

Welcome to athletics, **Week 4**

### **Friday – 29 September 2023**

Hello to all our great families at HLAC, hope the children are having a great school holiday. Yes, we are still competing and training through these holidays.

- **U/7 & U8 Boys** – These groups were split into 2 groups last week.
  - It failed as 7 people signed on for U7s and 3 showed up and only 2 people signed on for U8's, disappointing, where are all the parents for these 2 age groups
  - Should numbers be small for these groups, and you go as one group (please use the A events)
  - Could you please speak to your children re there behaviour on Friday and at training regarding play fighting, hate to see someone get hurt. This is not a babysitting centre, and all committee members are volunteers just like you the parents that help out, to keep all children active and happy.

**Holroyd Shield** – Sunday 8 October 1<sup>st</sup> call 10.45am @ Holroyd Sports Ground

- Please put you children's names down on the list in admin room.
  - Please come prepared for a great carnival, the 1<sup>st</sup> for the season
  - Holroyd tent will be on the finish line, please bring seats, sunscreen, water bottles
  - Please mark you name off when you arrive, for **extra points for competing** & Holroyd Sheild ribbons
- Roster for Holroyd parents – your assist is required on the day – sign on sheet in admin room for positions and times.
  - Help set up early from 9.00am – need at least 2 men to assist
  - BBQ – 1 person to help serve (1 hr blocks)
  - Track assistant – 1 person to help on finish line (1hr blocks)
- 22 Oct – MWMZ Garth Robinson Intercentre U/tt's – U/17's, **extra points for competing** (Fairfield) Either enter online HQ Results or add your name to the Garth Robinsons list by emailing me back, we can enter your children for you, this carnival is free! Need lots more entries please! Entries close 21 October
- 5 Nov – MWMZ Zone combined event U/7's – U/17's, **extra points for competing** (Bankstown) this also can be entered on line or through Holroyd \$10 each athlete, extra charge to process through Results HQ, or please enter email names through & pay from next week for HLAC to enter them.

<https://resultshq.com.au> - login has to a valid email used to register the children, then request password if you don't have one already.

Then go to Nominations to enter children. There are other carnivals available too.

Your children's results are also available on Results HQ

- **Rego & Uniforms**
  - Those families that require to purchase uniform tops & shorts, stock will be available tonight from 5.15pm.
  - Some parents have not picked up the rego packs yet, please arrive from 5.15pm with proof of age for view athletes.
- **Canteen**
  - Please support the canteen as this is our main income to pay for the ground hire for the season, **order early and pick up on the way home**, we do have rush periods for picks before parents go home, no children allowed in canteen area.
- **Training nights Monday & Wednesdays – (through the holidays)**
  - Great opportunity for U9-U17s to learn extra track technics 5.30pm on Mondays, U7-U17s Wednesdays 6.00pm
  - We are looking for new parents to assist with coaching if interest please see Matthew.

- **WhatsApp** – this is for information sent out, should you wish to make contact please email. If you wish to be added, please send information through.
  - **Emails** – Go to all registered families, if you wish to add a family member, please email back.
  - **Holroyd Website** – has all the information you required.
    - full newsletter from each week (News & updates)
    - Video from Friday nights (News & updates)
    - Upcoming carnivals (Event Calendar)
    - And lots more info available
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Donations to Holroyd – If anyone wants to donate for raffles or become a Sponsor (if you own a business) – please see Melissa.

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** \$5.00 membership for a year!

**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"**