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Newsletter

21st December 2012

President's Message: Special thanks to all athletes who represented the club at the State Relays. Acting as team manager for the day provided me the opportunity to interact and get to know you. It offered valuable social contact between all of us. Likewise the Christmas Party provided a 'getting to know you' time. Maybe we should do something like a bus trip to an athletic carnival. Your competitive efforts did not go un-noticed either - Congratulations.

A Special welcome is given to all the New Athletes who have joined the club in the past month.

Please read below about the **Regional Cup** in the **Track & Field Section**.

I hope members and their families celebrate Christmas with family traditions and it is a happy and joyous Festive Season. Let's hope 2013 is one of Good Health and Rewards on and off the track.

Bailey.

A Note for New Members

At the end of the season the club has a Trophy Presentation. Trophies are awarded to athletes on a points system. There is a scale of points for all performances at a QA competition. These are accumulated over the club season. So it will pay to compete regularly at any track.

Committee Notes

Our next Monthly committee meeting is on **Tuesday 22nd January 2013** at 7pm. All welcome.

Congratulations!

The Club member results from the Australian All School Championships at the Domain Athletic Centre in Hobart 30th November- 2nd December 2012 was dominated by excitement and disappointment.

Ipswich and District Athletic Club athletes have done us proud once again. The conditions were atrocious with winds so strong (severe gusts) on Saturday that officials had to hold the Hammer Circle net from being blown over. The wind sock was even blown off its stand. Dust was a plenty.

A fabulous effort when every Club athlete finished in the top eleven in Australia.

Approximately 845 teenage athletes from around the country (all states & territories) ran, jumped and threw to a level that experienced onlookers agreed that the bar was raised for junior athletics in Australia.



Larissa Chambers



Dayspring Koop



Majella Cassidy

The medal tally;

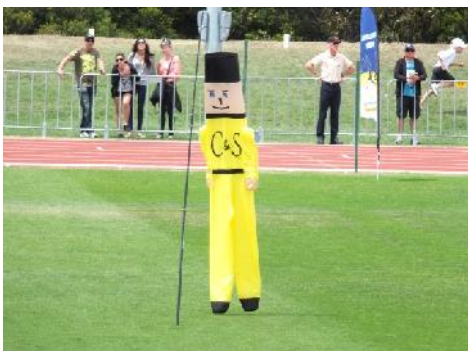
Daisyspring Koop	U/14yrs	Javelin	37.37m	2 nd	PB Silver Medal
Majella Cassidy	U/14yrs	4 x 100m Relay	50.69	3 rd	Bronze Medal
Larissa Chambers	U/18yrs	4 x 100m Relay	48.42	3 rd	Bronze Medal
		Swedish Relay	2.13.55	2 nd	Silver Medal
(100m, 200m, 300m, 400m) (missed the Gold by .05 sec).					

Other performances are as follows;

Majella Cassidy	U/14yrs	80m Hurdles	13.63	5 th
Tanika Marshall	U/16yrs	High Jump	1.60m	10 th
Madeline McGuire	U/16yrs	400m	59.62	9 th
		800m	2.18.78	8 th
Larissa Chambers	U/18yrs	100m	12.23	7 th
		200m	25.45	11 th
Luke McNamara	U/18yrs	2000m Steeplechase	6.33.66	9 th

The next goal is the State titles in 2013 followed by the Australian Youth Championships being held in Perth from 12 -17 March 2013.

The cost of going to these various events put a major strain on parents' budgets and it would be a disappointment for this next generation of future stars of Track and Field to miss an opportunity to compete for Australia at a later date.



The wind sock man varied from stillness to sideways from ferocious gusty winds.

Just a Thought'

*I've learned that....
Be grateful for all you have, even if it's
not enough.*

Track & Field **InterClub Competition**

All Track and Field events are now scheduled on the **Queensland Athletics website**

Please log on to the QA website and find out all about the **Regional Cup** to be conducted on January 19th 2013. **Bailey** is a selector for the Country team and needs to know if you wish to nominate.

Ipswich athletes will join athletes from S-E Country Clubs to form the team to compete against four clubs from Brisbane & South Coast districts. Two representatives for Track & one for Field will be selected.

Check the events listed for the Competition. A second **Regional Cup** will be conducted on March 2nd 2013 with different events. Sunshine Coast, Maroochy, Noosa, Toowoomba Maryborough, Bundaberg plus other smaller clubs make up the Country region. Competition for team places will be strong.

All age groups have Competition on this day will be for the Regional Cup match only. There will be no events for athletes who are not in the team.

Please let **Bailey** know if you want to be considered and which event/s -- **By December 27th 2012.**

Phone: 5464 5369

www.qldathletics.org.au

Happy December Birthdays

Michael Zammit

Maranatha Raeli

QAL now has several events scheduled on their website www.qal.org.au

Club Uniform

Do any athletes have a club uniform you no longer use. Maybe you could donate it to the Club for families making enquiries. Pass it on to your coach or hand it in on training night.

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 \$40-00.

Answer to the Question

The winner of the **November** question was ***Kara-Lynn***

The correct answer was: **“The match”** (It was so simple for those who thought it was hard).

A new question is as follows:

Let us say, for the sake of fun, that a true word-nerd was allowed to rename each Christmas song. Which song might then be renamed 'Light, Mellow Resonant Sounds Emanating from Hollow Metallic Objects, and Shaped like Inverted Cups'?

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

Email: - vgpascoe1@bigpond.com.au

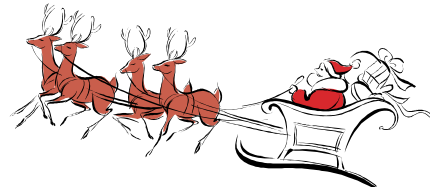
Club Training Nights

Training nights on Monday and Wednesday nights 7pm to 9pm.

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

The first training session for the New Year will be Monday 7th January 2013.

The Club *Christmas Party*



The Club held a “bare foot” bowls competition and “sausage sizzle” at the Ipswich Bowls club in the Queens Park on Wednesday 19th December 2012. At least 45 people turned out for this fun night, some in Xmas theme costume which was wonderful to see.

Those who did not attend missed an entertaining night. Everyone had some tutoring in the art of Lawn Bowls and it was not surprising to see some emerging talent for the game.

It was an excellent night for all and many thanks to Marie Musters for organizing such a treat.



Erika & Alexis Berlin & Emily Beston
“SANTA’S ELVES”



Tanika Marshall & Rhiana Webber
“Tinkerbell and Rosette fairies”



Tanika receiving instructions from **Coach Len** of the **Ipswich Bowls Club**.



Tanika’s excellent style



Aaliyah Chambers, Liam Harrigan & Erika Berlin
“ANGEL” “LEPRECHAUN” “SANTA’S ELF”
Best costumes relating to their first initial of their name.



Alex Grissell with Coach Len



Alex’s precise style.



Liam Harrigan
“The Larikan Leprchaun”



Liam’s magical style



Alexis Berlin under instructions from mum Brig with Andrew Wheeler, BradDuxbury and Diane Pascoe awaiting their turn.

MERRY CHRISTMAS

On behalf of everyone here from Ipswich & District athletic Club Inc. we wish all our members and families a wonderful Christmas and New Year, and we look forward to looking after your athletic needs in 2013!

