



Tallawong Park Little Athletics

*Merry
Christmas*

Santa is coming... Friday 13th Dec

Our annual Christmas Party.

There will be games; Santa will be arriving, show bags and a free sausage sandwich for all athletes.

No need to wear a uniform, just come on down for a fun and exciting night.

We will start at normal time and after Santa leaves there will be no further activities available.

Please note - hot food will be limited to BBQ sausages only.

Issue 3/6

December 2013

Dates for your Diary:

- Zone entry forms are now available. See Kane or your child's age manager for more information. Zone is held during the Australia Day weekend, January 24th, 25th and 26th at Blacktown International Sports Park. All Entries need to be completed by the 7th of December.
- Christmas Holidays last day 13th December 2013
Return 10th January 2014



PROSPECT - TALLAWONG PARK INTER-CLUB CHALLENGE

The 4th annual inter - club challenge was held on Sunday November 10.

It was Tallawong Park's turn to host the event so we were keen to have a high number of athletes enter to win the challenge for the first time. With Prospect's registrations growing and ours dropping it was always going to be difficult to match their entries. But with a great effort from most families we had more athletes than Prospect.

The weather forecast for the challenge day was not good with showers predicted. This did not stop our athletes from turning up in great spirits ready to win. The day started with sunny weather and Tallawong Park leading after the first points score announcement. This announcement brought a loud cheer from Tallawong Park athletes and their parents with spirits rising even further as we could smell victory in the air.

As the hurdle events started the sky got darker and a heavy shower hit in the middle of the hurdles. A small 5 minute break was taken and then the track events continued with Tallawong Park starting to pull away as the point's scores continued and the gap widened.

The rest of the events were completed in fine weather and all that was left was for the final results to be announced. A handicap system was applied to the scores and Tallawong Park was announced the winners; Tallawong Park 87.59, Prospect 85.15.

A big thank you to all the parents for taking the time to participate in a great day. Also to the officials from other centres for coming along and officiating on the day. Thank you to the Prospect Club for their assistance and for continuing to support and grow the friendships between the clubs.

Thank you to the hard working Tallawong Park committee for your efforts leading into and on the day. We continue to show how well a carnival can be staged. Finally a great big thank you to the Tallawong Park athletes for turning up in great numbers and for performing so well; because of you Tallawong Park have won the trophy for the first time, CONGRATULATIONS.

Brad Bunting
President

NSW State Relay Championships

On the weekend of 23rd -24th November the NSW State Relay Championships were held. Tallawong Park entered 6 teams, 4 juniors on the Saturday and 2 senior teams on Sunday.

Wow we had all four seasons in one day on the Saturday. First up was the u/8 mixed 4x 100m; Benny Knight, Emily Ferguson, Madeleine Tabone and Issac Paulino. All 4 kids got there and said "I can't do this there are too many people watching" but we calmed them down and they got on the track and preformed unreal with a time of 1.12.29. This placed them 6th in the final.

Now for the U/9 mixed 4 x 100m; Eric Modaffari, the new girl on the team Amy Watson, Laura Summers and Cohen Smith. It had started to rain a little by the start of the race. I felt so sorry for these kids as they finished with a time of 1.11.50 then were left on the finish line for about 10 mins while they sorted the positions. They placed in 3rd position and were told to head to the medal room, so all the parents were over the moon only to get told sorry but they had messed up the placing and they finished 7th. To the credit of the kids they shook the hands of the kids that came 3rd.

Then the heavens opened up and we had lighting with the carnival being suspended for 1 1/2 hrs. We finally got under way for the U/10s; Myles O'Neill, Mairelin Martinez-Ferreras, Chantelle Lekov and the late replacement Riley Wilson. This was a brand new team of kids that had never competed at a big carnival before. They ran a time of 1.07.55 and placed 4th in their heat. This qualified them through to the final which was in 3 1/2 hrs time at 6 o'clock; these kids had been there since 11am. In the final they ran 8th with a time of 1.07.84.

We also had a U/11s team; James Wark, new girl on the block Jessica Zulamoski, U/10 boy Zaine Nassar and Kaitlyn Findlay. This was a fun team filled with dramas; we had 2 new kids, 1 in her first year of athletics and the other u/10 boy competing up an age group and also a girl not even meant to run due to an ankle injury. She said "It's a team event and if I don't run the team can't run". They finished with a time of 1.02.35, 5th in their heat missing the final by 0.24 of a second.

On Sunday we had a senior team made up from one athlete from the 12s,13s,14s and 15s; Wade Diks, Brayden Findlay, Olivia Rotunno and Nicole Santanelli. In the long jump all 4 kids did PBs from club level and we ended up with a silver medal; **Our first medal at State Relays**. We also got a silver medal in the 4 x100m in a time of 58.98.

So proud of all the kids and their efforts, you did the club proud and you did yourselves proud. There are a few people I would like to thank firstly and most importantly the parents for bringing the kids early on Friday nights for training and for giving up their time on the weekend. I would also like to thank Lucus Tabone and Connie Bunting for turning up to all the training sessions when they were not in a team and filling in when an athlete was not there and also to Nick Bunting who was in the U/10s team and got injured a week out from competition. Also a big thanks to Brad Bunting and Ben Abbott for giving up their time for all training sessions and on the weekend; couldn't of done this without you 2 guys.

Bring on next year.

Kane Findlay
Championship Officer

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 purchasing uniforms, please see Norma in the committee room beside the canteen.

Please Note: The badges have now arrived please go see Norma. Thank you

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).



*Merry Christmas
And a
Happy New Year*

From the President and the committee. We
look forward to seeing all the athletes
return to the first night of competition on
10th January 2013

www.tallawongparkla.org.au

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.

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.



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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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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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.

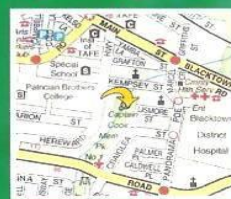
**15 Lismore St,
Blacktown City Bowling Club
(near Blacktown Hospital)**

**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 \$ _____