

# Tallawong News



## Tallawong Park Little Athletics Newsletter

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### Presidents Message

The season is running well with all athletes enjoying the Friday night competition. Unfortunately we had to cancel a Friday night a couple of weeks ago due to the heat. It's a good time remind everyone to like us on Facebook as updates including cancellations are posted on our page. If you do not have a Facebook page you can check our website for important information.

We have had some great days including our Inter-Club Challenge and State Relay Carnival. More information about those days are in this issue. I just wanted to thank the athletes and parents involved with these events for your support, you are a credit to this family friendly club.

### Prospect Tallawong Park Inter Club Challenge

We had a great day defending our cup at Prospect last month. Unfortunately we narrowly lost. Thank you to all the helpers on the day as well as the parents for supporting the club and showing great sportsmanship. Well done to all the athletes that competed, you all tried your best with a lot of PB's set on the day as well as some inter-club records broken. Next year we will have to recruit even more athletes to win the cup back.





Tallawong Park Little Athletics Club entered a team in this years Relay For Life. The event was run by the Cancer Council and all funds raised go back to the Cancer Council.

It was a fantastic weekend with a lot of community spirit and lots of funds raised for a great cause.

Some Tallawong committee and athletes walked the track and even stayed overnight in what was an enjoyable week-end including a fantastic fire works display.

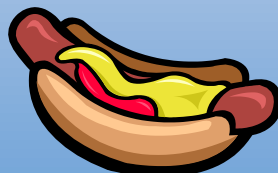


## MOVEMBER

This Friday night is our fundraiser for Movember. We will be selling hot dogs for \$2 with all proceeds going to the Movember charity that raises funds for Prostrate Cancer and Beyond Blue.

You may now see some very stylish Moustaches on some of the Tallawong Park men so be kind and tell them how good they look instead of laughing.

There will be no BBQ this Friday but some other hot food is available in the canteen.



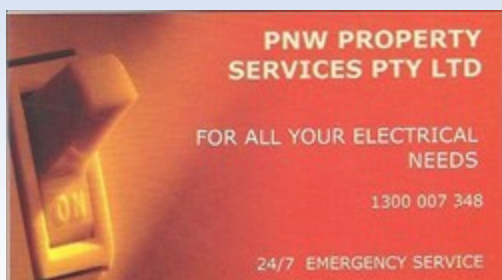
# Sponsors

Sporting clubs could not survive without help from the community including small businesses that sponsor us. This year we are lucky to attract a major sponsor in

## E-waste Management Solutions

More information about the company can be found at [www.ewastemanagementsolutions.com.au](http://www.ewastemanagementsolutions.com.au) or by speaking to the owner of the company Allan Watson. Allan is a new committee member and we thank him for his support.

Other sponsors include



## LAPATHON

Wednesday December 10, 2014

6.00pm—8.00pm

(Younger ages will be finished earlier)

Win an



The **Lapathon** is being held to help raise funds for the club and update some of our equipment.

The athletes are asked to find sponsors to pledge an amount which will need to be collected once they have completed the laps.

Please return the completed card to your age manager on Wednesday December 10 with any money collected. At the end of the night the card will be returned to the athlete if more funds need to be collected.

## PRIZES

### iPad mini—Rebel Voucher—Smiggles Voucher

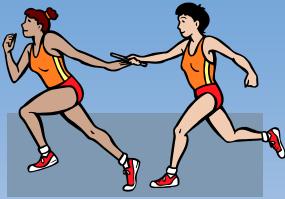
For each \$5 collected by the athlete, a raffle ticket in the draw will be given.

The card and all monies will need to be returned to your age manager at the first week back from the Christmas break.

The draw will take place on the second week back from the Christmas break.

**THE MORE YOU RAISE, THE MORE TICKETS YOU GET, AND THE MORE CHANCE YOU HAVE OF WINNING.**

If you have not received your Lapathon card please see your age manager.



# State Relays

The State Relay Championships were held last weekend. We had 6 teams competing over two days. The teams started training over a month ago and it showed with some great performances and no disqualifications.

On Saturday our junior teams competed in the mixed 4 x 100m relays. They all tried very hard with the highlight and lowlight being the under 9 team. The team was in the final and at the last baton change was fighting for third position. Connor was trying so hard in the final straight he tripped over and landed hard on his arm. With great team spirit he didn't let his team down and got up, picked up his baton and finished the race with a big cheer from the crowd. Connor was then taken to Westmead Hospital with a suspected broken arm. We wish Connor a speedy recovery.



8 years Elana, Juliana, Jack and Lachlan



9 years Connor, Isaac, Illyana and Emily



10 years Bilal, Amy, Evia and Cohen

Our senior teams competed on Sunday in the mixed under 12—15 years 4 x long jump and 4 x 100 metres. Our long jump team received a Silver medal with the highlight of the day going to our running team winning the Gold medal and a new State Relay record. Well done to everyone it was a great weekend and a big thankyou to the parents for your support .



11 years Ryley, Isabella, Chantelle and Tane



Long Jump Team James, Brayden, Connie and Olivia



Record breaking relay team Ty, Wade, Kaitlyn and Kane



## Tallawong Golf Day

An open invitation to all the Tiger Woods and Adam Scotts (and for anyone that can't play). Our annual Tallawong Park Golf Day is coming. It's a non-serious fun day for all to enjoy.

**When:** November 30th meet at 11.30 for 12noon tee off.

**Where:** Fox Hills Golf Course. **Cost:** \$50 includes lunch.

See Kane this Friday for your last chance to play.



## [www.tallawongparkla.org.au](http://www.tallawongparkla.org.au)

On our web site you'll find all the information you need to know about Little Athletics and our Club. You'll find results from Friday night competitions, upcoming events as well as coaching tips.

Another great way to stay in touch for the latest information is to join our Facebook page.

[www.facebook.com/TallawongParkLA](http://www.facebook.com/TallawongParkLA)



## Dates for your Calendar

**November 28** Movember Hot Dog Night

**November 30** Annual Golf Day

**December 10** Tallawong Park Lapathon

**December 12, 13 & 14** Zone Carnival

**December 19** Tallawong Park Christmas Night

**January 16** Little Athletics returns

**February 20, 21 & 22** Regional Carnival

**March 1** Tallawong Park Championship Day

**May 2** AGM and Presentation Night

Winning in sport is about doing the best that you can do.