dream. Believe. Achieve. Holiday Coaching Clinic, and the State Multi-Event Championships. After this there will be no further online registrations needed until mid-February.

The Season will continue until March, after which there will be a short break before the Cross-Country Season.

Regards, IFLAC Committee.

## **Sponsor in Focus**

### **Parafield Gardens CC**

PGCC provided the lollies and chips in everyone's Christmas bags, as well as providing 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."



# The Despatch Runner

[inglefarmlac.wix.com/iflac](http://inglefarmlac.wix.com/iflac)



## Multi-Event Championships

Nominations for the State Multi-Event Championships, have been extended, and will now close on Thursday, at the following link:  
<https://salaaportal.myrCRM.com/events/>

A provisional programme for the weekend (21<sup>st</sup> and 22<sup>nd</sup> of January) is available at the above link, and on our website. A final programme will be posted shortly after nominations close. There will be no home competition that Sunday, however there will be one Friday evening.

## Dream. Believe. Achieve. Holiday Coaching Clinics

This clinic, conducted in the January school holidays, is open to all athletes from U6 through to U17. The clinic is designed to provide opportunities for skill / technique development in the participant's desired events through coaching from some of SA's best young coaches. These clinics will be held at the Stadium.

For full information, including times and prices, please see the following page on SALAA's website, and select the January session:  
<http://salaa.org.au/holidayclinics>

## Information Technology updates

We have just released a major update for our website that has optimised the overwhelming majority of its content for mobile devices. This will not effect the way it appears on PCs, laptops, and so forth, but makes the website much more mobile-friendly. If you would like to comment on the changes, feel free to do so. We are also interested in hearing any ideas in regards to other additions or changes to the website that would make it more useful.

Additionally, we are currently looking at ways to make TeamApp more useful. There is a Survey open on TeamApp that will close at the end of the week. Unfortunately, I don't think the answers can be set to confidential, however there isn't really any need for them to be in this case. If you miss the survey cut-off, or it isn't working for you, please feel free to send us any feedback via email.

Those not on TeamApp are encouraged to download it from the links on our website's homepage, which also includes a document to help you get started with it.

## Recent Achievements

We are seeking athletes who have achieved something, whether a massive PB, or a PB in every event, or any other fantastic achievement, to be included in this section of the newsletter.

If you know any athletes who fit the description, let us know at the end of the meet, or by email, and they might find their name in the newsletter!

Congratulations to **Tatum Giles**, who took advantage of the final opportunity to qualify for the State Multi-Event Championships to do exactly that.



Above are some more photos from the Jetstar State Classic. The full set is available at:

[www.getsnapt.com.au/photo-galleries/little-athletics-sa](http://www.getsnapt.com.au/photo-galleries/little-athletics-sa)

With the access code SALAA1617.

If you have any photos of our athletes, feel free to email them to us, and they may find themselves in the newsletter.