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Newsletter

29th November 2017

PRESIDENT'S MESSAGE:

The start of the season has many new faces joining our club and many thanks goes to Theresa (Marty) for encouraging young athletes (especially Ipswich Little 'A's) to become more skillful and adept in all events they compete in. Hope to see you all either at training or at the competitions.

There has been many changes for this upcoming season due to the Commonwealth Games being staged on the Gold Coast in April 2018, see below in this newsletter.

Yes, we are on **Face Book** as a secret group called IDAC and it's for club members, parents and supporters of our club. This way local updated late news can be circulated. *So look for us and ask to join so you can be added to the closed group.*

We also have a public **FB** page called Ipswich & District Athletic Club for general enquiries.

Vic

Parents Volunteering

On training nights when our Committee are unable to man the clubhouse window to take training fees etc. it would be wonderful if some parents could help out on a roster system. It is not hard and is only for about 45 minutes at start of training.

Please see Vic Pascoe so a list can be drawn up.

With your help this action would make our club run a whole lot better.

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 uniform is as follows:

Girls Crop Tops	\$50-00
Girls Singlet's	\$37-00
Girls Shorts	\$30-00
Boys Singlet's	\$37-00
Boys Shorts	\$30-00

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

Queensland Relay Championships

These **Championships** were held on 4th November 2017 at QSAC.

Peter Grant (Committee member) was the manager of these teams and the following is a report on the team's efforts and performances.

The 2017 Relay Championships were a bit low in numbers this year as to previous years for the IDAC relay teams with only 16 athletes competing in 13 events. However, courage, effort, mate ship and club pride was sitting at 110% and this made up for the small numbers.

My first year as manager for this team and I was a bit nervous. I hadn't done this before. I've managed groups of Little A's kids before but that was as a whole group moving around the track together in one group.

Seniors were a bit different as the start times varied throughout the day and relays meant you relied on your team mates being there or the team couldn't compete. After one minor delay, one of our stars, **Kodee Cubis** stepped up into the U16 Men high jump and assisted the team in winning a medal.

I'm continually impressed in how the younger athletes rise to the challenge and compete with the 'big kids' **Kodee** was one of six 13 year olds competing for Ipswich yet was running and jumping in the U16 bracket all day. Pocket rocket **Erin Wright** ran superbly in the 4 x 100m and 4 x 200m relays.

Another of our stars was **Leah Clark**, another 13 year old who stepped up into the Open Women's 4x400. Great effort that. And hats off to our long distance champs, **Alex Davies** and **Reece Griffin** who stepped up to help out in the 4x100 and 4x200 respectively. Lastly, **Ben Thomas** stepped out of his sprinting comfort zone to help the distance teams in the 4x400 and distance medley relay, alongside **Jude Thomas**, **Alex Davies** and **Reece Griffin**.

There were lots of highlights for me on Saturday. A few that stood out were: The two U16 boys **Kerryn Ryan** and **Hayden Olsen** battling on with their injuries to another new-comer **Tavia Jensen** grabbing a gold in the U14 high jump alongside **Kiara Condon** and **Ryleigh Sherlock**. After the disappointment of our Open ladies 4 x 100 result, they took to the track again in the 4 x 200m.

They felt they really didn't do too well in the 100m so decided to step it up for the 200m. And step it up they did. **Hayley Wright** smashed out a brilliant first leg and after a seamless baton change, **Tara Chaplin** ran out of her skin around what was a ripper of a bend run. Handing it again in another fantastic baton change to **Jade Hardy-Synnott**. Jade tore around the corner and down the back straight to the anchor leg **Larissa Chambers**. Larissa took the baton in 2nd place with the leader about 30 to 40 metres in front. Sheer determination took over and **Larissa** just about ran down the leader and finished the heat 2nd only by a couple of meters. Now, even though the girls missed out on a bronze medal by 0.11 of a second, it was a brilliant race to watch. Top effort and considering there were two heats in most of their events, it was always going to be tough to bring home the bling.

