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Newsletter

30th January 2014

President's Message: Best wishes to all who are now back at school and to those starting a new chapter in their life after school.

There have been some excellent performances at recent competitions that are all leading to State Titles not far way now.

I am aware that there are health problems within some of our families at present. This means sad times for you and hurdles for you to face. The Club Family passes on sincere wishes for speedy recoveries and with coping with these unwanted issues.

That also goes for athletes bearing injuries at this time and we hope that recovery does not linger.

Keep up your training, athletes, as you peak for States.

Bailey

Committee Notes

Our next Monthly committee meeting is on **Tuesday 25th February 2014** at 7pm. All welcome.

Just a Thought'

I've learned that....Treating people with understanding respect and honesty is the foundation of success.

Track & Field InterClub Competition

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

Entries are now open for the **Queensland Junior Championships** which are being held at the State Athletics Facility from Friday 21 - 23 Sunday February 2014. Championships events are being held in the Under 14, Under 16, Under 18 and Under 20 age groups.

Entries close on Sunday 9th February 2014.

www.qldathletics.org.au

Congratulations!

Doug Amiss made it his own Australia Day when he won the Gold Coast 120m Gift. It was a wonderful effort considering **Doug** had a bout of food poisoning two nights earlier. Pocketing a cool prize of \$6,000 is worth running for, even if it means competing in heats, semi-final and a final on the same day. It just means you have to be fit and maybe the guidance from Peter Lawler's OAM seminar from last year paid off. Well done !



Doug in action



Leslie in action

Another outstanding performance was **Leslie Snuderl** running second in the 120m U/18yrs Gift and also second in the 120m Novice Gift. It was Leslie's first attempt at professional competition.

Scott Tuohy another club sprinter made it thru to the semi-finals but was unable to make the final when coming off the back mark.

Well done to all keep up the good work.

There have been some marvelous performances over the past two meets, the Denise Boyd and Gary Brown Shield. At least twenty PB's have been recorded by our own club athletes. This all goes well leading up to the Queensland Youth and Open Championships to be held 21 - 23 February and 7 - 9 March 2014 respectively at SAF, Nathan, Brisbane.



Happy January Birthdays

Majella Pearl Liam Henry Aaliyah Chambers

James Lehmann Rhys Carr Benwah Samy

Thaiday "Ted" Ruben Andrew Wheeler John Purdon

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 winners of the **December** questions were **Ryan Stewart & Emily Beston**

The correct answers were: **“Cranberry Sauce, Nine Reindeer, an Old silk Hat, a Button & December 26 – January 6.”**

A new question is as follows: *There is a word in the English language where the first two letters indicate a male, the first three letters indicate a female, and the first four indicate a great man and the whole word is a great woman. What is the word?*

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

Australia Day Awards

The Club representatives had a wonderful night at the Ipswich Australia Day Awards for 2014 sponsored by the Queensland Times and the Ipswich City Council.

Filoi Aokuso and **Larissa Chambers** were both nominated for the Sports Award. Well done!



Club representative **Rochelle Vidler** was nominated for the Sports Award at the Somerset Region Council Australia Day Awards for 2014. Well done!



FUTURE STATE GREATS PRESENTATION

Congratulations go to **Rochelle Vidler** on her selection as a Future State Greats recipient for 2013.



All Future State Greats recipients, who have been selected from all school sport regions of Queensland, will be recognised at this function. This year she will have the opportunity to meet Chairman Ian Healy and other sporting legends.

As part of her award, Rochelle will receive a \$500 bursary and a framed certificate commemorating her achievement.

Congratulations to Rochelle on her selection as our 2013 Primary School Elite athlete from Metropolitan West Region.

This achievement will be celebrated at the Future State Greats Elite lunch to be held at Allan Boarder Field on Wednesday 26th February 2014.

Secretary urgently required

With the resignation of **Rebecca Cronin** from the secretary's position, a new secretary is required.

Anybody who could support the club in this position is welcome.

Please contact our President **Bailey Pashley** on training nights or ph. 5464 5369 or email blpashley@gmail.com

The secretary's functions include, but are not limited to —

- (a) Calling meetings of the Club, including preparing notices of a meeting and of the business to be conducted at the meeting in consultation with the president of the Club; and
 - (b) Keeping minutes of each meeting; and
 - (c) Keeping copies of all correspondence and other documents relating to the Club; and
 - (d) Maintaining the register of members of the association.
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SUMMER FIRST AID INJURIES



BBQ Burns

Fallacy: Apply butter to soothe the burn

Truth: Applying the butter to a burn can cause infection and can also make it more difficult for a doctor to treat. Apply Burn Aid Gel instead, it will soothe the burn giving you immediate relief.

Jellyfish and Bluebottle treatment

Fallacy: Urinate on affected area

Truth: Pouring vinegar or sea water on a jelly fish or bluebottle sting is much more effective than urine. Urine does not have the right chemical composition to help with the jellyfish or bluebottle sting.

Snake Bite

Fallacy: Suck the venom from the wound.

Truth: Sucking the venom from the wound does not work and is potentially harmful to the person sucking the venom out. If someone is bitten by a snake you should keep them at rest and under constant observation, apply the DRSABCD method if necessary, apply pressure immobilization technique and call an ambulance.

Bee Sting

Fallacy: Scrape off the stinger with a card

Truth: The most important thing when it comes to a bee sting is to remove the stinger as quickly as possible. Don't waste time finding something to scrape it off with.



Cuts and Abrasions

Fallacy: Apply ointment to a cut and cover with bandage to heal for a couple of days.

Truth: Cuts and abrasions need fresh air in order to heal. If a bandage is needed it should be changed regularly. Wash the wound with soap and cool water and ensure it is kept dry once the wound is clean.

