

Welcome to our new season 2022-24, our registration numbers are building each day, thanks for registering your children, we try to run an efficient Friday night competition, we welcome all new parents to our centre and hope you and your children make new friends and enjoy the season with Holroyd Little Athletics.

The car park is under construction at present, parking available to right of the entry, and on the road, and minimal parking inside the admin area. Please don't block cars in while parking.

Please remember to arrive before 5.45pm to sign on.

Those parents that still require uniforms & pick up Rego packs need to do so between 5.15pm to 5.45pm as we need to get out on the field by 6.00pm – new parents, please remember to bring P.O.A for your children.

Information that needs reading before coming down on Friday.

- Rules and Guidelines - Please read this information, so you are ready to proceed on Friday. (All in your info pack, with centre brochure)

More information re Friday night competition, which is different to training nights!

- Friday night competition starts this Friday 8 September and every Friday till March 15 (unless otherwise advised), all athletes compete against children in their age groups. Points start to accumulate from the 1<sup>st</sup> night for awards for presentation (please check on webpage or Holroyd Brochure)
- Training nights start from the 12 September
  - Monday (U9-U/17s) 5.30pm for sprints, 6.00pm for throws & jumps
  - Wednesday (U7-U17s) 6.00pm for all events.
- All parents must sign on when you arrive and assist on the field – table on the veranda.
  - All parents assisting on the field must wear a Coles vest, this helps us identify anyone that may not be a parent, safety is important.
  - The 1<sup>st</sup> person to sign on for the age group, to take the folder
- The first few weeks will be a learning and settling in period for all parents and athletes, some age group may be put together for events.
- Full uniform is required by all athletes, you have 4 weeks to do this – waiting for size 4 & 6 tops to arrive
- All parents must assist to run our Friday Night competition, as this is not a babysitting sport, we (the Committee) are all volunteers and are here to keep your children active and safe.
- The first few Fridays are important to parents and guardians, as we should have committee members assisting at most events to guide you through the rules & processes (please check the links below for the basic rules), any questions – please ask our committee members!
- Canteen is open for dinner, please order hot food before assisting on the field. Please support our canteen as this helps us pay for the ground hire.

Hope to see you all there nice and early, eager to listen & learn.

Download a copy of each specific event below: This assists you when managing your age group on Friday nights with Basic Event Fact Sheets.

- [Discus](#)
- [High Jump](#)
- [Hurdles](#)
- [Javelin](#)
- [Long-Jump](#)
- [Place Judging](#)
- [Relays](#)
- [Shot Put](#)

- [Starters/ Starting](#)
- [Timekeeping](#)
- [Triple Jump](#)
- [Walks](#)

Please make sure you refer to our website for information, as not everything is put on FB. Will try to email basic updates weekly to the email that I have sent this to, if you want to add or change the email address, please let me know.

Wet weather cancellations will be sent via WhatsApp, emailed, and posted on social media before 5.45pm.

See you all soon, any questions please contact me.

Thanks

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Holroyd has our sponsors, **Thankyou Australian Fire Services, Sheila Sharma Physio, Prop Magic Sydney**, and our new Sponsor **TrimsFresh Merrylands**, if anyone has a business and would like to sponsor Holroyd, please contact us.

**Club Merrylands** goes above and beyond in its approach to the development and support of local community groups. Through the Club Grants scheme last year, the club provided over \$250,000 in community funding. Holroyd received funding this year for new timing gates & equipment. Go to their [website](#)



**Sheila Sharma Mobile Physio** services travel Sydney wide and can also do CTP, WC, EPC private health funds or remedial massage. Call 0425 302 138 for a quote or chat about how I can help you achieve your goals and "BUST THRU your BARRIERS". <https://www.mobilephysiotherapy.org>



**TrimsFresh Merrylands** - Talal and Joanne Khanafer run this family business and have been in Merrylands for 10 years now specialising in fresh fruit and veggies purchased daily from Sydney Markets and sourced locally from farmers, we pride ourselves on having the freshest of produce. We also stock an extensive range of groceries items for a variety of backgrounds and cultures which we are well known for. Attached to our store is our Delicatessen in which you can get freshly cut cold meats and cheeses with a large variety of olives and other small goods.



**Australian Fire Services** – Family business and great service, should your business or the one you're working for requires their fire Safety checks done, Wahib is the man to contact. Highly recommend his services. Wahib Hadid – Essential Fire Services Specialist – Fire Safety Practitioner (Accredited) Call 0488-444400 [wahib@australianfire.net.au](mailto:wahib@australianfire.net.au)



**Prop Magic Sydney** – Balloon Decorator and party prop hire - Nelly put together all our balloon displays last season at no cost, please follow them on FB <https://www.facebook.com/propmagicsydney/about>  
As they are only a small company, and would love some more bookings throughout the season.

**“Success in Participation, Not in Victory”**

Yours in Sport  
Aino Matwisyk  
Secretary

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