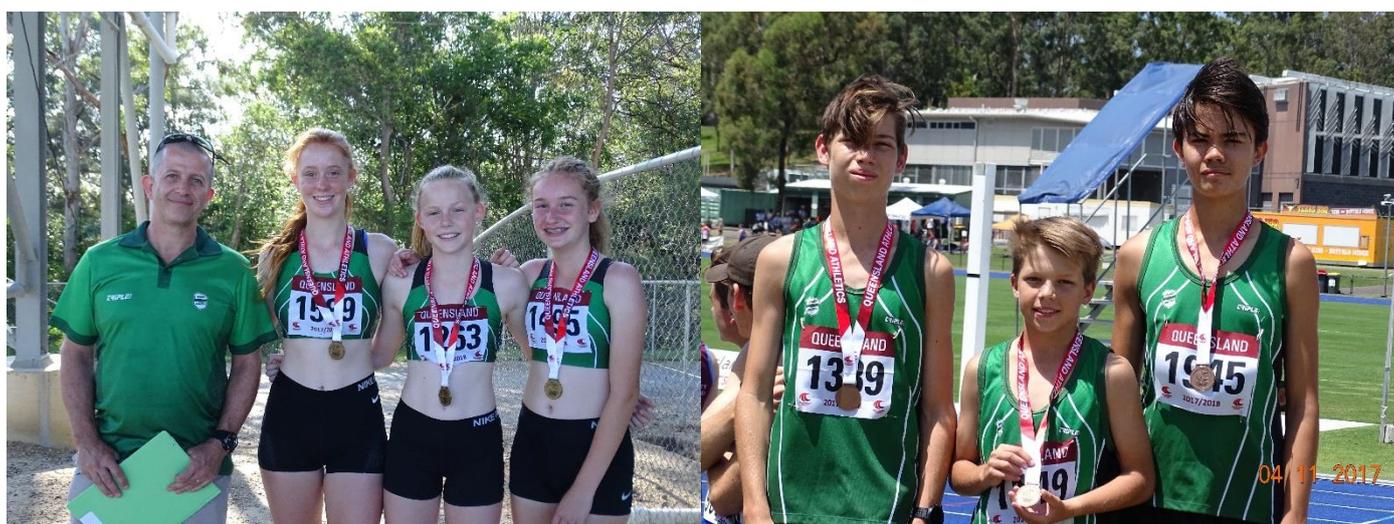
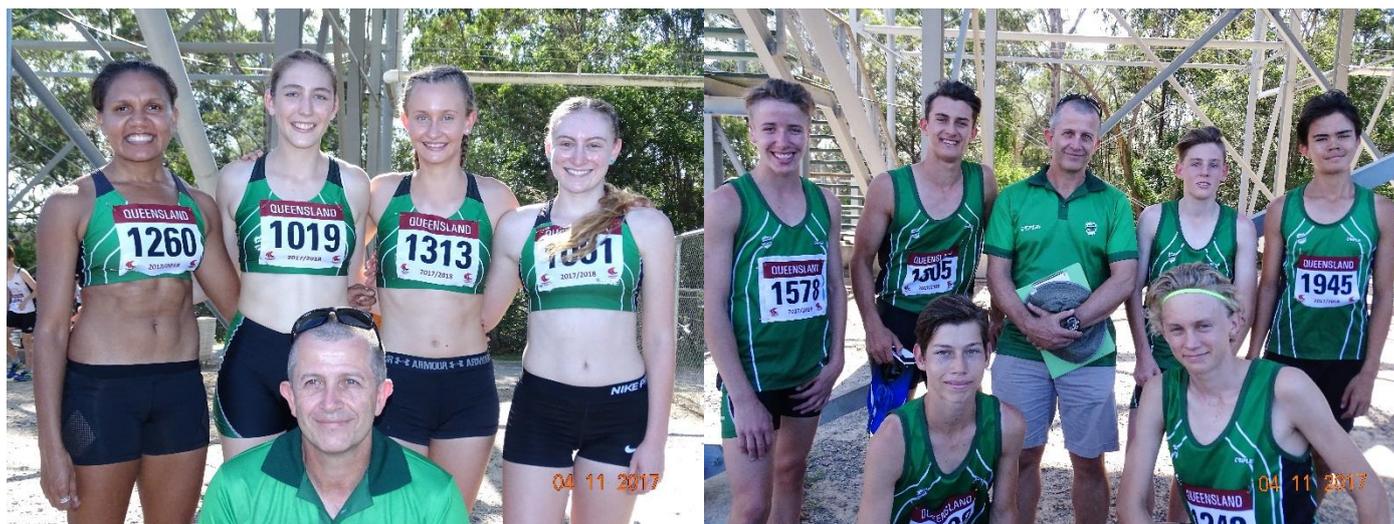
All up with the 13 teams, we managed to take home 3 bronze, 1 silver and 2 gold. Just on 50% strike rate. Amazing.

