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Newsletter

22nd December 2013

President's Message: It is sad to realize this is the last N/Letter for the year & a very good Athletic Year it has been. It has been an outstanding competitive year for Club Members. They must be congratulated for their efforts put into preparation and for their competitive results. It is important too, to acknowledge the exemplary manner by which each member represented the Club.

Sincere thanks to all who represented the Club at the Relay Championships. It was a big effort to be proud of. Many of our younger members were successful in LAs teams also.

The visit of International Coach Peter Lawler OAM provided participants with excellent training measures and a wide variety of thought provoking new trends in athletic Training and Coaching. Some families attended all sessions, but as this was a Club initiative put on for Athlete Development and Education, the overall attendance was disappointing.

The question was asked 'Why were no fathers present?'

So I take this opportunity to remind athletes that your involvement should not just be attending Training and Competing.

There is a bigger picture for all to be aware of. Peter Lawler would have given you answers to Why, How and Where To.....These are the questions you should be finding the answers to.

Middle Distance and Distance athletes will be given the opportunity to hear one of Australia's leading Coaches early next year. Look out for this.

May you all be able to celebrate the Festive Season in your special way and have a Happy New Year.

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.

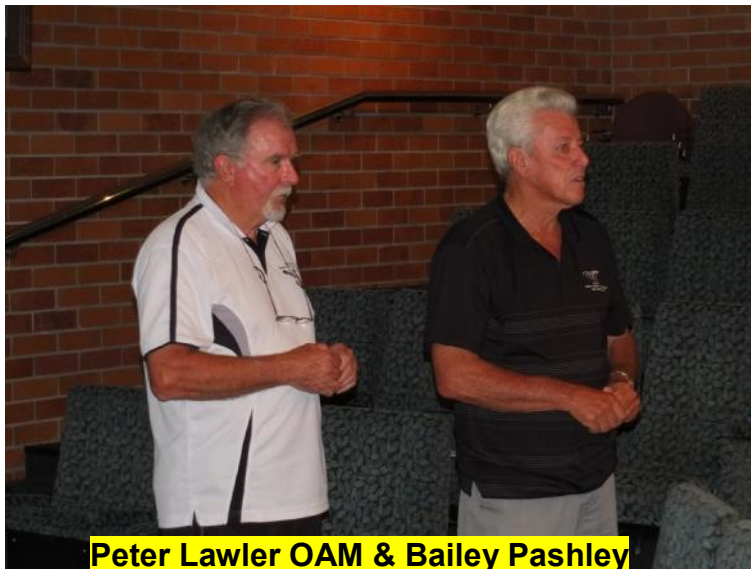
Committee Notes

Our next Monthly committee meeting is on **Tuesday 28th January 2014** at 7pm. All welcome.

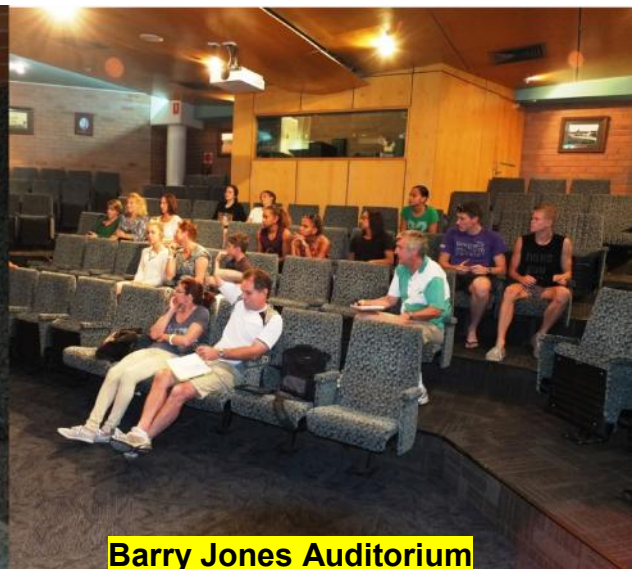
Strength & Conditioning with Peter Lawler OAM

It was pleasing to have Peter (International Coach and Author) here for three consecutive days where he lectured and supervised practical demonstrations of the Javelin with an emphasis on strength. The winners of this weekend were the parents and athletes who attended and were given an opportunity to gain some valuable knowledge and skills.

