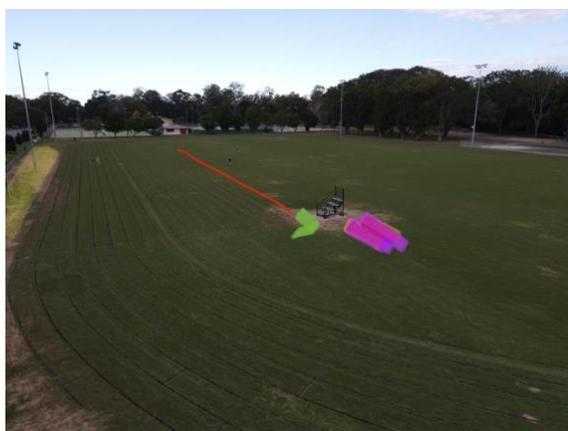


Welcome to Caboolture Little Athletics competition nights!

The following email has a lot of important info regarding the running of our competition nights, parent roster, our upcoming carnival & more!

IMPORTANT PLEASE READ

A few house-keeping tips for competition nights.



- Parents/caregivers who have not rostered themselves to do parent help are not permitted on the oval. If you are just spectating, the yellow highlighted area is a good place to sit. If you want to get closer to your athlete, please sign up to help.
- When athletes & parents are walking between events they must walk around the edge of the track. This is especially important when we have javelin and discus scheduled, no one wants a discus to the head.
- The red highlighted area must be kept clear of athletes and helpers. The starter needs a clear sight path to finish the line helpers, so they know when they're ok to start the next race. It keeps us running on time.
- Parents/helpers like to congregate at the finish line in the green highlighted area. We need to keep this clear for the place judge helpers so they have the best possible view of your athlete when they cross the line, to make sure the right places are given out. If you'd like the best view, please sign up as a "place judge". The pink highlighted area is the best place to wait for your age group as they do their sprints. You'll still be in a great position to watch your athletes cross the finish line and you're out of the way of the next age group competing.

- There is absolutely NO DROP & GO. Every athlete must have a responsible parent or care-giver on the grounds at ALL times. If we find out you've dropped off your child we will call you.
- There is NO ALCOHOL and NO SMOKING allowed at our oval.
- We will not tolerate ANY bad behaviour by athletes or parents, towards other athletes, parents or committee.
- If you have any questions, please ask the committee. We're there to help. The first few weeks are all about learning, for the new athletes and their parents.

All these things help to keep parents and athletes safe and our events running smoothly and on-time, plus the most important thing ~ that our athletes have fun!

Gympie Spring Carnival – Sat 11th September 2021



The Caboolture Little A's team had an exciting day on Saturday 11th September at the Gympie Spring Carnival. Macie, Ladaska, Kaylee, Boston, Liam, Lachlan, Cayden, Meredith, Michaela, Ruby-Lee, Pippa, Nicholas, Eboniee, Emma & Michael all competed over a long, hot day at Albert Park in Gympie. Some of our committee also competed; Michelle, Leanne, Hayley & Felicity. Leanne broke a record in the 50+Masters discus.



Our athletes that competed were a mixture of first-timers to carnivals and a lot of regular carnival attendees. For those new to the club, we host our own Twilight Carnival in October, details below.



Caboolture Twilight Carnival



Our own **Twilight Carnival** is coming next month- 16th October 2021. It starts at midday and runs through to 7pm. Registrations are now open via ResultsHQ where you can pay via Credit card or PayPal. Alternatively, you can go to LAQ website or click on this link, for a nomination form to print out:

<https://laq.org.au/event/caboolture-twilight-carnival/>

Payment can be made by direct deposit. Our direct deposit details are:

Name: Caboolture Little Athletics

BSB: 034 640

ACC: 235313

Reference: Athlete's surname, club

Email nominations forms to: cabnoms@cablac.org.au

Fees:

U6 \$8 for 3 events

U7-U17 \$5 a event max 5 events, 5 events for \$20

MC U9-U17 \$5 event max 3 events (MC athletes can only do MC events)

Help required for our carnival

We require a **LOT** of help during our carnival. It is our biggest fund-raiser for our club. It's a great way to tick off your working bee for the season (remember you are required to do one working bee per season to fulfil your parent roster, to make sure your child is eligible for a trophy at the end of the season).

You can assist us in the following ways:

- **Carnival set-up** (Saturday morning, help us set-up and bring your chairs/gazebos and choose your spot for the day nice and early)
- **Canteen** (2-hour block) our biggest money-earner for the club. You can make burgers etc or serve on the register, whatever you're more comfortable with.
- **BBQ helper**- we are running an additional outdoor "express lane" for food and drinks
- **Event helper (all day)** – assist in measuring/recording at an event. **Get up close to your athlete's favourite event. Lunch, snacks, drinks supplied for these positions.**
- **Carnival pack-up** (have you got an athlete competing in the later events? Stick around and help us take equipment back to sheds, take down bunting, clean amenities etc)
- **Amenities checker**- replenish toilets throughout the day, empty bins etc.

