



P O Box 220, Booval Qld 4304
Website: <http://www.ipswichathletics.org.au>

Ph: 0409 754 884

Newsletter

28th November 2013

PRESIDENT'S MESSAGE:

There seems to be a record number of registrations at this early stage of the season. That is excellent.

So many first time memberships too, Welcome. I hope to meet you all soon.

New members check for the details of the Coaching Workshop this week-end.

Sorry not to have had names to send info previously.

It promises to be a good week-end with the best presenter in the business.

Here's hoping all members and families can find time for all or some of the presentations. Read on.....

Hope to see you on the Track

Bailey Pashley

Coach/Athlete Development – with Peter Lawler OAM

Saturday 30 th November 2013	9.30am – 11.00am	Practical session, Bill Paterson Oval.
	2.00pm – 3.30pm	Barry Jones Auditorium, Ipswich.
Sunday 1 st December 2013	9.30am - 11.00am	Barry Jones Auditorium, Ipswich.
	2.00pm – 3.30pm	Practical Session, Bill Paterson Oval.
Monday 2 nd December 2013	7.00pm – 9.00pm	Peter will attend Club Training.

This is an excellent opportunity to improve one's skill and knowledge.

See you all there including parents and friends.

Committee Notes

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

Future Stars Demonstrating their Expertise

At the **Australian Primary School Championships** 10yrs – 12yrs held in Brisbane on 23rd – 26th November 2013 saw our athletes do exceptionally well.

Rochelle Vidler	12yrs	Discus	44.74m	1 st	New Australian Record
Annie McGuire	12yrs	Long Jump	4.84m	6 th	PB
		High Jump	1.40m	9 th	



Rochelle

Congratulations!

QUEENSLAND ATHLETICS 2013 TARGET TALENT PROGRAM

Throughout 2013/14 athletes who meet inclusion criteria, and their personal coaches, are invited to attend three QA TTP Squad Days which will incorporate a combination of relevant event group training clinics and both general and event-specific education workshops.

The first QA TTP day will be held this Saturday 30th of November 2013 at the Queensland Sport and Athletics Centre (QSAC) starting at 9.00am.

Congratulations to the following Club athletes on their selection in the QA TTP Program;

Madeline McGuire Endurance

Cassie Purdon Jumps

Filoi Aokuso Throws

Queensland Relay Championships

These **Championships** will be held on Saturday 14th December 2013. The closing date for team entries is at 5pm on Wednesday 3rd December 2013.

QA EVENTS:

4 x 100m, 4 x 400m, Distance Medley (1200, 400, 800, 1600m)

3 x High Jump, 3 x Long Jump, 3 x Shot Put

Teams will be selected by Club officials / coaches. If interested, please advise your commitment to being part of a team as soon as possible to our Club registrar, Greg Parnell on training nights..

The Club *Christmas Party*



We will be holding a barefoot bowls fun night at the Ipswich Bowls Club, Queens Park, Ipswich on Wednesday 18th December 2013 for 6.30pm start.

If you have not replied to the Secretary Rebecca Cronin on 0431 713 443, please do so ASAP for catering.

RSVP is required by Wednesday 11th December 2013.

The Club is providing a sausage sizzle and nibbles etc.

Costume dress theme is to be festive fancy dress. After judging, prizes will be on offer for male and female entrants. **Don't miss out.**

Just a Thought'

I've learned that....

You are always stronger than you think - look deep to find your way to survive.

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

GO FOR IT!

The 2013 Australian Secondary All Schools Championships will see five excellent **Club** athletes competing in Townsville December 6th - 8th December 2013.

Carley Stieler U/14yrs High Jump,

Ashlee Stieler U/16yrs 90m Hurdles, 4 x 100m and Swedish Relay,

Emily Beston U/16yrs 2000m Steeplechase,

Johathon Taylor U/16yrs 200m and 4 x 100m relay

Joshua Stockill U/18yrs 400m Hurdles.

Track & Field InterClub Competition

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

QLD JUNIOR AND JUNIOR PARA-ATHLETICS CHAMPIONSHIPS 21st – 23rd Feb 2014

A draft program is now available.

Entries close at midnight on Sunday 9th February 2014.



AM I ELIGIBLE?

To be eligible for selection athletes must be a current member of Queensland Athletics and a minimum of 12 years of age as at the 31 December 2014.

Athletes are also required to compete in the Queensland Junior Athletics Championships (21-23 February 2014), and at least one other QA competition during the [2013-2014 QA Summer Series](#).#

HOW DO I QUALIFY?

To qualify to compete in the Australian Junior Athletics Championships athletes must satisfy at least one of the following criteria:

- Place 1st, 2nd or 3rd in:
Queensland Secondary Schools Track and Field Championships (24-27 October 2013)*
or, Queensland Junior Athletics Championships (21-23 February 2014)
- Place 1st or 2nd in:
Athletics North Queensland Track & Field Championships (27-29 September 2013)*
- Any athlete that achieves the entry standard is also automatically qualified. Entry standards and associated details can be found in the document below.
- **Nominations close on Sunday 23 February 2014.**

www.qldathletics.org.au

Happy November Birthdays

Amelia Parnell Savinika Wijeyewickrema Tyla Stolberg Emily Samuels
Rebecca Cronin Larissa Chambers Tameeka Catterall
Connor McNamara Thomas Cronin Bailey Pashley Alistair Wells
Brad Robinson

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.

Correct Time to Drink Water....Very Important.

This is interesting!! I knew you need your minimum water to flush the toxins out of your body, but this was news to me.

Correct Time to Drink Water....Very Important

From A Cardiac Specialist!

Drinking water at certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs.

1 glass of water 30 minutes before a meal - helps digestion.

1 glass of water before taking a bath - helps lower blood pressure.

1 glass of water before going to bed - avoids stroke or heart attack.



Answer to the Question

The winner of the **October** question was *Elizabeth Melrose*

The correct answer was: **“Seven Children”**

A new question is as follows:

As I was going to Saint Ives,
I crossed the path of seven beautiful wives.
Every beautiful wife had seven sacks,
Every sack had seven cats,
Every cat had seven kittens,
Kittens, cats, sacks, beautiful wives,
How many living creatures were going to Saint Ives?

Think carefully!!!

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 last official training session for the year will be the Monday 16th December 2013 and the **first session** for the New Year will be Monday 6th January 2014.