I'd like to thank the athletes firstly for their tireless efforts and their huge smiles. They are the reason we parents do what we do for them and they never disappoint. I'd also like to thank the parents for their support. You were a fantastic cheer squad.

Cheers

Peter Grant

Entry to these championships were free to the athlete, the Club pays these fees. Below is a few photos of this wonderful team.



Just a Thought'

I've learned that.....Take responsibility for changing yourself;
no one else can do it for you.

The Club *Christmas Party*



We will be holding a breakup fun night with games at the Clubhouse, Bill Paterson Oval on Wednesday 13th December 2017 for a 6.30pm start.

RSVP is required by Monday 11th December 2017 or on any training night.

The Club is providing food and nibbles, tea and coffee etc.

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

Budding Future Stars

The 2017 Australian Secondary All Schools Championships will see our excellent **Club** athletes competing in Adelaide, December 8th - 10th December 2017.



A School Knock out competition will be on December 11th 2017 in Adelaide.

This competition provides an outstanding opportunity for budding athletes to achieve new personal bests in the company of their talented peers from around the nation. Performances achieved will set the tone for the 2018 Australian Junior Athletics Championships to be held in Sydney (NSW) in March 2018.

Erin Wright	U/14yrs Girls	80m Hurdles and 4 x 100m Relay squad.
Amazing Grace Raeli	U/16yrs Girls	Discus.
Camryn Novinetz	U/16yrs Girls	3000m Walk
Hayley Wright	U/16yrs Girls	100m Hurdles and 4 x 100m Relay Squad.
Rochelle Vidler	U/18yrs Girls	Hammer Throw.
Tyla Stolberg	U/18yrs	Shot Put
Ryan Stewart	U/16yrs Boys	3000m Walk
Zac Catterson	U/16yrs Boys	Shot Put and Discus.
Benjamin Thomas	U/18yrs Boys	100m, 200m, 4 x 100m Relay and Swedish Relay Squad. Also competing at All School Knockout meet.

The Club members attending the All School Knockout competition;

Alex Davies

Jude Thomas

Sony Vukelic

Kerryn Ryan

Track & Field Inter-Club Competition

All Track and Field events are now scheduled on the [Queensland Athletics website](#)

Joanna Stone Shield at QSAC	3/12/2017
Sunshine Coast at University, Sippy Downs	10/12/2017
Carlee Beatie Shield at QSAC	16/12/2017
Glynnis Nunn Shield at St Lucia	6 th – 7 th January 2018
QLD Combined Event Chps at St Lucia	6 th – 7 th January 2018
Alana Boyd Shield at QSAC	13/01/2018
Sally Pearson Shield at QSAC	20/01/2018
Denise Boyd Shield at QSAC	26/01/2018 Australia Day
QLD Athletics Championships (Open)	2 nd – 4 th February 2018 at QSAC.
QLD 3000m Championships St Lucia	8/02/2018
Norma Croker Shield at QSAC	10/02/2018
QLD Junior Championships (U/14 – U/20) at QSAC	22 nd – 25 th February 2018
Garry Brown Shield at QSAC	3/03/2018
QLD Track Classic at QSAC	28/03/2018

The **Australian Junior Athletics Championships** will see about 3,000 athletes and their families converge on Sydney for 5 days of competition in March 2018. The championships will take place at the Sydney Stadium and will include events for age groups from U14 to U20, from the 14th -18th March 2018.

