



Tallawong Park Little Athletics

DOONSIDE GALA DAY

Last weekend was Doonside Gala Day we had 24 athletes and 1 tiny tot attend it was a great day and a long one. We ended up receiving 10 medals from the day

Ryan Ferguson U6/B 2nd 50m and 2nd 100m
Weska Hopkins U6 3rd discus
Emily Ferguson U8/G 2nd 700m & 4th 100m
Michael Carrick U11/B 2nd 1100 walk
Jake Ferguson U12/B 2nd discus
Brayden Findlay U13/B 2nd 1500 walk & 3rd in discus
Benjamin Carrick U14/B 2nd 1500 walk and
Celina Tran U14/G 2nd 100m

Most of the athletes made finals and there was a lot of PB's made on the day.

Thank you to all the parents & athletes who attended on day.

Regards Kane

Championship officer

Issue 2/6

October 2013

Dates for your Diary:

- Liverpool City Little Athletics Centre Gala Day Sunday, 27th October 2013
- Hot Dog Fundraiser 8th November 2013
- Inter-Club Challenge Sunday, 10th November 2013
- Werrington Gala Day Sunday 17th November 2013
- Christmas Holidays last day 20th December 2013
Return 17th January 2014

Important Dates for January/February

Change of Dates for Friday Night Competition

Due to Zone and Region Championships in January/February we are required to change our Friday night competition to Wednesday's.

The following dates to remember are:

Wednesday 22nd January instead of Friday 24th January 2014 (Zone).

AND

Wednesday 12th February instead of Friday 14th February 2014 (Regional).

UNIFORMS

ALL ATHLETES ARE REQUIRED TO BE IN CENTRE UNIFORM

Singlet's \$30.00
Crop Tops \$30.00
Shorts \$28.00
Bike Pants \$28.00
Hats \$12.00
Club Jackets \$70.00
Scrunches \$5.00

Uniforms are an inaugural part of Little Athletics. All children must be in full uniform and this includes displaying all numbers and logos in their appropriate positions.

Full centre uniforms are to be worn at all times on Friday nights and outside centre competitions.

If you require to purchase uniforms, please see Norma in the committee room beside the canteen.

Please Note: Tallawong badges for the uniform have been ordered hopefully the shipment will arrive in two weeks; an announcement will be made to come & pick up from the committee room.

Thanks Norma

Interclub Challenge Sunday 10th November 2013

We are looking forward to a great day. This is a fun day where Tallawong Park v's Prospect Little Athletics in a chance to win back the shield we lost last year.

Athletes choose their events they wish to compete in and the points tally is recorded to decide the winning club.

The Interclub Challenge starts at 8.30am (First Call 8.15) on Sunday 10th November at Tallawong Oval, Tallawong Ave Blacktown.

Bring your chair, blanket and your shelter to enjoy watching your child/children compete on this day. There will be a canteen and BBQ facilities available for breakfast & lunch.

Good Luck to all Athletes.

GO TALLAWONG PARK!!

New Smoking Laws

As of 7 January 2013, changes by the NSW Government to legislation on smoke-free outdoor areas came into effect across NSW.

These changes are a key strategy in reducing community exposure to second-hand smoke, tobacco-related harm and the uptake of smoking.

The smoke-free areas were chosen as they are public outdoor places popular with children and families, or which can be crowded, or at which there is limited opportunity to avoid second-hand smoke.

Smoking is now banned in the following outdoor places:

- **with in 10 metres of children's play equipment in outdoor public spaces;**
 - **Spectator areas at sports grounds or other recreational areas;**
 - Swimming pool complexes;
 - Railway platforms, light rail stops, light rail stations, bus stops, taxi ranks and ferry wharves;
 - with in four metres of a pedestrian access point to a public building.
- A penalty notice (Penalty: \$110.00) upon any person who fails to comply with the terms of any such notice.



Tallawong Park Little Athletics Canteen Price List

2013 / 2014

C HIPS AND CONFECTIONARY

Chips	\$2.00
Chocolates	\$2.00
M&M's / Skittles	\$2.00
Nerd Boxes	\$2.00
Anaconda Snakes	\$1.20
Red Frogs	.10c
Licorice Straps	\$1.20
Double Dip	.70c
Ring Pops	\$1.50

I CE BLOCKS

Zooper Doopers	.50c
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H OT FOOD

Pies	\$3.50
Sausage Rolls	\$2.50
Party Pies	.50c

H OT DRINKS

Tea / Coffee	\$1.50
Hot Chocolate	\$2.50
Cappuccino	\$2.50

C OLD DRINKS

PowerAde	\$3.50
Water	\$1.50
Cans	\$2.00

BBQ

See Canteen to order then to BBQ

Sausage Sandwich	\$3.00
Bacon Sandwich	\$3.00
Egg & Bacon Sandwich	\$3.50
The Lot Sausage sandwich (Bacon, Egg, Sausage)	\$4.50

Steak Sandwich	\$4.50
The lot Steak Sandwich (Bacon, Egg, Steak Inc bread rolls)	\$6.00

Chicken Kebabs	\$2.50
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FRIDAY 8TH OF NOVEMBER 2013 RFS FUNDRAISER

HOT DOG FUNDRAISER

On the 8th of November Tallawong Park little Athletics Club will be holding a hotdog fundraiser night.

Hot Dogs will be selling at \$2.50 each

All money raised will be donated to the NSW RFS /Bushfire Relief.

So get involved bring your family and friends
(please note BBQ won't be running that night)

NSW RURAL FIRE SERVICE

Residents of the south-western New South Wales township of Berrigan formed Australia's first official bush fire brigade. The residents joined together as firefighters for mutual protection against the ever present threat of bush fires.

