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Newsletter

29th April 2020

President's Message:

Another year has passed and I was really looking forward to the day of the Presentation of Awards. Whilst there has been some outstanding performances, I have been impressed by the number of PB's over the season.

However the Covid-19 virus has put a hold on everything and it is unfortunate for all, as we are all restless and frustrated. This is no fault of you on your part, but we all have to abide by regulations as we are all in this together. Stay safe and well. Hopefully this crisis passes soon.

The AGM was to be held on the 24th May 2020 at Brothers Leagues Club, Ipswich and all positions will become vacant, be sure to get a nomination form when available so you may be part of the club committee. A final date is yet to be decided.

This is the link for the club's FB page, if you are a member or parent of an athlete you will be given acceptance as this is a closed group, here it is; <http://www.facebook.com/groups/ipswichathletics>

Vic

Committee Notes

Our next Monthly committee meeting is on **Tuesday 26th May 2020** at 7pm. All welcome.

A special committee meeting 12th May 2020 via video conference

Just a Thought'

I've learned Friendship is like an old house –
forever in need of repair.

Club Training Nights

Monday nights and Wednesday nights 6.30pm to 8.30pm **(Cancelled until Covid-19 restrictions are lifted).**

Any other, one on one training sessions can be arranged with your Coach.

A water bottle, towel and **appropriate warm clothing** are required for all sessions.

Happy April Birthdays

Theresa (Marty) Stolberg

Mackenzie Crowley

Rochelle Carrick

Hallam Cooper

Michael Berlin

Jordan Unwin

Club Uniform

The Club uniform ***must*** be worn at all interclub meets, e.g. All comers at St. Lucia and Gold Coast etc. **If the uniform is not worn, no points or performances will be recorded at inter club meets.**

The cost of the uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00

Old Stock is on sale at \$10-00 apiece. These can be used for training etc.

Answer to the Question

The winners of the **March** question were Rachael Wilson & Mickeelie Johnson.

The correct answer was: *"Violet, Sunflower, Orchid, Peony, Mayflower"*

A new question is as follows:

My first day can be seen after lack of sun protection

My second day you may find in the meat and fish section

My next whole day intends to lead you in the wrong direction

What am I?

The **first** club member to reply by email with the correct answer wins a prize.

Email: - vgpascoe1@bigpond.com

CLUB BREAKUP

Please note that the Club was to hold its annual **Trophy Breakup** at **10.30am** for an **11.00am start** on **Sunday 24th May 2020**. Many trophies are given out on this day, so please support all our members. **A final date is yet to be decided due to Covid-19 virus restrictions.**

I encourage all club members be available when date is finally decided and how it is presented.

Club Champion award.

Achiever of the Year award.

Les Scott Encouragement Award.

Bremer Chiropractic U/20yrs award male & female.

Rookie of the year award male and female.

Most Interclub Participation award.

Club volunteer award.

Highest points for various categories and many more.

It is very **important for all award winners to be present on the day**. It provides inspiration to others as well as to our sponsors.

Our Club's Annual General Meeting will be held and **all positions** are declared vacant and this is your opportunity to become part of the Committee to support the club.

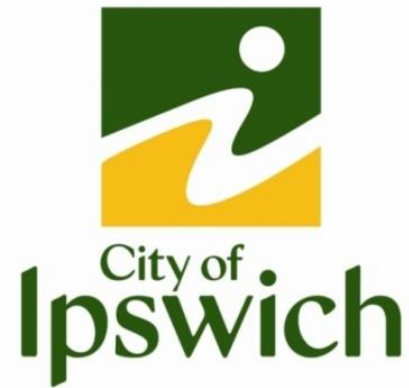
Nomination forms for positions will be available soon.



Brothers Kindred Club

The committee wants to make all club members and parents be aware that our Club is part of the Brothers Kindred Club. This association encourages juniors in their chosen sports to be acknowledged for their commitment and dedication to their respective sports for a Junior Sports Star award.

The association also likes to encourage juniors for doing their best, helping around the Club and assisting others who may need that little bit of assistance in techniques etc., please advise Vic Pascoe (Club delegate and publicity officer), of any junior you may think needs to be entered for an Junior Sport Star Encouragement award. **Please phone Vic on 0409 754 884.**



Here are 4 simple tips to sleep better and say bye-bye to those sleepless nights...

1. **Stick to a Schedule** - To sleep like a baby, you must stick to a schedule – like a baby! We really can't tell you what routine suits you. Go ahead and set your routine according to your own schedule. Fix your sleep and wake-up timings and try sticking to it (No! You can't skip weekends). This will help anchor your body clock and will rule out the need to even set an alarm in the days to come.
2. **Time those workouts or activities** - Regular exercising and staying active is an excellent way to improve your sleep. Especially if you do this in the morning, as it can keep you charged throughout the day. However, if you very active in the evenings, try to finish it off at least four hours before bedtime so your body has a chance to wind down and relax.
3. **Give yourself a Tech Curfew** - It's difficult, but try to say NO to technology after entering your bedroom! TV's, cell phones, tablets, laptops – all emit blue light that tricks your body into thinking it's time to perk up and stay alert. Keep your devices out of your reach when you know it is time to doze off.
4. **Your Mind** - You have turned off the iPad and the TV, now what? How to switch off your mind? Read a book, listen to soft music or do something that soothes your mind and relaxes you just before going to bed. Don't worry, there will be things to do when you get up.

Let me know how these work for you!





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