

Trans Tasman - Congratulations

A great effort from Hayley Bonser, Blake Tulk, Andreas Damouras, Raphael Weir and Leo Zimaras at the Trans Tasman trials held on 2 November 2008. Full results from the trials are available on the LAANSW website.

State Relay Championships, Campbelltown Athletic Centre, Leumeah

22 November - U8-U11's

23 November - U12's +

Congratulations to those athletes selected for the State Relay Championships. It was an exhausting day for athletes and parents alike in difficult weather conditions. Thank you to all the parents who attended - the state relays are a long day and it is difficult to predict when events will take place.

This year, Balmain submitted more teams than ever before, and all athletes performed extremely well. Special mention to the following teams:

Fourth U8 boys Long Jump:

John Danson, Nicky Kohlrusch, Daniel Sykes & Billy Bateson

Silver U10 boys Long Jump/High Jump:

Luke Hodge, Alex Nichol, Monty Hannaford & Quinn McHardy

Silver U10 girls 4 x 100m:

Maddy Kohlrusch, Mia Duggan, Clementine Landels & Alex Kerr

New Records

Congratulations to the following athletes who have broken records this season:

Jody Potter (U15) 200m (27.20), 400m (1.01.88), 800m (2.40.26),
200mH (30.49), 90mH (14.71)

Taya Williams (U8) Shot put 6.36m

Joshua Kerr (U8) Shot put 6.92m

Luke Hodge (U10) High jump 1.28m

Coaching

A reminder that coaching is available for the U9's and up on Tuesdays from 4.30-6.30. All athletes are encouraged to attend.

Upcoming training sessions:

Tuesday, 2nd December: Hurdles/High Jump/Throws

Tuesday, 9th December: Sprints/High Jump/Long Distance

Tuesday, 16th December: Middle Distance/Throws

Tuesday, 13th January: Zone Training - All Events

Uniform

A reminder, that our uniform consists of a Balmain singlet and plain black shorts (or crop top/shorts). Shorts must be worn and **MUST** be free of all labels, logos, stripes, etc. Please ensure that all registration numbers are secured to uniforms correctly. The front of the shirt must display the athlete's number with the RED border around the patch showing. The red IGA patch must be secured to the top right hand corner.

If desired, athletes are allowed to wear a t-shirt under their Balmain singlet (preferably in plain black or white).

If you are interested in purchasing the crop top/pants set, they are available, by mail order, from Beat Street Dancewear, 310 Railway Parade, Carlton (9553 8283).

Zone Championships - Randwick Botany Little Athletics Centre

31st January and 1st February 2009

Balmain belongs to the Inner City Zone, along with Randwick-Botany, Canterbury, Eastern Suburbs, South Eastern, and Western Suburbs.

Forms will be available shortly for athletes to nominate up to 4 events at the Zone Carnival. Selections will be based on performances.

If you would like further information about the Zone Carnival, go to www.laansw.com.au, then to "competitions" then "championships" and scroll down to "Zone Championship" - here you will find a list of events for the Saturday and Sunday program.

Please note, the Zone carnival is for athletes in the U7 age groups and above. The U7's do not progress past the Zone carnival and the U8's do not progress past the Regional carnival.

Upcoming dates

Please note there will be no Saturday athletics on the following dates:

27 December 2008	Christmas break
3 January 2009	Christmas break
10 January 2009	Christmas break
31 January 2009	Zone athletics
21 February 2009	Regional athletics
7 March 2009	State multis

Our last competition date for 2008 is Saturday, 20 December and our first competition date for 2009 is 17 January.

Wet Weather line

Just a reminder that our wet weather number is 9990 6267. In the event of inclement weather, this message is updated around 7.20am on Saturdays.

Suggestions/Comments

Any suggestions or comments about any aspect of the club may be directed, by email, to info@blac.net.au.