

Welcome to Holroyd Little Athletics, **Week 9**

Friday – 3 November

Not a bad turn up last week, 91 athletes and the rain didn't come, thanks for attending. It was a quick night and everyone was happy. Still have parents wandering on the field without signing on or wearing vests, please do so in future or you may be asked to leave the field.

There will 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 motto **"FAMILY FUN AND FITNESS"**

A busy night ahead with **Halloween dress up night** this Friday, it will be on rain or shine with prizes for the best dress up costumes, BBQ and cake bake sale at the canteen, lolly guessing competition plus more, please bring your cash and have another great night at Holroyd LA's.... Thank you to the parents that have volunteered to do the baking, much appreciated you lovely mothers.

State Relay training will be after the events are finished, so stay back please.

- We will be running a modified week 1 events program, no events sheets will be issued, events will be on the age group listing.
- Athletes to wear their Holroyd top with their rego number on them.

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.

5 Nov – MWMZ Zone combined event U/7's – U/17's – entries have closed with a massive entry of 329 athletes, we have 37 athletes entered from Holroyd, all families have been notified regarding the information for Sunday please check your emails. Holroyd still requires 2 Chief long jump officials for the day if no-one comes forward the Zone Carnival manager will come and get someone to do it anyway. So please volunteer by Friday. Good-Luck to the athletes and families this Sunday, bring some trophies home for Holroyd. Updated event

11-12 Nov – LANSW Valour State Relays, Team selections have closed with Holroyd entering 10 teams. Please make sure you attend training as this is a team event. More information to follow, keep checking your emails for updates

17 November – Coles Promotion Night – Start thinking of great ideas for dress up with Coles dress up night, red & white socks can be purchased from the uniform area. Need new ideas for photos taken on the night, Coles Ambassador will in attendance to judge

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

1-3 Dec – Zone Championships @ Girraween - U7s to U17s – entry forms are available attached to the 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

- **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](#)

- **Lost Property** – Lots of athletes drink bottles and jumpers are being left behind each week, please check the on the table outside (maybe one belongs to your child), 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

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”