

Welcome to Week 14,

We are coming to the final weeks of our season but also the busy time of the Little Athletics Program.

SET-UP - U7's

We will see all the U7 parents at the Clubhouse at 12:30pm for set up this week.

Line Marking - Sunday 18th October

We will be looking for helpers to assist Matt on the morning of Sunday 18th October. This will probably be the last line marking of the year so if you have some time to spare Matt would really appreciate your help. The more helpers we have the less time is spent doing the job. Please see Matt or let us know if you are able to assist.

Introduction to Coaching

We had a few parents attend the ITC day last Sunday. I am sure they learnt a lot and will now be able to assist our athletes with simple coaching tips throughout our Saturday afternoon competition.

Introduction to Officials Workshop - Sunday 22nd November at Balmoral LAC

LAQ is running an IOW working at Balmoral Little Athletics club. If you are interested in learning more about becoming an official than this would be the workshop for you. Click on the link below for more information and registration.

<https://laq.org.au/courses-and-seminar/>

Coaching Sessions - Sunday 8th November - 9:00am

Tanielle will be running a High Jump session this Sunday with some final relay practice in there as well. Come along and tweek those high jump skills both scissor and flop. \$2.00 per athlete.

Upcoming Events

Saturday 31st October - LAQ Summer Carnival - <https://laq.org.au/event/coles-summer-carnival/>

Registration closes 10pm 25th October 2020. Registration is through your Results HQ portal. We already have a number of athletes competing so lets make this a great MGLA turnout. You can choose up to 5 events, so please look at the program and register.

Sunday 15th November - Regional Relays - Draft Program Attached

Registrations close 1pm Saturday 17th October. Registration is through your Results HQ portal. We can't tell you enough how great this day is and we really look forward to having as many athletes as possible to compete in this great day.

Sunday 29th November - Jimboomba LA Carnival

Registration close 11pm 23rd November. Registration is through your Results HQ portal. We already have some athletes competing at this event, which is another opportunity to compete against other athletes from different clubs.

Program

Program #	U6	U7	U8	U9	U10	U11	U12	U13	U14 U15 U16 U17
Program 4	60m H 70m 100m Long Jump Discus	60m H 200m Discus Shotput Long Jump	60m H 200m Shotput High Jump Long Jump	60m H 100m 400m Discus High Jump	60m H 70m 800m Discus Long Jump	80m H 400m 800m Shotput High Jump	80m H 800m Javelin Discus High Jump	200m H 200m 800m Javelin Triple Jump	200m H 200m 800m Shotput Triple Jump

MGLA Committee