

Dear Athletes and Families,

We are competing at SAF again this weekend.

SAF is the the State Athletics Facility situated at QSAC in Nathan.

Saturday Set Up

Thank you to those who put their name down for set up this Saturday.

We ask that you arrive at the Clubhouse around 11:00 am to assist with gathering equipment that is needed to be taken to SAF. You will then be tasked with equipment to transport and set up at SAF. If you have a vehicle with a tow bar or ute with lots of space this will would be of great assistance.

Information for SAF competition

Tiny Tots - You still compete up at SAF with everyone else this Saturday. We will have the same section as last time available for you.

Canteen - There will be no canteen or sausage sizzle this week. Please ensure you bring food and water for your athletes.

Warm-up - This is still at 12:45pm but we do encourage you to arrive earlier so that you can find a park, walk the hill to the track and be ready to warm up at 12:45pm.

Starters/Finish Line Helpers - This is a great week to be a part of the start and finish line. Think about giving it a go this week. Remember to seek a committee member out when you arrive if you are interested so that we can get you sorted before athletes are waiting on the track. Thanks to those in advance who put their hand up for this.

Safety at SAF

The stands are OUT OF BOUNDS on Saturday. This is not part of our venue hire, so please ensure it is not used on Saturday. All athletes and parents will need to be extra vigilant at SAF. We will have the Javelin event at one end of the field. We encourage all athletes to avoid walking through the grass centre of the track, this avoids all possible contact with Javelin's, Discus and Shot Puts.

Most Important Message

Let's have fun at SAF. What a great opportunity for our new athletes to run on a tartan track and in a big stadium. For our returning athletes, we know how much you enjoy events up at SAF, let's have a great afternoon.

Member News

We ask that you keep Lydia (U12 Girls) & Kosta (U11 Boys) in your thoughts and prayers as their mum Marta lost her battle with Cancer last week.

The family have been members at MGLA for at least 5 years and Marta could often be seen helping out on a Saturday afternoon when she could.

As a club we will be donating to the Mater Foundation at the request of the family. Here is the link if you wish to do the same.

<https://www.materfoundation.org.au/get-involved/donate-now/donate>

Date Reminders

Sunday 8th September - 9:00am - Coaching Session (Track Events)

Tanielle Crase will again be facilitating a coaching session for our athletes. This sessions focus will be on track events. \$2 per athlete

Saturday 14th September - Twilight Pentathlon - 4:00pm Warm up

This is one of our favourite events of the season. We have all had the chance to run at SAF but now the athletes have the chance to do it under lights.

More information will come out next week about this event.

Saturday 28th September - NO COMPETITION - Season Break

Saturday 28th September - Coles Spring Carnival - Bundaberg

If you are keen to have your athlete compete at an LAQ event, the first one for the season is being held in Bundaberg on the 28th September.

If you are interested in this let me know and I can send you the Results HQ invite for you to self nominate online. More information about the event can be found on this link <https://laq.org.au/event/coles-spring-carnival/#>

Sunday 13th October - Victoria Park Putt Putt - MGLA Social Event

More information to come - put the date in your calendar.

<https://laq.org.au/event/coles-spring-carnival/#>

See you on Saturday