

BALMAIN LITTLE ATHLETICS - JANUARY NEWSLETTER 2012

SATURDAY COMPETITION

We hope you have enjoyed the holiday break. Don't forget first competition day for 2012 is this Saturday, 14 January at 8.30am. Parent duty reminder for Saturday:

8.30-10am	Fiona Morley (canteen) Dorul Kelly (canteen) F Dowling (bbq)
10-11.30am	I Farquhar (canteen) Murray Harding (bbq)

Please note the parent duty for each Saturday is listed on our website the Sunday prior (www.blac.net.au).

ZONE CHAMPIONSHIPS

A reminder that the Zone Championships is on the weekend of 28 and 29 January 2012 at ES Marks, Kensington. More details at www.laansw.com.au and on our website.

There will be no Saturday competition on the weekend of Zone Championships.

COACHING

Tuesday training will commence on 17 January 2012.

ADDITIONAL COACHING

A number of elite coaching sessions are being planned, limited to those athletes competing at the upcoming Zone Championships.

We will endeavour to accommodate all interested athletes, however, in order for the groups to run effectively, we hope to limit sessions to 8 athletes per session.

The following events will be offered:

1. Long Distance (800m+) with Frankie Bell on Wednesday 18 & 25 January from 4.45-6pm
2. Sprints/Hurdles with David Murphy on Sunday 15 and 22 January from 8.30-10am
3. Throws with Andrew Watson on Sunday 15 and 22 January from 8.30-10am

It is expected that these groups will continue for those athletes who qualify for Regional and State Championships.

An additional jumps group with Sarah Cain (triple and long) will be held on Sundays from 8.30-10am commencing in February for those athletes who qualify for Regionals.

To enable the coaches to organise the groups, please email your child's interest ASAP, stating child's name, age group, and event to:

Long Distance - francesbell06@yahoo.com.au

Sprints, hurdles and throws - david@alliedhealth.net.au

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NEW RECORDS

Congratulations to the following athletes who have broken records since the last newsletter:

Josie Nichol U17G Long Jump - 5.57m
100m - 13.07

Jack Wilkins U10B High Jump - 1.29

Angus Beer U10B 1100W - 7m02.5
800m - 2m42.71

Ellen Murphy U6G Long Jump - 2.75m

ZONE VOLUNTEER ROSTER

Balmain's duty for the Inner City Zone Championships is long jump. We must run two long jump pits for all age groups on both Saturday and Sunday. Please make a note of when you are rostered on.

SATURDAY - 28 January

U13G	Clarkson	Hodge	Bonser	Gazal	-
U10B	Batho	Mirabito	Brouw	Kalinauskas	Hawes
U12G	Batho	Belunek	Notarangelo	Mitchell-Lane	Lenehan
U8G	Walne	Lenthall	Alekna	Landels	Reed
U8B	O'Shea	Hill	Chen	Bosnich	Edser

U15B	Kerr	Di Qual	Roberts	Phillips	-
U17B	Wedd	Beer	Danson	Doric	-
U12B	Parfitt	Tanner	Basile	Gambino	White
U10G	Donofrio	Gobran	Murphy	Crick	Tyler
U14G	Bridle	Merewether	Woodgate	Kerr	-

SUNDAY - 29 January

U9B	Williams	Guthrie	Nivison-Smith	Woolbank	Beer
U9G	Watson	Gobran	Azzi	Karabesinis	Kleppich
U11B	Kohlrusch	Clarke	Karabesinis	O'Shea	McGettigan
U11G	Dougan	Webster	Bosnich	Kassem	Brouw
U7G	O'Connor	Rand	Azzi	Kerr	Danson

U17G	Nichol	Campbell	Wong	Potter	-
U15G	Lane	Murphy	Kalinauskas	McManus-Barrett	-
U14B	Lenehan	Cannane	Clarke	Boyd	-
U13B	Hannaford	Thompson	Nichol	Hill	-
U7B	Garside	King	Merewether	Batho	Beer