



P O Box 220, Booval Qld 4304

Ph: 0409 754 884

Website: <http://www.ipswichathletics.org.au>

Newsletter

27<sup>th</sup> May 2020

## President's Message:

The AGM will be held on Sunday 19<sup>th</sup> July 2020 at 10.00am with all Committee positions declared vacant. Under strict COVID-19 guidelines we will be able to stage this event at the clubhouse in an open air format. Social distancing will be the order of the day with sanitisers available.

An email will be sent out to all club members, asking you to nominate a person for a position on the committee. From this we ask you to return your nomination back to our Secretary Michael Thomas where they will be held until the AGM.

In order to vote, you need to be a club member and also be over the age of 18yrs, so please any parent who is not a club member, register with Queensland Athletics as a volunteer, it costs you nothing.

Athletics Australia have put on their website guidelines at returning to athletics etc. It is well worth a look, as at the end of the day State associations follow State government regulations.

Stay home (if unwell, get tested), Stay safe, Stay active and Stay social.

Whether it is X-Country or Track & Field, hopefully the athletes will train even harder to achieve even better PB's. Looking forward to an exciting season for 2020/2021.

*Vic.*



Like us on Facebook, please search for Ipswich and District Athletic Club and request to join. It is for members, family and sponsors

---

## Committee Notes

Our next Monthly committee meeting is on **Tuesday 23<sup>rd</sup> June 2020** at 7pm. All welcome.

The structure for our Club is yet to be voted on, currently it looks like this;

<b>President</b>	Vic Pascoe
<b>Vice President</b>	Theresa (Marty) Stolberg
<b>Secretary / Registrar</b>	Michael Thomas
<b>Treasurer</b>	Rochelle Carrick
<b>Canteen Convenor</b>	?
<b>Committee</b>	Craig Thomas Darin Coombs Brad Robinson
<b>Head Coach</b>	Mark Sills
<b>Patron</b>	Les Scott has put up his hand

## Club Presentation of Awards for 2019/2020

The presentation of Awards for the last season has been postponed, a date is yet to be announced!



Les Scott & Associates  
A.B.N 34 404 377 930  
Australian Credit Licence 385281

Bremer Chiropractic



SPINE  
STREET  
STUDIOS



*Just a Thought'*

**I've learned that ....** Never leave for tomorrow  
a loving comment that could be made today.

### Track & Field InterClub Competition

All Track and Field events to be scheduled on the **Queensland Athletics website**

[www.qldathletics.org.au](http://www.qldathletics.org.au)

### Happy Birthday to our Club Members during May

Toby Stolberg

Sienna Coulson

Tiana McKimmon

Imogen Vine

Jessica Rowe

Ky Dalby

Elizabeth Melrose

Matthew Learoyd

Alex Davies

Connor O'Leary

Charlotte Parsons

Tiana Parsons

Sophie Wilkins

Kyran Williams

QAL to schedule events on their website [www.qal.org.au](http://www.qal.org.au)

---

## Club Uniform

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

---

## Training Sessions

**Monday and Wednesday nights have been postponed until further notice.**

**Any other extra training sessions can be arranged with your Coach following COVID-19 guidelines.**

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

---

## Answer to the Question

The winner of the **April** question was: **No correct answers.**

The correct answer was: **“Red herring”.**

**A new question is as follows:**

What can kill you, but can save you too?  
What can be blue, but can be clear too?  
What is safest to drink when it gets hot?  
Live without this  
You shall not.

Think Carefully!!!

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

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

---

# “FLASH BACK in Time”



Do you recognize our young stars of the past?

I'm sure you will, it's from the U14yrs Team Challenge of 2010.

Two of them are now or have been international athletes.

Let me know if you do know, which ones?

There is a prize for the Club member who can give the most correct names.

**Email:** - [vgpascoe1@bigpond.com.au](mailto:vgpascoe1@bigpond.com.au)

Hopefully there will be future editions of “Flashback”.

**BECOME MORE  
WITH THE NO.1 UNI FOR  
GRADUATE EMPLOYMENT IN QLD\***

**USQ**

**APPLY NOW AT USQ.EDU.AU**

\*Good Universities Guide 2018, CRICOS: QLD 943448, NSW 932258 | TEO5A16673

## 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. (11yrs to 17yrs)



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's this Month's Tip ..... Change.

People who go to the top, think differently than others. Said differently, small thinking is self-limiting. It holds you back from achieving great things. On the other hand, nothing expands possibilities like unleashed thinking.

The good news: We can change the way we think.

Believe it or not, the #1 challenge to making personal changes is your feelings. And you can control your feelings by controlling your thoughts. In other words, you can control your thoughts, and your feelings come from your thoughts.

Unfortunately, because few people control their thinking, they fail to control their lives.

How can you change your thoughts?

- \* Think big picture. This allows you to see beyond yourself.
- \* Think focused. This allows you to remove distractions.
- \* Think creatively. This allows you to get out of your box of limitations.
- \* Think realistically. This allows you to have a foundation for change.
- \* Think strategically. This allows you to have a plan for change.
- \* Think possibilities. This allows you to look for and receive the best.
- \* Think reflectively. This allows you to gain a true perspective of yourself.

Long story short, what we think informs what we believe, for belief is a by-product of what we've thought about long enough and decided to buy into. Our beliefs inform our expectations, which impact our attitude. Attitude to behaviour, behaviour to performance, and changing your performance changes your life.

If you have read this, you see that everything is traced back to our thoughts.

---

## DownUnder Championships – Gold Coast - Cancelled

For more information, visit [www.sportscredentials.com.au](http://www.sportscredentials.com.au)

---