

Welcome back to HLAC Athletics, **Week 14**

12 January 2024

First night back after the Christmas break 12 January, hope you all had a safe holiday, those away on holidays stay safe. Thank for attending on our last night before the break, hopefully you all enjoyed the relaxing evening.

As the season is nearing its end on the 15 March (9 weeks), registrations have closed with 248, an improvement on last season, please help grow our great centre by inviting your friends down to try little athletics anytime till the end of this season, so they might register next season.

Please make sure they come and sign up in the office before competing on Fridays. They will be allocated a T001 etc number, please make sure they are added to the age group lists.

- **Please arrive early** as per usual, sign on (as families may still be away on holidays) we require every parent available to assist where possible.
- As **Covid** is back in Sydney, please don't turn up if family members are coming down with a cold... could be covid, as we want to keep everyone else safe.
- **Training** back Monday January 15. Those athletes that have made it through to Region, please make an effort to get some training in before Region. Extra training is available for Region track work on Saturdays from 9-10am @ Holroyd Gardens crn of Pitt & Walpole Sts. Please see Rob on the finish track if you are interested.
- **High Jumps – Age managers please note that athletes from U/tt – U8's cannot use the bar to jump over**, as they are not covered for insurance in case of accidents. Make sure the training rope is used.
- **Please be aware** if your child does not return after the break, they will not be eligible for any awards at the end of the season presentation.
- **New Registrations & Uniform sales** – Pickup from the admin room between 5.45-6.00pm, please bring Proof of Age e.g. Birth Certificate.

Christmas Raffle

Thank you to all the companies and parents that donated raffle prizes, and those that purchased raffle tickets, we raised \$449, hope everyone enjoyed their prizes. All were collected.

CARNIVAL Updates - Full events & results available on our website [**Event Calendar & Results**](#)

13 Jan – 2023/2024 – Season resumes.

26 Jan – Australia Day – no competition that Friday

9 – 11 Feb 2024 Region

List of events for Region to be Held at Narellan will be forwarded when available.

25 Feb – MWMZ Combined – has been rescheduled due to a wash out, no refunds.

WhatsApp – this is for information sent out, should you wish to be contacted please email your mobile & name through.

Holroyd Website – www.holroydlac.com.au has all the information you require.

- Full Hotline + videos from each week (News & updates) [**News & Updates**](#)
- Upcoming carnivals and information (Event Calendar) [**Event Calendar & Results**](#)

Hopefully, we will see you all back to finish the 2023/24 season off on 15th March.

Yours in Sport
Aino
0409658591

Holroyd Little Athletics like to thank our sponsors that have helped us with equipment funding.

Club Merrylands website for the grant donation this season, so why not join for \$5.00



Sheila Sharma Physio www.mobilephysiotherapy.org



Prop Magic Sydney [@propmagicsydney](https://www.instagram.com/propmagicsydney) – for our donations of Holroyd Balloons



Australian Fire Services wahib@australianfire.net.au



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“Success in Participation, Not in Victory”