

Wow this season is really flying and as the weather is heating up we need to look after our athletes, please make sure your children have plenty of water available on Wednesday and Friday evenings for training and carnival nights. As a club we must adhere to the Little Athletics weather guidelines and we always try to give as much warning as possible to a canceled evening however it can be difficult to make early calls and depends on the expected forecast also. In the event that a club night is canceled, this will be posted on the website, app and facebook.

WEEKLY SKILLS DEVELOPMENT SESSIONS

Our coaching coordinator Stuart Dempster has some amazing information to share with the parents of our athletes, with a presentation evening directly after training on Wednesday 6th November 2019. This will take place in the meet management room from 7.00pm with a FREE BBQ for attendees. It is a great opportunity to see why play based skills development is crucial to an athletes overall development and enjoyment of the sport. Please let a committee member or Stuart know if you are interested, so you don't miss out - it will be a great opportunity.

COMMITTEE MEETINGS

We need more help, If you are interested in how the club operates outside of Friday nights and would like to have an input into new ideas or adjustments to existing methods, then please attend our monthly committee meeting next Monday, 4th of November at Club Macquarie for a 6.45pm start. We are always happy to see new faces and welcome any feedback from our members.

ZONE & OTHER LOCAL CARNIVALS

Zone forms are now available on our website, the app and hard copy on a Friday night, please have these filled out and returned with your deposit by Friday 15th November. The local Wallsend carnival was last Sunday with a number of Mac Hunter athletes competing, we had some fantastic results across the day and it was lovely to see the support of each other during the events. Don't forget there are plenty of other club carnivals available including Edgeworth, Eastlakes and The Norm Johnson carnival which is held at Glendale on January 12th 2020 - so please save the date.

TIMING GATES

A major issue has been recently discovered with our timing system. There was a problem with the WIFI connection and the transmitter on the starting gun. This has affected all events up to 400m conducted on the first 4 weeks of our Friday night carnivals. This has resulted in times recorded that are, in many cases, much faster than what they should be. The problem was completely rectified prior to week 5 by replacing the transmitter, calibrating and a full test of the system by timing equipment experts. If we do nothing with the first 4 weeks results (up to 400m) it will be almost impossible for many to set new PBs, our club places a high value on improving through the season. In consideration of this and the uncertainty of results, the committee has decided that the 1st 4 weeks results for all track events up to 400m are to be made unavailable. PBs will be from week 5 onwards for these events. Many thanks to those club members who provided feedback to the committee on the timing problem over the first few weeks and for your patience while the issue was resolved. The committee looks forward to many PB achievements from all of our athletes for the rest of the Season.

COMING UP

Tuesday 29th October
Summer Series #3
\$2 Entry U12 - U17
5.30pm Edgeworth
\$\$ PRIZES for Series Winners

Wednesday 30th October
Training Night
5.30pm - 7.00pm

Friday 1st November
Carnival #8
BBQ NIGHT



Saturday 2nd November
AWD Carnival #9

Sunday 3rd November
Edgeworth Challenge
Entry Form available on app

Wednesday 6th November
Training Night
5.30pm - 7.00pm

Friday 8th November
Carnival #9

Saturday 9th November
AWD Carnival #10

Saturday 9th November
Eastlakes Pentathlon
Entry Form available on app

STATE RELAYS

Junior relays are held in Sydney on Saturday 16th November and senior relays are on Sunday 17th November. There are a number of relays to compete in including 4 x 100m, 4 x 200m, 4 x 400m, mixed options and field events. If you think your age group has a strong team and would like to enter, please contact championships@machunter.com.au for more information. Registrations close 30th October.

JUST A REMINDER TO AGE CONTROLLERS

- Some changes to the program include the walk being held as an extra, separate event this was due to many athletes not appropriately performing this event and will now be optional for those athletes who wish to partake with the correct technique. Athletes who are seen running or strolling will be given a warning and potentially asked to leave the race if not adhered to. A 400m or 200m race has been added to the program to replace the walk during these weeks.
- High Jump is replacing long Jump for U8 boys and girls in program 2, the correct scissor technique should be used with one foot take off and landing on the mat, if you need assistance in running this event please flag a committee member who can help out in the first few weeks to ensure safety.
- We have had numerous complaints regarding the shot put technique and there are many reasons why we must promote the correct way of using the shot put, these include:
 - Safety - we must ensure athletes are using the correct push technique during shot put as these are heavy implements and can cause substantial injury if thrown like a tennis ball
 - At some stage the athlete will get pulled up and we are not doing them any favors, for example they police the correct technique very well at zone and other carnivals, so if they think they are really good at shot put, but in fact they have been throwing it each week, they will just be disappointed to be fouled at other carnivals.
 - PB's is the other reason, if we are pegging anything on a Friday night, again we are not helping in the child's development as they have unrealistic PB's that they cannot reach for the remainder of the season and in some cases future seasons.So please encourage the correct technique and don't be afraid to foul athletes if necessary - it is the only way they will learn. Remember Friday nights are not a coaching night, if athletes would like to learn the right way to throw come down to our skills development on a Wednesday night and get a few tips from the professionals.
- Shot Put, Discus and Javelins are dangerous implements and athletes should not be playing with these at events, please be aware when returning these implements not to throw as it is unpredictable with large crowds and we do not want to see any injuries.

KEEP UP TO DATE



REGO PACKS

There are still some registration packs that have not been picked up. All athletes must be registered and have an age patch and number clearly visible when competing. Just a reminder this is crucial if competing at other carnivals in particular zone and must include the Coles patch on the front.

UNIFORMS

Those who ordered uniforms online should now be available for pick up in the office on Friday evening. We apologize for the delay in shipment from Sports Magic.