Friday night competition nights

Please arrive by 5:45pm, so we can start warm-ups at 6pm. Upon arrival, please sign-in your child on the attendance sheet and check-in with the Qld Gov Covid QR code. The parent roster sheets are also there for you to choose somewhere for you to help for the night.

Parent roster

There are numerous ways you can achieve your parent roster, and as most parent say when we tell them about parent roster "we're here anyway, so we'll help every week". Committee will assist you if you want to learn something new, we welcome it! If you've got 2 parents down there and you can both help, we won't knock you back!

Age group: You can help in your athletes age group, we would like to have 3 helpers per group, with an extra in some of the larger groups.

Set-up the equipment for night. Come down to the oval from 4pm or as soon as you can get there. Committee members will be down there to show you what to do.

Pack-up (at the end of the night), the committee are there to show you what to do. Everything gets brought back to the shed (near the toilets).

Clean the amenities at the end of the night. The committee can show you where the cleaning products are in the shed. If BMX are there on our Friday nights, we just have to clean the ladies toilets and disabled.

Help in the canteen: We will show you how to use the register or how the food gets made, choose a job that suits you! And you're welcome to duck out and cheer on your Little Athlete as compete on the oval.

Finish line place judges: Be in the best position to see your athlete cross the finish line.

Starter: learn how to use the starting gun and start the races.

Uniforms

Uniforms that were back order during sign-on (in August) have arrived. We have 2 more orders to that arriving in the coming weeks. We accept cash and EFTPOS for uniform orders. We also have an order of bucket hats coming in soon. We will let you know when they arrive, there will be limited stock at first, but we can place another order if they're popular.

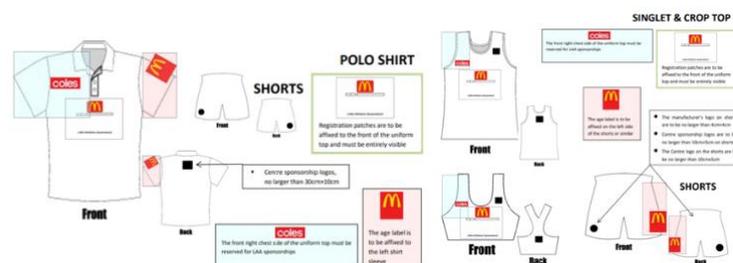
Where to sew on all those badges...?

If you can't sew, or don't have someone to do it, you can pin them.

The rego number goes on the front of your athlete's shirt/singlet/crop. If your athlete wears a crop you can fold down the white edges of the Rego number to make it fit better on the crop. Smaller sized Rego numbers can be ordered for crops for \$5. Please get in touch with committee if you'd like to order one.

The red age group badge goes on the athletes left sleeve, facing out so officials can see their age group as they run past. If you sew just the sides and the bottom of this badge it creates a little pocket for your athlete to put their tickets in (if we're allowed to do tickets, due to covid). If your athlete has a singlet or crop, the age badge goes on their shorts on the left leg.

The Coles badge goes on the chest on the opposite side to our Centre logo, where the space is.



Train with our coaches – Introducing....Erin!



At the moment we have 2 coaches, Brett & Erin that will train athletes who are keen to build on their skills. These training sessions will run mid-week in addition to our normal Friday night meets. Athletes should bring a water bottle, towel (for sit-down stretches), hat, suitable running clothes and shoes. Athletes don't have to wear club uniform.

Introducing one of coaching team, **Erin Vohland**. Erin was a proud Caboolture athlete for 11 years. During that time, she was an Athlete Mentor, Vice-Captain and Centre Captain. Erin has completed Cert. II & III in Fitness and Sport and is an accredited Shot-put official. Erin holds current Blue Card, First Aid, CPR and Injury Assessment.

Coaching sessions with Erin for athletes under 8 and older commence this **Wednesday 15th September** from 3:30pm to 5:00pm. Then from the following week onwards every **Monday and Wednesday**.

Later in the season we plan on having specialist coaches come in and work with our athletes. These sessions will incur a small fee to pay for the coaches and will probably run on a weekend. We will advise when we have secured these coaches.

Hope you have found a lot of useful info our first newsletter. If in doubt, find a member of the committee on a Friday night if you have any questions. We'll be the big kids in the red shirts!



We are also on Facebook (*Caboolture Little Athletics*) Please like and follow our page to be kept up to date with what is happening at the club. You can also message us via FB if you need a quick response.

Have a great week, see you Friday night