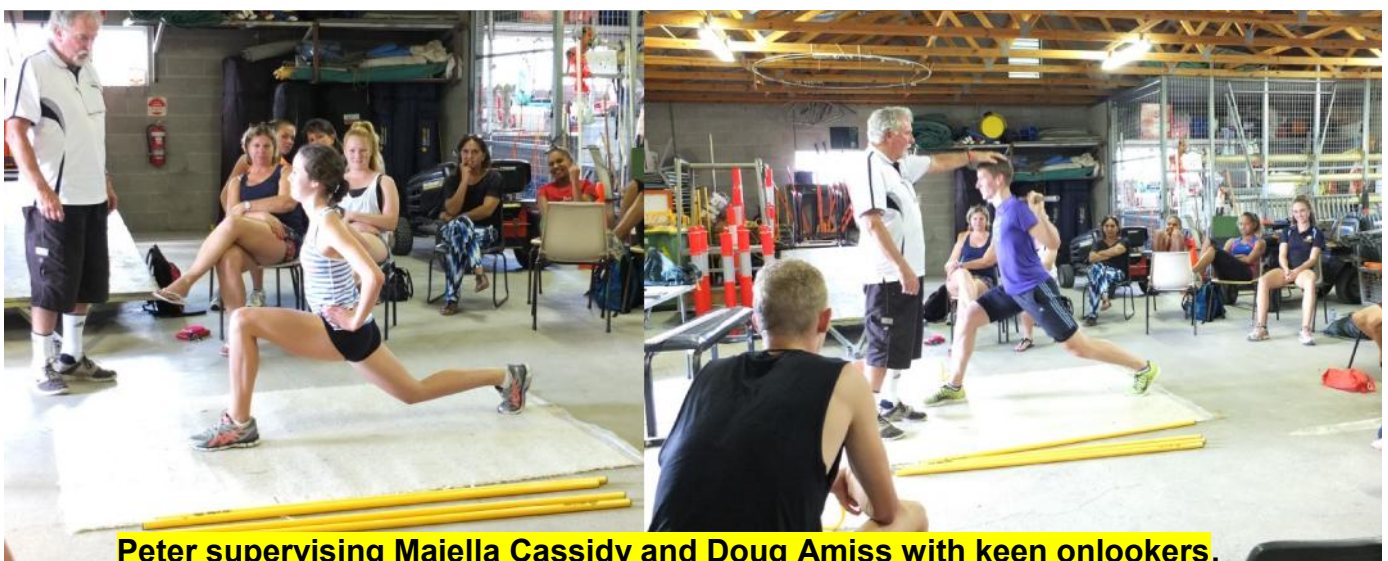
Some humour was an added bonus as Peter delivered his presentations e.g. athletes were offered a chance of selecting a number between 0 and 43. Athletes could not believe that Peter had written the correct number on his hand, so 13 and 15 became the practical demonstrations. Well done to all who participated. Even Snow White (guess who) got a mention; I think this was a Xmas feeling coming on.



Peter Lawler OAM & Bailey Pashley



Barry Jones Auditorium



Peter supervising Majella Cassidy and Doug Amiss with keen onlookers.

Congratulations!

The Club had three athletes compete at the Australian Secondary All Schools Championships 6 -8 December 2013 in Townsville.

One gold medal did return to Ipswich.

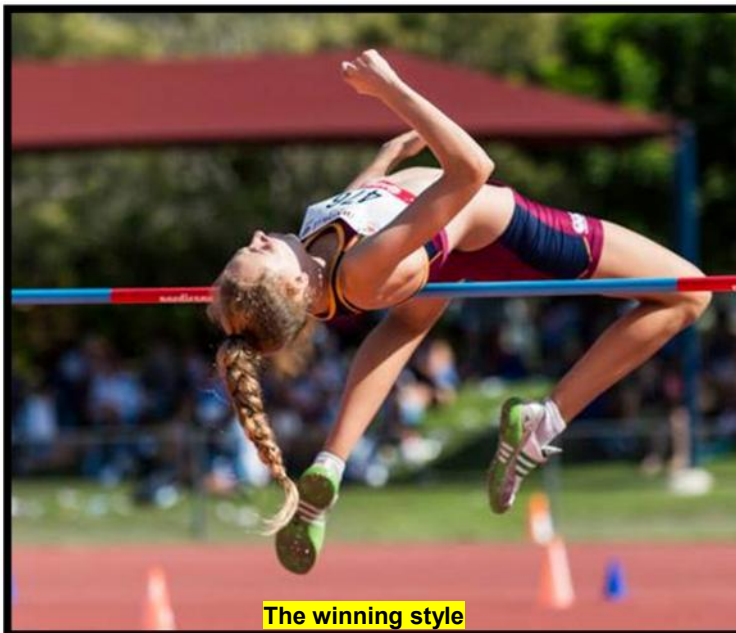
Carley Stieler won gold in the U14yrs High Jump in very hot conditions with a massive PB of 3cms by leaping 1.68m.

It was a very close contest as the Gold medal was decided with a **“Jump Off”**.

Carley Stieler (QLD) and Mercedes Sovilj (NSW) tied at the height of 1.65m. The bar was raised to 1.68m and both girls missed....the bar was lowered to 1.66m and both girls cleared ok.....then the bar was raised again to 1.68m and **Carley** prevailed to be the Australian champion. Due to the rules **Carley** did not have any more attempts..... The Meet record of 1.72m lives another day.

