



## ***Terrigal/Wamberal Little Athletics***



# TWLAC Newsletter



ISSUE #4 JAN/FEB 2017

## Welcome back for 2017

We hope all of our families had a Merry Christmas and a safe New Year and are excited to get back into Little Athletics.

Congrats and great effort to all the athletes and families that participated at Zone Comp in December. Our march past team (complete with new team mascot) were pipped in the judging but looked fantastic with all the decorations and streamers. Thanks for making the effort to arrive early to be a part of the team.

We still have a big part of the season to come and some really

exciting events coming up for our athletes and families.

The Committee is excited to launch the TWLA Club Championship- see more details in this newsletter.

Regional competition is coming up for those athletes that have qualified at zone competition. There will be more details on email to those families directly, and via Facebook/website.

### **Volunteer Info**

Please see the NEWS!! Tab on [www.terrighalwamberallittleathletics.wordpress.com](http://www.terrighalwamberallittleathletics.wordpress.com) for updated [volunteer schedules](#).

### **Social Media**

Follow us on Facebook for pics and notifications we are now also on Instagram.

Got pics to add to these pages- email them to [twlac.marketing@gmail.com](mailto:twlac.marketing@gmail.com)

### **Dates to Note:**

- First Comp night of 2017- **20 Jan 2017**
- Inaugural Club Championships for TWLAC- Duffy's Oval **Friday 3 Feb 2017**
- Regional Competition- Glendale (Newcastle) **Sat 11 & Sun 12 Feb**



## The best thing about Little A's?

Sponsored by  **The Athlete's Foot**

**By Coco (U7)G** I love making new friends and doing long jump

**By Zachariah (U11)B** My favourite is Hurdles- I like the jumping.

**By Harry (U9)B** I like to run fast. 100M is my favourite.

**By Amelie (U11)G** Triple jump is the best. I like the hop and jump into the sand.

**By Caitlin (Tots)-** My favourite is the fun relay races we do at Wednesday training- I race my brothers. I also like the fun games we play on Friday nights with all my friends.

## Training News

Don't forget that there is also mid-week training- for those kids that just can't get enough of athletics- want to improve their technique or are looking for extra practice to take time off the PB. This year training will be held on two nights. **Sprints and middle distance running**, along with **Long Jump** will be on Wednesday afternoons 4:00-5:00pm.

Please wear comfortable clothes- Uniform not needed for training days- and PLEASE BRING WATER as these afternoon sessions can be really HOT!

**Throwing and High Jump training** on Tuesdays from 4:00PM at the Discuss nets.

We will try and advise as early as possible if training is cancelled please check our website or facebook page regularly.

Our training sponsor is [Becker & Co-Avoca Beach](#).

### TRAINER OF THE WEEK SPONSOR



### Coach Profile: Michele Simos

**Status and Kids** – Married since 2002, 1 Boy Alex (12) & 1 Girl Ava (10)

**Likes** – Travel, Tennis, Reading, Writing, Time with Family & Friends

**Dislikes** – Creepy crawly things

**Background** –Born and raised in California. Met my Aussie husband in Los Angeles while we were both working as lawyers at the same firm. Had the kids and then moved our young family to Sydney in 2009. Moved to the Central Coast in 2014. Now enjoying "country life" in Holgate and working on a start-up business.

**Sports background** – From a young age through high school, my primary sports were soccer and track and field. When I moved to Australia, I started playing over 35s women's soccer on the north shore. I hung up my soccer boots when we moved to the Coast. Currently, I play basketball in the women's daytime comp at Terrigal.

**TWLAC History** – This is our third season with TWLAC. Joined in 2014 when we moved to the Coast. Joined the Committee in 2015 and currently serving as the Competitions Coordinator and Volunteer Coordinator.

**Favourite Quote** - "If at first you don't succeed, try try again."



Sponsored by [LJ Hooker Erina](#)- 4367 7777



## Club Championships

On February 3<sup>rd</sup> we are holding our first TWLA Club Championships held at Duffy's Oval. All TWLAC athletes are invited to attend and there will be

no entry fee or registration process. Similarly to a regular comp night, age groups will compete at a variety of events across the evening. Competitors can win place ribbons which will be distributed on the night.

To get through the program for the evening we will be starting the event earlier- from 5.30pm.

Please keep an eye out on the website and Facebook for updates across the next week.

## Regional Championships-

Congratulations to the 48 athletes that have qualified for the regional Championships held on Feb 11 and 12 at Glendale (in Newcastle). We trust you've been training hard over Xmas and are excited to get back into regular competition.

