

**The motto of LITTLE ATHLETES IS
FAMILY FUN AND FITNESS**

DATES TO REMEMBER

20/11/09 Bring a Friend day.

27 / 11 / 09 Zone Entries Close

28 & 29/ 11 / 09 State Relays

11 / 12 / 09 Last Night before
Christmas Break

8 / 1 / 10 Resume after Christmas

BRING A FRIEND DAY.

This is a special day organised by the association. Athletes at selected Centres are asked to bring along a friend to see if they would like our sport. There is no cost to the invited athlete, but any athlete that brings along a friend, will have their name entered into a raffle draw. Further to the raffle draw, if the friend joins up for the season you will be entered into a draw to win a Nintendo Wii.

Check the brochures that are available tonight. The Graders will give each athlete a brochure tonight.

There are only three or four Centres that will be participating in this promotion.

WALKS.

Don't forget that the walks will be held at 5.45pm, each time they are to be contested. This is so that the serious walkers may be judged properly and fairly.

**WARNING TO PARENTS &
ATHLETES**

There have been quite a few sightings of snakes by the creek, reported to different committee members. It is recommended that athletes stay well clear of this area.

THE STATE RELAYS

The relays are the only time that our athletes join together as a team. While it is a team event it makes it very important that if you are selected to take part, you should not let your team down by not turning up. So make sure you are available to compete before you take the place of another athlete.

Relays are very enjoyable, and create the most cheering of all events in athletics. You will enjoy your time participating, and your parents will enjoy the excitement of cheering the team, as you make your way to the finish line, jump or throw.

We wish you all the best, and hope you enjoy the event that you take part in.

Darryl Channells.

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