Centre Manager’s Blog

Congratulations to all of our athletes who competed at the Regional Championships on the weekend. We had so many athletes achieving personal bests and also qualifying for the State Titles in Cairns. It was also fabulous to see so many athletes congratulating others and showing fabulous sportsmanship. Information regarding the State Titles will be issued soon.

Our Centre Championships are fast approaching, with only one more Friday night competition before these commence. Please ensure you pay your nomination fees at the office this week. The cost is $3 per athlete. This covers all three competitions.

This is our final newsletter for the season and on behalf of the committee I would like to thank everyone for their assistance this year and for being part of our great club. If you have any ideas on how our Centre can improve next season, please contact one of our committee members. All information regarding Sign On for next season will be forwarded to currently registered athletes in August. Keep an eye out on the website and Facebook page in the meantime for any information.

Also please remember the change of date for our break up which will now be held on April 5, 2:30pm at Ipswich Central School Hall.

Here's to a fantastic end of season. See you all at the track.

Mel

Presentation Day

Saturday 5th April 2014
2:30pm

Ipswich Central State School
Griffiths Rd, Ipswich

All athletes will receive a medallion & Best Performance certificate. Trophies are also awarded to certain athletes based on performances and improvement. Light refreshments will be served.
Dates to Remember

**February:**
- 11th (Tuesday), General Meeting (All members welcome)
- 14th (Friday), Competition
- 22nd (Saturday), Centre Championships Day One

**March:**
- 1st (Saturday), Centre Championships Day Two
- 2nd (Sunday), Quest Junior Carnival/Senior Pentathlon – SAF, Nathan.
- 8th (Saturday), Centre Championships Day Three
- 21st-23rd IGA Queensland Little Athletics State Championships (Barlow Park, Cairns)

Met West Regional Championships Report

Congratulations to all athletes who competed at the Regional Championships over the weekend. There were some excellent performances from athletes with plenty of medals and Best Performances (records) broken. Ipswich Little Athletics has 80 athletes who have qualified to compete at the Little Athletics Queensland State Championships on the 21st-23rd March at Barlow Park, Cairns.

Individual letters will go out to athletes shortly detailing all State Championships information, events they have qualified for as well as information regarding how fundraising monies will be distributed between athletes who compete. If you do not intend to compete at the Championships, you need to let us know IMMEDIATELY. There are no replacements/fill ins for athletes who will not be competing.

A big thankyou to all Officials, Volunteers, Coaches and Parents who worked hard to help our athletes get to where they are today!

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Ipswich Little Athletics State Representatives 2013/2014

Coaches Corner

Congratulations on the wonderful efforts from our athletes at Regional Championships last weekend. Many new personal bests were achieved and I would like to thank all the wonderful coaches on their dedication to these athletes all season. Training will have a slight change in the lead up to State Titles. U6 & U7 remain the same 5pm - 6pm. U8 will now get to stay until 6.30pm and will be able to trial events they will be doing next season such as walks and high jump. U9+ will train in two events each Tuesday with the coach of their choice who is there that day and training will conclude at 6.30pm.

Thursday sessions are available from now until the week leading up to State Titles (last session of the season is Thursday 20th March). Events so far are hurdles. As more coaches become available for extra sessions more events will be on offer. All updated information on coaching sessions will be put on the Facebook pages & website.

SPORTSMANSHIP
Shake hands with everyone in your race after you have crossed the line and say, “great race”!
Thank your Officials and Age Marshalls at the end of your event/night.
Ask your Age Marshall if they need help with anything!
If you get out early in High Jump, stay to assist or to cheer on the other athletes.

Quest Junior Carnival/Senior Pentathlon

This is a friendly competition with athletes from centres throughout South East Queensland competing. Junior athletes (U7-U10) can nominate for up to five events. Senior athletes (U11-U17) must nominate for the required pentathlon events. Medals are awarded to 1st, 2nd and 3rd placed pentathletes only. All athletes will receive a certificate.

DATE: Sunday, 2nd March, 2014
VENUE: State Athletics Facility, Kessels Rd, Nathan
STARTING TIME: 8:15am
COST: $10.00 per athlete (Maximum: 5 events)

Nominations Close: Friday, 14th February

Ipswich Centre Championships

All athletes are encouraged to nominate for the championships held on the last three Saturday mornings of the competition calendar. Ipswich Centre Best Performances (records) can only be recorded during these championships. Ribbons will be awarded on presentation day. Events at the championships count towards centre attendance and achievement points.

DAY ONE: Saturday 22nd February 8:30am
DAY TWO: Saturday 1st March 8:30am
DAY THREE: Saturday 8th March 8:30am

COST: $3.00 total for all three weeks