Today the Service comprises over 2,000 volunteer rural fire brigades with a total membership of just over 70,000. In addition, salaried staff are employed to manage the day to day operations of the Service at Headquarters, regional offices and district fire control centers.

NSW RURAL FIRE SERVICE

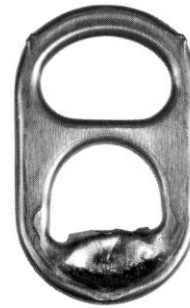
Donations can be made to
NSW Rural Fire Service

Westpac BSB: 032-001
Account No: 171051

Post a cheque or money order

NSW Rural Fire Service
Locked Bag 17,
Granville NSW 2142

PULL RINGS

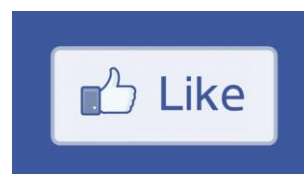


Marlene from Tallawong Park Little Athletics Committee is collecting pull rings from soft drink cans, tuna can, etc any sort of tin with any sort of pull ring.

She is collecting them for a fundraiser to provide children with wheelchairs.

The aim is to collect as many pull rings to weigh the same as a wheelchair. A bucket is provided at the BBQ to put your pull rings in. Please support this worthy cause.

**WE ARE NOW ON FACEBOOK
PLEASE LIKE OUR PAGE**



Tallawong Park Little Athletics Code of Conduct

Tallawong Park Little Athletics Club members, volunteers and staff are committed to the mission of the organisation to provide recreational activities including sports, arts and life-skills that provide young people with the chance to lead and enjoy a good life.

In participating in our programs or activities, our members, volunteers and staff are entitled to expect a safe environment and agree:

- To **respect** the rights, dignity and property of other members, volunteers, staff and other participants in activities, including their feelings, opinions and personal space;
- To **not abuse or harass** others, physically or psychologically, or place them in danger, or treat them in a discriminatory way, or take advantage of them;
- To be patient and considerate of others, and to respect their **privacy**;
- To help the organisation provide a safe environment, **safe equipment, and safe activities**, and to report breakages and malfunctions;
- To follow the organisation's **rules and policies** and **reasonable directions** of staff or supervisors; and
- To **report problems** or behaviour that put them or others at risk of harm or abuse.

If Parents have any concerns or complaints please follow these options

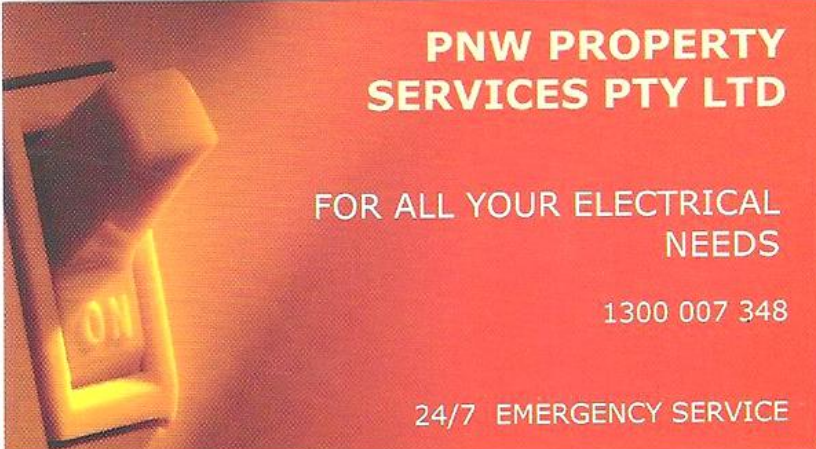
1. On the night please approach the President Brad Bunting
2. Please forward them in writing to the secretary@tallawongparkla.org.au
3. Come along to our next committee meeting
(Dates will be posted on our website)

All our meat is supplied through



www.tallawongparkla.org.au

Our Sponsors 2013/2014



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ABN: 32 074 491 133

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31 Dinabeth Ave, Blacktown NSW 2148.

If anybody is interested in advertising in our newsletter please contact

secretary@tallawongparkla.org.au

Advertising price is \$200.00 for five newsletters.

Our Sponsors 2013/2014

Look who's at Blacktown City Bowling Club...

Charlie's FAMILY RESTAURANT

The best restaurant in the Hills,
Parramatta and Blacktown
for over 20 years



If you are looking for something better than club or hotel food, then come and try our seafood, steaks, pasta and lots more! Freshly cooked to order at reasonable prices

Same menu and same prices
From \$5 to \$26

We would like to thank our valued customers for finding us quickly and spending their lunch/dinner with us.

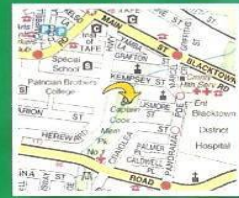
15 Lismore St,
Blacktown City Bowling Club
(near Blacktown Hospital)

Ph 9622 1589
Mob 0403 903 772

Wed to Sun Lunch
12:00pm - 2:00pm

Dinner Wed, Thurs, Sun
5:30pm to 8pm

Fri, Sat 5:30 to 9pm



CHARLIE'S FAMILY RESTAURANT

DINNER VOUCHER

Blacktown City Bowling Club,
Lismore St Blacktown (near Blacktown Hospital)

Present this voucher to Charlie's Family Restaurant and Tallawong Park Little Athletics Club will receive 5% of the meal Purchases

Value \$ _____

Quote of the Month

"The more fun an athlete is having, the more they will learn and the better they will perform."

www.tallawongparkla.org.au