

Welcome to Holroyd Little Athletics, Week 10

Friday – 10 November

Another Friday is nearly upon us, hopefully the rain will clear before we start. Please do not call or text etc, messages will be sent out only if we do not run any events, **we still run unless**

- The Council closes the ground
- There is rain forecasted for 6.00pm

Thank you to all the mothers that made cakes for Halloween night, to all of you that made an effort to dress up, great job, hope the winners enjoy their prizes.

11-12 Nov – LANSW Valour State Relays Holroyd entering 10 teams. **More information will be emailed out before Friday night re times to get to Homebush etc.** Good – luck to all selected athletes that are competing on the weekend, this is one of the largest athletics carnivals held and thank you to the parents that made the effort to bring them to training, win or lose it is a team effort – enjoy the experience – “GO HOLROYD”

11 November – Coles Promotion Night – Next Friday – hope you have all organised you Coles gear for the night. **A BIG RED & WHITE NIGHT**

- Coles ambassador Olympic Brandon Starc – High Jumper will attend from 6.00pm, posters for all athletes, maybe he will sign them for you.
- Red & white socks can be purchased from the uniform area \$5.00 a pair
- Watch the video [2022 Coles Little Athletics Community Round - YouTube](#) great ideas for dressing up on there, you might even recognise Michelle from the canteen with her family on there
- Last year athletes were given Coles T-shirts & hats they should wear if not getting dressed up. Still have some for younger athletes – 1st in can claim them in the uniform area this Friday.
- 10 Coles \$10.00 vouchers to be won for best dressed.
- Lots more fun next Friday, so be there all dressed up so we can win some more prizes for Holroyd for the best photos.

18 Nov – Region 7 Scamper for TT to U7's @ (Liverpool LAC) – Flyer Attached last week – entry on the day (forms available from officials table or on our webpage).

1-3 Dec – Zone Championships @ Girraween - U7s to U17s – entry forms are available attached to last week's email, hard copy from the officials table or on our webpage, **entries close 17 November** Zone to State day events on the window. This is the 1st step to LANSW State Championships

- **Lost Property** – Lots of athletes drink bottles and jumpers are being left behind each week, please check them on the window or table outside (maybe one belongs to your child), and hate to throw them out.
- **WhatsApp** – this is for information sent out, should you wish to be contacted please email your mobile & name through.
- **Emails** – Go to all registered families, if you wish to add a family member, please email back.
- **Holroyd Website** – www.holroydlac.com.au 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

MWMZ Zone combined event U/7's – U/17's – was cancelled due the rain on Sunday, the rescheduling of the event will be sorted when the MWMZ executives members meet, and all families will be notified.

There will be a lot going on till the Christmas break on 8 December, so hang in there and enjoy the experience and don't forget the Little Athletic moto **"FAMILY FUN AND FITNESS"**

- **Information** **EVENT FACT SHEETS** are in the folders, it important that the parents managing the events run them correctly, want to find out more, **please click on the links now and read so you are ready for Friday events**

[Discus](#)

[Shot Put](#)

[Long Jump](#)

[High Jump](#)

[Triple Jump](#)

Still looking for

- **Someone to train up as a starter** – please make contact on Friday when you arrive at the sign on at the officials table.
- Also looking for parents to **train up as part of our coaching team** for Wednesday training as some of our coaches have other commitments with their children on Wednesday, please come and talk to Matthew on Friday or Wednesday, there are coaching programs available online.

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 TrimsFresh Merrylands**, if anyone has a business and would like to sponsor Holroyd, please contact us.

"Success in Participation, Not in Victory"