Emily Beston competed in the U/16ys 2000m Steeplechase and finished 5th in a time of 7.31.06. An excellent effort considering **Emily** had missed most of the year thru a back injury.

Ashlee Stieler competed in the U/16yrs 90m Hurdles just missing the final but with an overall 9th place. A marvellous effort considering **Ashlee** was hindered by a hamstring injury.



The winning style



Australian Champion - Carley



Emily



Ashlee & Carley

The next goal is the State titles in 21 – 23 February 2014 followed by the Australian Youth Championships being held in Sydney from 12 -16 March 2014.

Relay Championships

A combination of Little Athletics and Queensland Athletics produced a busy if not a hectic schedule for dual athletes competing for both Associations on Saturday 14th December 2013.

It provided a day where the younger athletes get to meet the Australian representatives and also an opportunity to be competing at the same venue.

We had 8 teams compete producing one Gold medal in the Open Women High Jump and one Bronze medal in the Open Women Long Jump. It was great to see PB's being equaled (Ashlee) or bettered and also getting your first State Championship medal (Chevelle). Well done to all.



Long Jump "A" Team

Erika Berlin, Aaliyah Chambers & Chevelle Kurth



High Jump Team

Ashlee & Carley Stieler & Cassie Purdon

Just a Thought'

*I've learned that....
What is bitter to endure may be sweet
to remember.*

Track & Field InterClub Competition

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

www.qldathletics.org.au

Happy December Birthdays

Filoi Aokuso Holly Tierney-Williams Patrick McCarthy

Michael Zammit

Maranatha Raeli

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

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 new uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$52-00
Boys Singlet's	\$37-00
Boys Shorts	\$57-00

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

Answer to the Question

The winner of the **November** question was

Ella Milford



The correct answer was: **“One”**



Merry Christmas!



This month you are required to answer all the questions correctly to win!

Come on, have a go!!!

What Christmas food is made from “marsh-whorts”?

Stuffing, Sweet Potatoes, Marshmallows, Cranberry Sauce.

How many Reindeer does Santa have?

8, 7, 10, 9.

What brought “Frosty the Snowman” to life?

Magic Snow, Pixie Dust, A Kiss, An Old Silk Hat.

What did “Frosty the Snowman” have for a Nose?

A Cherry, A Carrot, A Button, Piece of Coal.

When are the Twelve Days of Christmas?

Dec 21-Jan 1, Dec 26-Jan 6, Dec 24-Jan 4, Dec 14-Dec 25.

The **first** person and the **third** person to reply by email with **all** the correct answers win a prize.

Email: - vgpascoe1@bigpond.com

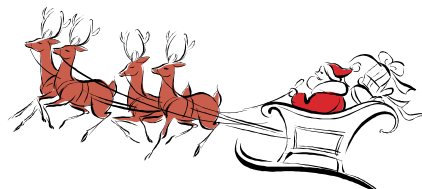
Club Training Nights

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 6th January 2014.

The Club *Christmas Party*



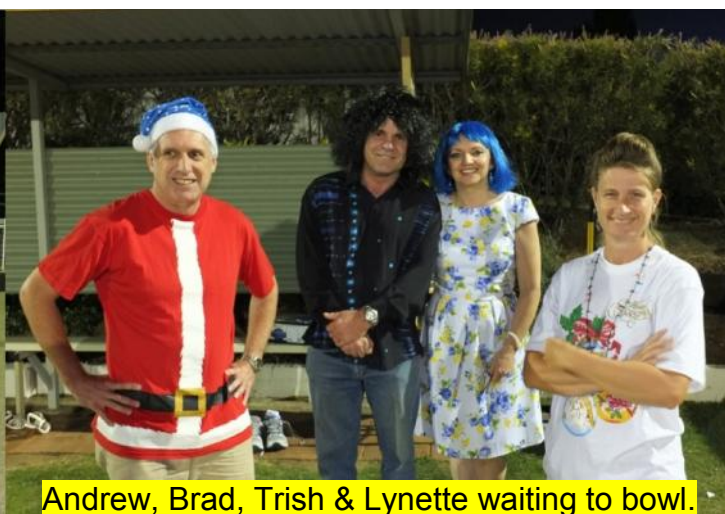
The Club held a “bare foot” bowls competition and “BBQ tea” at the Ipswich Bowls club in the Queens Park on Wednesday 18th December 2013. Numbers were down due to a clash with a Track & Field event on the Gold Coast but a lot of fun was had by all.

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.

