



Dates to remember

26 March 2010

5.25pm - Final meet for the season. Good luck to all athletes trying for a final personal best (PB). BBQ tea will be offered as usual.

NOTE: we will be sharing the oval with the Barossa Rams Rugby Club from 6.30pm as they host a Come'N'Try information evening. Feel free to mingle and support another local club.

28 March 2010

Presentation Day, AGM and lunch.
11.30am - approx 2.30pm.

7 April 2010

PROPOSED MOVING DAY. Time to move all our gear back to Lyndoch Primary for it's winter hibernation. If you can lend a hand please call Annette. Time TBC

17 August 2010

First committee meeting of new season. New members welcome. Contact Annette for time and venue.

24 September 2010

PROPOSED Come'N'Try & Registration Day. Under lights! TBC.

15 October 2010

PROPOSED OFFICIAL START to the 2010-2011 season.

13 November 2010

LADLAC Sausage sizzle at Woolworths Gawler. Helpers required.



www.ladlac.org.au

Our website is updated weekly with calendar of events, newsletters, results and more. It's great to see this site being utilised.

What a fantastic season

The 08/09 season began with a brand new committee (some of us having NEVER been involved in Little Aths) and after a flurry of last minute preparations we settled down to the business of learning the ropes, finding the centre a home and getting the club up and running - literally!. We were so excited to have almost 70 registered athletes and the centre's future was looking good.

The 09/10 season commenced with many new and existing athletes - that we achieved 120+ registrations including 20+ tiny tots is awesome. The committee currently numbers 7 and we were are no longer "newbies" and the financials are looking good - hooray.

Next season (2010/11) is shaping up to be a fantastic one. We have so many ideas and plans for the centre. There will be a few changes to the committee line up - hopefully with many new and enthusiastic faces wearing the green T-shirts for the very first time. We hope to resolve the problem of a permanent home and shed and most importantly, we look forward to learning more about Little Aths, participating and having fun with our kids and yours.

We thank you for your patience, your help and your support. See you next season, The LADLAC Committee.

Presentation Day & AGM

SUNDAY 28th March 2010 @ Lyndoch Town Oval, 11.30am for 12noon lunch until approx 2.30pm.

Athletes please wear your full LADLAC uniform.

As a big thank you for everyone's efforts LADLAC will supply the chicken & cold meats but we would appreciate each family contributing a dessert or salad. BYO Beer and wine and chairs. Soft drinks and ice blocks available to purchase from canteen.

For catering purposes phone/text Annette on 0411 985 945 or email aroesler@chariot.net.au by Wednesday March 24. Please indicate number of adults/children attending and if you can bring a salad or dessert.

AND Don't forget to invite the grandparents!

LADLAC caps

We sold out of these this season but due to popular request we will have more caps available next season for purchase from the canteen. Cost to be advised and these are an optional part of the uniform.



Northern Region Improvers

The Northern Region improvers was hosted by Salisbury East Little Aths Centre on 14 March 2010.

LADLAC assembled a small team (7 athletes) and participated in our first inter-club meet this season! Both athletes and parents had a great day. Our T-shirts were a talking point and certainly stood out from the crowd.

Congratulations to Ethan & Harry Lees, Hannah Aylett, Lucy Roesler, Austin McDonald, Jamison Hobbs and Lachie Jones - you were all awesome!

Full results will be posted on our website as they become available. Thanks to all families involved, to Salisbury East LAC and "Go the Dominators!!!"



Thank you!

Thank you, thank you, thank you to all the parents and friends who helped out with a variety of tasks throughout this season. We couldn't do it without you and so on behalf of the athletes and committee - THANK YOU.

Contact details

Do we have your current details - especially your email address - on file? This will ensure we can contact your family prior to the start of new LADLAC season in Sept/Oct 2010. Feel free to email any changes to your details to aroesler@chariot.net.au

The Future of LADLAC

All Little Athletics Centres are run by volunteers. These dedicated people donate many hours of their time to the successful operation of the club, not only for the benefit of their own children, but all athletes and their families.

Parents, guardians and your children, you are the future of the Lyndoch and Districts Little Athletics Centre.

To ensure the continued success of our centre we welcome new committee members. Any parent(s) /guardian(s) who might like to become more involved PLEASE - speak to Fi or Annette.

A new list of revamped committee positions and smaller more manageable tasks will be available online shortly so check them out and see if there is something that appeals/allows you to contribute that little bit extra to the centre.

McDonald's Cross Country Season

While LADLAC does not currently offer a winter program the following information may be of interest:

Cross country runs from May-July and gives athletes an opportunity to run a distance race over different terrain and courses each week. Most events include creeks, mud and hills! Athletes from the under 6 to under 17s may take part in Cross Country events. Note that championship events are only open to athletes in the under 9 to under 17 age groups, but fun events are still held for the under 6 to under 8's. All cross country events also include events for mums and dads, Tiny Tots, and an open event too.

To qualify for the cross country championships, metropolitan athletes must compete in at least four cross country meets and country athletes in at least two meets during the regular season.

It is our understanding that there is no charge, except a gold coin donation, as your child's Little Aths registration covers the cross country season.

For dates, venues and more information contact SALAA on 8352 8133 or email: office@salaa.org.au