Draft Timetable and further information can be found on the Athletics Australia [website](#)

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 2018. Athletes are also required to compete in the Queensland Junior Athletics Championships (22 - 25 February 2018), and at least one other QA competition during the 2017-2018 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 (12 - 15 October 2017)
 - Queensland Junior Athletics Championships (22 - 25 February 2018)
- **Place 1st or 2nd in:**
 - Athletics North Queensland Track & Field Championships (22 - 24 September 2017)*
- **Any athlete that achieves the entry standard is eligible for selection *pending nomination**

If you believe you have qualified for the 2018 Australian Athletics Championships then we strongly encourage you to nominate for the Queensland Heat Team.

Check out the Queensland Athletics website for further information.

www.qldathletics.org.au

Happy November Birthdays

Tyla Stolberg Larissa Chambers

Brad Robinson Benjamin Thomas

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

Congratulations

At the Brothers Kindred Club Junior Sport Star awards saw eleven monthly Sport Stars and eleven monthly Encouragement winners introduced at the annual Awards dinner on 3/11/2017.

Our club had four nominees; Rochelle Vidler, Montanna McAvoy, Alex Davies and Stirling McAvoy for the Sport Star award and Leah Marie Clark nominated as an Encouragement Award recipient.

It was a wonderful night where Leah Neale (Olympic Silver Medalist) was guest speaker talking about her past experiences and her future goals.

Montanna McAvoy was the winner of a prestigious award where many before her have gone to representing Australia at various events. Well-deserved on an outstanding year.





Leah Neale

Montanna McAvoy



Jeff Humphreys, Montanna, Joshua Leismann



Leah Marie Clark



Answer to the Question

The winner of the **October** question was **Jade Hardy-Synott**

The correct answer was: "A Pool".

A new question is as follows:

What begins with T, ends with T, and has T in it?

Think carefully!!!

The **first** club member 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 Wednesday 13th December 2017 and the **first session** for the New Year will be Wednesday 3rd January 2018 at 7pm.

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 monthly award.

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 monthly award. **Please phone Vic on 0409 754 884.**



Jade

Congratulations go to **Montanna McAvoy** for receiving the Junior Sports Star Award of the month for October 2017.



Montanna

Congratulations go to **Jade Hardy-Synott** for receiving the Junior Encouragement Award of the month for November 2017

Committee Notes

Our next Monthly committee meeting is on **Tuesday 23rd January 2018** at 7pm. All welcome.

Congratulations

The Queensland 5,000m Championships were held at QSAC on 18th November 2017 where **Montanna McAvoy** won the Silver medals for the Open Women and U/20yrs Women in a time of 16.20.73.

This time also qualifies her for the World Junior Championships to be held in Finland 2018.

To add to this amazing achievement, Montanna has been selected as the Queensland Female Captain of the Pacific School Games. This honour means she will lead over 600 students from multiple sports in the Opening Ceremony in Adelaide from 2nd to 10th December 2017.



Tamara Carvolth ran 5th in the Open Women 5,000m Championships in 17.27.98. Well done.

Surf Club Noosa Gift

Alex Davies set the day off well when he ran 2nd to win a prize in the Little A's invitation 900m handicap where **Alex** was one of the back markers. **Alex** ran well also to make the final of 300m mixed juniors to run 4th, an exciting race.

Erin Wright could not have been happier after doing a PB in the Discus before finishing 2nd in the 70m and to cap it off ran an excellent race in the 300m mixed juniors final to finish 5th, so close.

Larissa Chambers was off 15m, the same as last year made it through to the semifinals of Noosa 110m Gift and was a starter in the Ladies 110m Invitational Gift as being one of the fastest 8 ladies. **Larissa** off 3.25m won the 110m Ladies Invitational final in 13.02. A much better run than last year.

Hayley Wright was off 13.25m in the 70m Dash gift but missed making the semifinal after a poor start but stood up to be one of fastest eight ladies when off 18.50m after she made it through to the semifinals of the Noosa 110m Gift. **Hayley** was off 6.50m in the Ladies Invitational Final and ran 4th beaten less than two metres from the winner, just improving her starts will make a huge difference in the future.

