

Welcome to athletics, **Week 6**

Friday – 13 October

Welcome back to all those who took a break during the school holidays. Hope you have all settle back t school & work now, time to get involved in Holroyd Little A's again, spread the news and bring you friends down to try out for one week if they aren't to sure about Little Athletes, we have now passed last years registration number, so it looks like a great season for all of us.

Holroyd Shield went well, thanks for your support and bringing you children down to experience LA's Carnivals, not all who put their names down attended, but we did come 2nd with U/6G, U/7B, U/10B and U/11G winning their age group, may be next year.

We would like to thank Joe's Gourmet Poultry & Flipout for the vouchers we used for the raffle raising \$130.00, thanks for supporting Holroyd, Those that purchase shoes from Keep on Running helped us also receive vouchers for fundraising.



Uniforms

You have 4 weeks to have your children in full uniform (new stock has arrived), so most of you have been here over 4 weeks, uniform checks will made next week.

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 in admin room or by emailing me back, we can enter your children for you, **this carnival is free!** Need lots more entries please, at least 6 athletes from each age group! **Entries close 21 October – we only have 13 entries so far; it would be lovely to bring the shield back to Holroyd.**

- Go to 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
- Nominations – some events are closed as they clash with our events.

5 Nov – MWMZ Zone combined event U/7's – U/17's, extra points for competing (Bankstown) **Entries Close 22 October.** This also can be entered on line resultshq.com.au \$10 each athlete, or pay cash through Holroyd (form in admin room). This is an individual athlete event, where the points are tallied up for each event, top 3 athletes could win a trophy. Check the flyer attached. – **we only have 8 entries so far**

Parent/Guardian Information

- Arrival Time
 - Please arrive before 5.45pm so we can start at 6pm (on the dot).
- Have you read your Rules & Guidelines in the pack, so you are prepared for the night
- 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 vest**, this helps us identify anyone that may not be a parent, for insurance purposes & safety is important.

- All parents that haven't signed on or not wearing a Coles vest will be asked to go and sign on or leave the field area.
- The 1st person to sign on for the age group, to take the folder and basket
- Please make sure all athletes doing shot or discus – enter the circle from the back & leave from the back.
- If all positions are full on the sign on sheet, please assist on the track or another age group.
- Looking for another race starter to train up.

Hopefully we will have a full attendance this week with parents assisting everywhere.

- **Hurdle nights**, need parents to assist to move hurdles when required between different age groups. We are experimenting with different hurdle programs, trying to save time and energy.

- **Lost Property** – Lots of athletes drink bottles are being left behind each week, please check the on the window sill (maybe one belongs to your child), hate to throw them out.
- **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 require.
 - 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.

“Success in Participation, Not in Victory”