It's an exciting achievement to be one of the best competitors from the Central Coast area in your chosen event/s- please join the committee in congratulating these athletes-

**U8's** Tyla Channells - . Nia Donnelly, Jimmy Johnston, Monty Lowbridge, . Layla Pace, **U9's**: Luca Dimech, Olivia Falconi, Matthew Fleming, Max Miller, Elfie Piper, Felicity Ruzek, Cameron Stamper. **U10's**: Libby Johnston, Annie Lowbridge, Bethan Minor, Dusty Piper, Mia Smyth, Jahriah Ugr. **U11's**: Kyra Cardy, Maya Dillon, Harley Dimech, Luke Falconi, Leila George, Amelia Lang, Tylah Legge, Kynan Patterson, . Sienna Peirce, Imogen Ryan, Ava Simos, Isabel Walsh. **U12's**: India-Rose Barnett, . Luis Bolton, Sienna Bolton, Lauren Gee, Gilbert Johnston, Jack Legge, Troy MacGregor, Gemma Stanley. **U13's**: Tameika Peirce, Hannah Stanley, Talon Woodward. **U14's**: Charlotte Dillon, Amelia Heron, Jaime Sheary. **U15's**: Sophie Borg Marley Williams. **U17's** Jasmyn Garrick

Families attending Regional have been receiving emails with info updates directly from Michele Simos. If you are not receiving these or still have a question- please feel free to drop Michele an email on [michele.simos@yahoo.com](mailto:michele.simos@yahoo.com).



# House-keeping News/Tips

\*Club Championships are coming up on Feb 3rd from 5.30PM (earlier than normal to get through the extended program). Held at Duffy's Oval

\* We are still discussing venue options for our presentation evening. It is also a consideration that the event will not be catered this year by the club. We will advise when more details are available.

\* Thank you to all the parents who are regularly assisting with volunteer duties. It really does make the evening run faster and assists the committee when there are parent helpers.

\* Drink bottles: We have a growing collection of drink bottles and a few pieces of clothing left from comp or training nights. Please check out the collection in the room near the canteen for lost items.

\* Have a question or suggestion to make? Your committee members are all available- volunteer questions/roster ask Michele on [Michele.simos@yahoo.com](mailto:Michele.simos@yahoo.com). Registration or results- ask April on [twlac.april@gmail.com](mailto:twlac.april@gmail.com). Want to suggest something for the newsletter email Carmen on [twlac.marketing@gmail.com](mailto:twlac.marketing@gmail.com). Or contact Troy Sheary President- on [troy\\_bridget@hotmail.com](mailto:troy_bridget@hotmail.com).

\* We are still waiting to hear from Grill'd burgers Erina Fair about when we are appearing on their 'Local Matters Cause'. We will advise via facebook- so please let all your friends know to support us.

## TWLAC Canteen Price List 2016/17

### Drinks

Soft Drink Cans \$2

Bottled Water or Tea/Coffee \$1

### Canteen Snacks

Pythons 60c Zombie Chews 60c

Mixed Bags 50c or \$1 Nerds \$1.30

### BBQ Hot Food

Steak Sandwich (Onion Optional) \$4.00

Add Salad (subject to demand) \$4.50

Sausage Sandwich/ Egg Sandwich/ Bacon Sandwich \$2.50

Add Salad (subject to demand) \$3.00

Di's Chicken Burger- Free range chicken breast, tomato, lettuce, sweet chili sauce, sour cream on a white roll. \$5.00

Extra Bacon, Egg or Sausage to any burger or sandwich \$1 extra

Coming soon- Hash Browns \$1.00

GLUTEN FREE AVAILABLE. Vegetarian available (Please speak to Di- Canteen Manager- at beginning of Season for available options)

Chicken and Eggs are ALL FREE RANGE.



[Facebook.com/terriganwamberallittleathletics](https://www.facebook.com/terriganwamberallittleathletics)

[www.terriganwamberallittleathletics.wordpress.com](http://www.terriganwamberallittleathletics.wordpress.com)





**Jetstar**  **Little Athletics NSW**

*Placement of numbers and patches for all Little Athletics NSW carnivals*



**Registration Number**  
McDonald's registration number **MUST** have the **FULL** red border showing including the year, and be placed in the centre of the uniform top.

**Age Patch**  
Age patch **MUST** be placed on the front left hand side of the uniform. This can be on the shoulder or shorts.

**Sponsor Patch**  
New orange Jetstar sponsors patch (as above) **MUST** be placed on the front right shoulder of the uniform, it can be placed over the red border of the number, but must not cover the McDonald's logo or registration number.



### Sponsors of our club- THANK YOU!

Erica Dash Podiatry- 225 The Entrance Rd, Erina,  
4367 0177

The Athletes Foot Erina- At Erina Fair 4365 4616

LJ Hooker Erina- 4367 7777 for Selling, Investment & Purchase of property

Voucher Sponsors-

BECKER & CO.- 162 Avoca Drive, Avoca Beach

Yogurtland- Erina Fair

Boost – Erina Fair

Intency- Erina Fair