Patrick McCarthey was off 9.50m last year but made amends to an fabulous race when off 10.00m this year to win the 70m Dash Gift Final in 7.46 seconds, an extraordinary finish with **Benjamin Thomas** off 5.50m finishing a close 2nd just 0.02 of a second separating the pair.

Patrick the evergreen then ran a fabulous race to dead heat for 3rd in the Noosa Surf Club 110m Gift Final to finish only 0.13 of a second from **Benjamin Thomas**. For **Patrick** to back up and do six races in the one afternoon/evening meet, it was a huge achievement.

Benjamin Thomas was off 5.50m in the 70m Dash won his heat and semifinal but was just ousted in the final by **Patrick McCarthey** by 0.02 of a second. **Benjamin** was then off 6.75m when won his heat, semifinal and turned it on to record a brilliant finish to take out the Noosa Surf Club 110m Gift in a time of 11.31. For a 15yrs old athlete, it was amazing to see **Benjamin** backup six times and provided his supporters, family and squad a memorable night. A promising future ahead, just needs to take care of his health and well-being. **Benjamin** was also the youngest athlete to win in the history of the Noosa Gift.

The Australian athletic Federation presented Vic Pascoe with a Certificate for Outstanding Coaching for the past twelve months by President of QAL, Bruce Duncan. A wonderful surprise, it made my day as the squad did it all for me.

I have attached a few photos.

Sashes were presented to the winners at this carnival of the Mulgowie Gift ran in September 2017.



Masters 100m Gift, **Patrick McCarthy**, Women's 100m Gift **Larissa Chambers** and Youths 120m Gift **Hayley Wright**.
 "Mulgowie Gift"



Alex Davies



Erin Wright



70m Dash Gift Presentation



Noosa Surf Club 110m Noosa Gift Presentation



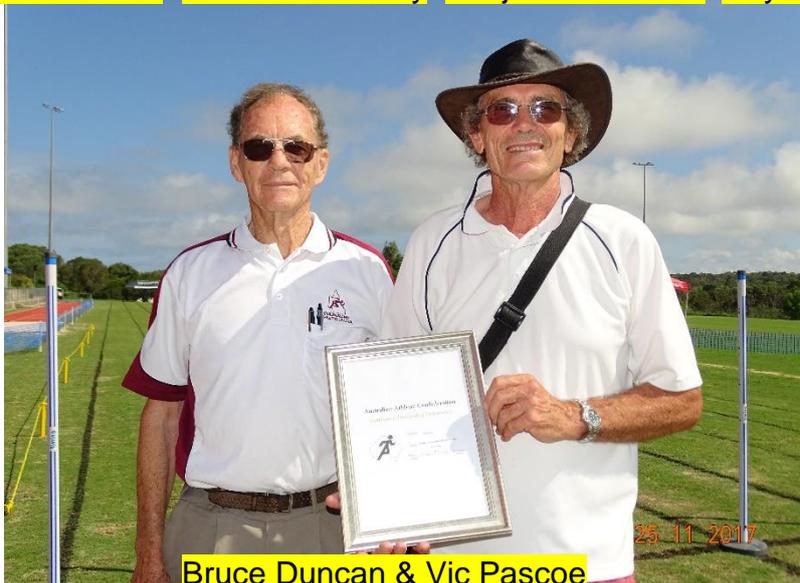
110m Noosa Gift Ladies Invitational Presentation



Patrick McCarthy Larissa Chambers Benjamin Thomas



Alex Davies Larissa Chambers Patrick McCarthy Benjamin Thomas Hayley and Erin Wright



Bruce Duncan & Vic Pascoe



The club has now met Level 3 accreditation for food handling, smoking policy, alcohol policy and transport policy along with promoting the healthier lifestyle for our club members.

Any questions on this can be answered by Canteen Convenor Stewart Carrick and President Vic Pascoe. Also you can check out the Good Sports website.