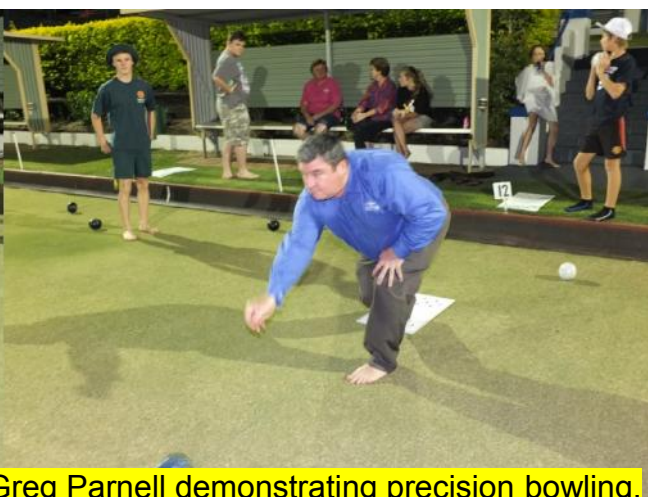
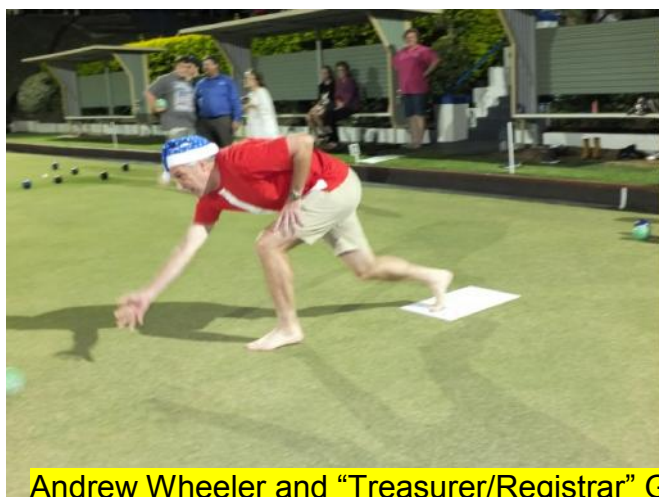
It was an excellent night for all and many thanks to the Bowls Club for organizing such a treat.



Even “Santa” got in on the act



Andrew, Brad, Trish & Lynette waiting to bowl.



Andrew Wheeler and “Treasurer/Registrar” Greg Parnell demonstrating precision bowling.



Trish getting "how to" tips from Lynette



Ryan Stewart has some guidance from "Santa"



Daniel Parnell showing his new found skill



Kym Greinke and Brigid Parnell



Ryan Stewart, "Santa Claus" & Zoe Greinke



Trish, Brad & "Santa Claus"



MERRY CHRISTMAS

On behalf of everyone 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 2014!



Late News – NB for all athletes wanting some prize money for 2014.

Queensland Athletic League

PRESENTS THE

GRIFFITH UNIVERSITY

30th Annual GOLD COAST AUSTRALIA DAY GIFT

At Evandale (alongside Gold Coast Arts Centre/ Gold Coast City Council) Bundall Road, Surfers Paradise . UBD ref Map39F/G7

Australia Day Sunday 26th January 2013

EVENT PRIZE ENTRY FEE HEATS FINAL

Q.A.L members- non members APPROX Start times GriffithUniversity/ +additional sponsor

120m Gift (13m limit) \$10,000	\$35	\$45	11.45pm	3.00pm	
70metres B.Wiltshire Memorial (16m limit)	\$700	\$10	\$15	10.30am	2.50pm
120m Women's Gift \$1,000	\$15	\$20	11.40pm	2.30pm	
120 Novice Handicap \$500	\$10	\$15	11.05am	2.40pm	
120m Masters \$300	\$8	\$15	11.25am	2.20pm	
120m Youths Boys and Girls U/18	\$200	\$5	\$5	12.20am	2.10pm

ENTRIES CLOSE 17th January 2013

NOMINATION

I wish to nominate for the following events : (Tick where appropriate)

120metres GRIFFITH UNIVERSITY/+additional sponsor

Gold Coast Australia Day Gift (13m limit) ()

70metres Bluey Wiltshire Memorial (16m limit) ()

120 metres Women's Gift ()

120 metres Novice handicap ()

120 metres Masters Handicap ()

120 metres Youths Boys & Girls U/18 ()

Beach St Massage Kingscliff ()

Total entry fees of () are enclosed.

Cheques should be made payable to Queensland Professional Athletic League Inc and forwarded to Bob Cook PO Box 1243 Southport Qld 4215

NAME _____ (Please print)

SIGNATURE _____ Date _____

Please complete the PERFORMANCE SHEET on the back of this entry .

FAILURE to provide verifiable performances will mean you will be automatically handicapped at not better than the Novice Mark. eg. 120m 7 metres

NOVICE RUNNER means " any athlete who has never won an event under AAC rules at the commencement of the Carnival".

The Entry form and Performance sheet also needs to be sent with nomination. This can be downloaded on the QAL website. www.qal.org.au