



WULGURU BRANCH LITTLE ATHLETIC CENTRE INC.
ABN 85377164049

Wulguru State Primary School
54 Edison St, Wulguru, Townsville, QLD 4810

Web site - <https://wulgurulittleathletics.com/>
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Newsletter 1 – March 4th 2017

AGE GROUP	EVENT	EVENT	EVENT	EVENT
Tiny Tots	Mini Hurdles	Game	60m Run	Relay
Juniors (U6-U7)	Long Jump	100m Run	Discus	Relay
Modies (U8-U9)	Long Jump	100m Run	Discus	Relay
Intermediate (U10-U11)	Long Jump	100m Run	Discus	Relay
Seniors (U12+)	Long Jump	100m Run	Discus	Relay

- Welcome Everyone to Wulguru Little Athletics first training session and SIGN ON DAY – we hope you all experience a lot of fun and fitness;
- Karen Stahre (Club Treasurer) and Karen Mortimer (Club Secretary) will be looking after all new sign on's for new members, renewing members and also any general queries. We are located at the basketball courts – please come over and say HI!!!
- **Your Coaches for this Season are;**
 - Tiny Tots – Skye and Katelyn supported by Kate Martyn for today
 - Junior (U6 – U7) – Naomi Marshall - (also our Club President/Coaching Coordinator)
 - Modies (U8 – U9) – Chloe Wessling - (also our Club Vice President)
 - Intermediate (U10 – U11) Stephen Scott – new coach
 - Seniors (12+) – Clif Roberts (also our Club's Grounds Person)**Note:** depending on the numbers for Intermediate and Seniors age groups – Coach Clif may look after both age groups and be supported by Stephen Scott.
- **Other Club Committee Roles are as follows;**
 - Grants Officer – Naomi Marshall
 - Registrar/Recorder – Bindee Johnston
 - Grounds Person – Clif Roberts
 - Assistant Grounds Person – Luke Irving
 - First Aid Person – Kelly Forno
 - **New Coaches in training for 2017 include;** Stephen Scott, Kate Martyn, Kirsty Debney, Luke Irving, Alexis Macor and Stacey McMillan

The above volunteers have offered to run each age group, however, we always need extra hands, each group needs parent helpers to record, measure, time and organise our athletes, if you would like to join in and help out that would be greatly appreciated – thanks!

- We will not be recording times and distances this week, so let's focused on getting warmed up and ready to have lots of fun and fitness today!
- Remember to bring your water bottle, hat, sun cream and running shoes.
- Parents – fold up chairs are great for sitting under the shade and watching your kids participate.

We are also having a Sausage Sizzle and Cold Drinks for Sign On Day - \$1.00 each – see you there!!!

SHOT PUT	DISCUS	JAVELIN	SPRINT HURDLES
1kg U6 - U7 B&G	350G U6-U7 B&G	400gm U11 - U12B	60mH 45cm U8 - U9 B&G
1.5kg U8 B&G	500G U8-U10 B&G	400gm U11 - U13G	60mH 60cm U10 - U11 B&G
2kg U9 - U11 B & U9-U12 G	750G U11-U12B & U11-U13G	600gm U13 - U15B	60mH 68cm U12 B&G
3kg U12 - U13 B & U13 - U15G	1 KG U13-U17B & U14-U17G	600gm U14 - U17G	80mH 76cm U13 B&G & U14 G
4kg U14 - U17 B, U16 & U17G		700gm U16 & U17B	90mH 76cm U14B & U17G
			100mH 76cm U15 – U17B
			200mH 68cm: U13 B&G
			200mH 76cm: U14 - U15 B&G

END OF NEWSLETTER FOR THIS WEEK – THANKS!