

# NORTH ROCKS CARLINGFORD LITTLE ATHLETICS CENTRE INC



[www.nrclac.org.au](http://www.nrclac.org.au)

22 August 2010

Welcome to our 2010/2011 Season of Little Athletics.

Thank you for registering with our club this season. Welcome to our new athletes and their families and welcome back to the returning families. Little A's motto Family Fun and Fitness is epitomised in our club. We are a small club, encouraging participation from athletes and involvement from parents, having fun and improving our fitness. I hope you will find your experience with Little A's a good one.

Parents from certain age groups will be asked to help set-up, 'man' the BBQ and assist on the field on designated weeks. All parents are asked to check the program on the website and help pack-up their age groups designated activity before leaving each week. As well as this please consider nominating for age managers, timekeepers, field officials and data entry operators. I am also keen to hear from any parents who might like to take charge of the canteen or BBQ each Saturday. These two jobs could be shared by families on alternating weeks. The whole club appreciates the work done in these positions, so I hope that someone will volunteer for these.

If any parent would like to do a Basic Event Instruction Course (BEIC), Northern Suburbs LAC are hosting a course run by LAANSW on 12<sup>th</sup> September at their grounds at Rotary Park, Mowbray Rd Chatswood. This would be valuable for age managers and their assistants. There is no cost involved to do this course. Please let one of the committee know today if you would like to attend so we can put your name on the list and enroll you in the course.

Remember to check the website regularly as I try to update this information as much as possible. The website contains information about each event, weekly programs, weekly results, important dates for the calendar, records for each age group, past prize winners, and some contact information. If the weather is uncertain and you are not sure whether competition will proceed, check the website – we try to make a decision before 8am and post the cancellation on our home page. We will always try to proceed if we think it is safe to do so.

Safety is a big issue and the athletes are of our No. 1 concern. For this reason, we are asking that you do not take prams or toddlers on the field at any time during competition. They must be kept outside the perimeter of the track. I realize this makes it difficult for some parents, particularly our Tots parents, but our oval is small and it is unsafe to have them on the centre of our field. Animals are not allowed on the field and smoking is not allowed in the vicinity.

Do not hesitate to call me or send an email if you would like to put your name down for the BEIC at Norths, or if you are able to volunteer for any positions available at our club.

Our first competition week will be 18 September beginning at 8.15am, the program can be found on our website. All results for our first day will be recorded, but please be patient because we will have many new parents "learning the ropes". Result slips will need to be taken to the recording room after each event from Day 1. PBs from last season will be carried over for all returning athletes.

Hoping for a good season  
Margaret Ramsay  
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