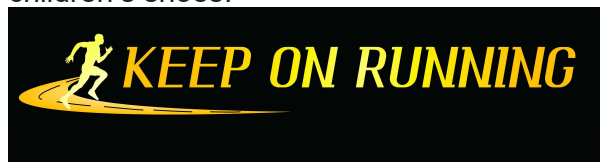


Welcome to athletics, **Week 5**

## **Friday – 6 October**

Hopefully most of you are back from holidays and ready for the Holroyd Shield this Sunday. The weather has played a mystery game with training... here's hoping Sunday & next week will be ok. **Keep on Running Shoe Van** will be at Holroyd on Sunday, should you be looking to upgrade your children's shoes.



- **U/7 & U8 Boys** – These groups were split into 2 groups (still running one group) parent helpers need to come forward so that they can be split up, especially when everyone comes back after the holidays.

**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 Friday, email or text me (still need more athletes to enter in these age groups U6B, U10G, U11B, U12G, U13B, U14B, U/15B-U17B, & U15G-U17G). The more in numbers the great chance of bring the Holroyd Shield back.
  - 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 have your children's names marked off when you arrive, for **extra points for competing** & Holroyd Shield 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 8.00am – Holroyd tents
  - 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 Results HQ 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 – we only have 7 entries so far; it would be lovely to bring the shield back to Holroyd.**

- Go to [resultshq.com.au](http://resultshq.com.au)
- Click on forgot my password
- Enter your email as your username
- Press Submit
- You will get an email with the login details for your family area
- See screenshot to enter – Nominations – some events are closed as the clash with our events.

**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 HQ Results, or pay cash from next week for HLAC to enter them.

- **Training nights Monday & Wednesdays – (No training on Monday 9th)**
  - 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
- 

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"**