

KWINANA LITTLE ATHLETICS CENTRE

2016/17 Season
Issue 7



A message from the President...

Our last few competition days have been fantastic with centre records broken and PBs set. Thanks to all the committee members and volunteers—we came close to cancelling events but with help, it never eventuated.

Championship day is just around the corner; we have around 138 registrations making it the biggest KLAC Championship in years. For many athletes, this will be the highlight of their season and for it to be a success we will need many volunteers. Please keep your athlete in mind, as they have committed many hours

during the season. If we don't have enough volunteers, we will have no option but to cancel events on the day.

Well done to all the athletes that competed at the Dale multi-events. It was a chance to gain healthy competition experience and meet new friends.

I would like to make special mention of Nathaniel Hutton (U14) who competed in the WA State Combined Event Championship and placed 11th overall—a great achievement. I'm looking forward to his progress over the next couple of years.

The number of athletes participating in training has increased and so has the intensity, mainly focusing on speed, power and technique to prepare athletes for Championships and Zones.

Our last Bunnings sausage sizzle was cancelled due to lack of volunteers. It was a shame, however, it would have been left to the committee. As they already dedicate so much time to the centre, the decision was made to cancel. We hope this won't be necessary for our next scheduled fundraiser on 26 March.

Stephen Scoon – President

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Introducing ... our exemplar volunteers!



*Beau Sullivan
helping out on
track*

Although he's not an athlete, many consider **Beau Sullivan** to be a champion. As the son of two committee members and the brother of an athlete, Beau has certainly earned the right to wear his KLAC shirt, originally designed for committee members.

While another in his situation might prefer to spend his Saturday mornings playing while his siblings compete, Beau instead works as hard as any committee member during competition days. In fact, he is instrumental in making sure competition days run smoothly.

At eleven years old, Beau has taken it upon himself to help with the set up of equipment; he assists the starter, rings the lap bell and helps with track timing; he does coffee runs for his track team; checks and distributes all the two-way radios; runs errands and messages; sets up and takes down the hurdles; and fixes equipment when it's needed.

To top it off, perhaps one of Beau's most wonderful qualities is that he is extremely polite and well mannered. He always stops to have a chat with everyone and checks to see if there's anything he can help with.

Also deserving a mention are **Tyler (12)** and **Bailey (14) Burridge**. Each is an athlete of the centre and a son of two dedicated members of the committee. They both arrive early with their parents on competition days and help out as much as they can before competition starts.

The boys assist with setting up and packing down equipment and tents, carry tables out to sites, set up the announcer's table and connect the sound system, put up notices, fill soap containers and give the toilets a clean before and after competition.

They are also a big help on training days, as they set up equipment.

Most importantly, Tyler and Bailey take part in every single event offered for their respective age groups. They are always willing to give things a go and are kind and non-judgemental towards other athletes.

It cannot be argued that Beau, Tyler and Bailey all set an outstanding example to KLAC athletes and parents alike and most certainly deserve a pat on the back for their contributions to our centre.

Caroline Singh - Secretary

ZONE CHAMPIONSHIPS—4-5 MARCH

*** IMPORTANT INFORMATION ***

Nominations are now open. Please log onto your ResultsHQ profile where you will see a nomination invite. Nominations close 8am on Monday 20 February.

Zone 1 consists of Baldivis, Cockburn, Dale, Kwinana, Peel and Rockingham.

U7-8s can compete at Zones; finals will be conducted at Zones. U9-15s – athletes with the top results at Zones will be eligible to compete at States. U16-17s do not compete at Zones.

Number of event athletes may nominate for at Zones:

- **U7 - U9 : maximum of 4 events over the two days** - no limit on the amount in one day
- **U10 - U12 : maximum of 5 events over the two days** - no limit on the amount in one day
- **U13 - U17 : maximum of 6 events over the two days** - no limit on the amount in one day

Recent Centre Records

21 JANUARY

Centre records broken:

U6 girls' 80m: N. Powers

U6 girls' vortex: N. Powers

U11 girls' high jump: B Ware

28 JANUARY

Centre records broken:

U7 girls' vortex: I. Steiner

4 FEBRUARY

Centre records broken:

U6 girls' vortex: S. Da Mota

U11 boys' high jump: S. Pereira

So far, we've had a total of

1947 PBs set!

#goKwinana #KLAC

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