

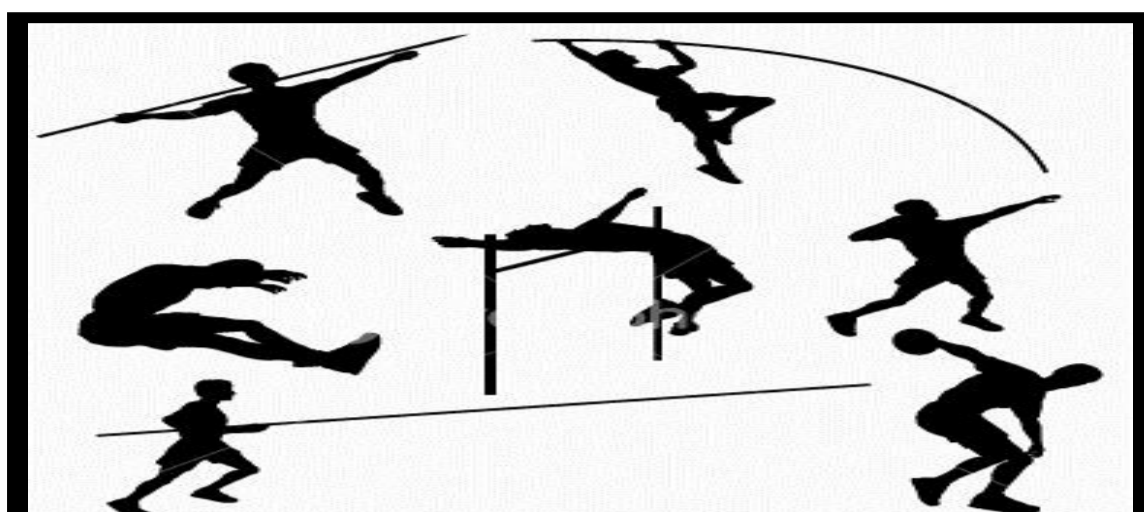


# CAIRNS ATHLETICS

NEWSLETTER 25th March

**W**elcome and Welcome back

Thank you to all of our volunteers for giving the gift of their time in programming, presenting and organizing our first club days for 2015. To all our athletes and parents who participated, congratulations.



## Safety

As mentioned in our briefing at orientation, track and field can be dangerous, particularly around the throw events. Some basic rules apply to both athletes and parents:

- Always walk behind a throws event, never in front of it.
- Always check the track for running events before crossing the track.
- Always carry throws implements back to the throws circle or runway, never throw them back.
- Always sit behind the throws cage or javelin sector, and don't sit with your back to the sector or circle.

## LAQ State Championships

Queensland Sports Athletic Centre in Brisbane held the LAQ State Championships on Friday 20 – Sunday 22<sup>nd</sup> March.

Our club was proudly represented by 7 athletes.

Congratulations Montanna McAvoy, Jessica Frape, Courtney Frape, Taliah Clough, Cameron Graham, Taylah Graham and Rhys Mapstone on your fantastic efforts.

Results can be seen on the Cairns Athletics Facebook page.

## Age Groups

Just a reminder to athletes that you need to be in the correct age groups which is determined by your age as at 31 December 2015.

## Upcoming Events

Oceania Senior and Youth Area Championships 8<sup>th</sup> – 10<sup>th</sup> May 2015

This year Cairns will host the event which will see some of Cairns Athletics Athletes competing for the Australian or Regional Australian Team.

Mulgrave Relay Day 31<sup>st</sup> May 2015

Hosted by Mulgrave Athletics at Johnson Park Gordonvale.

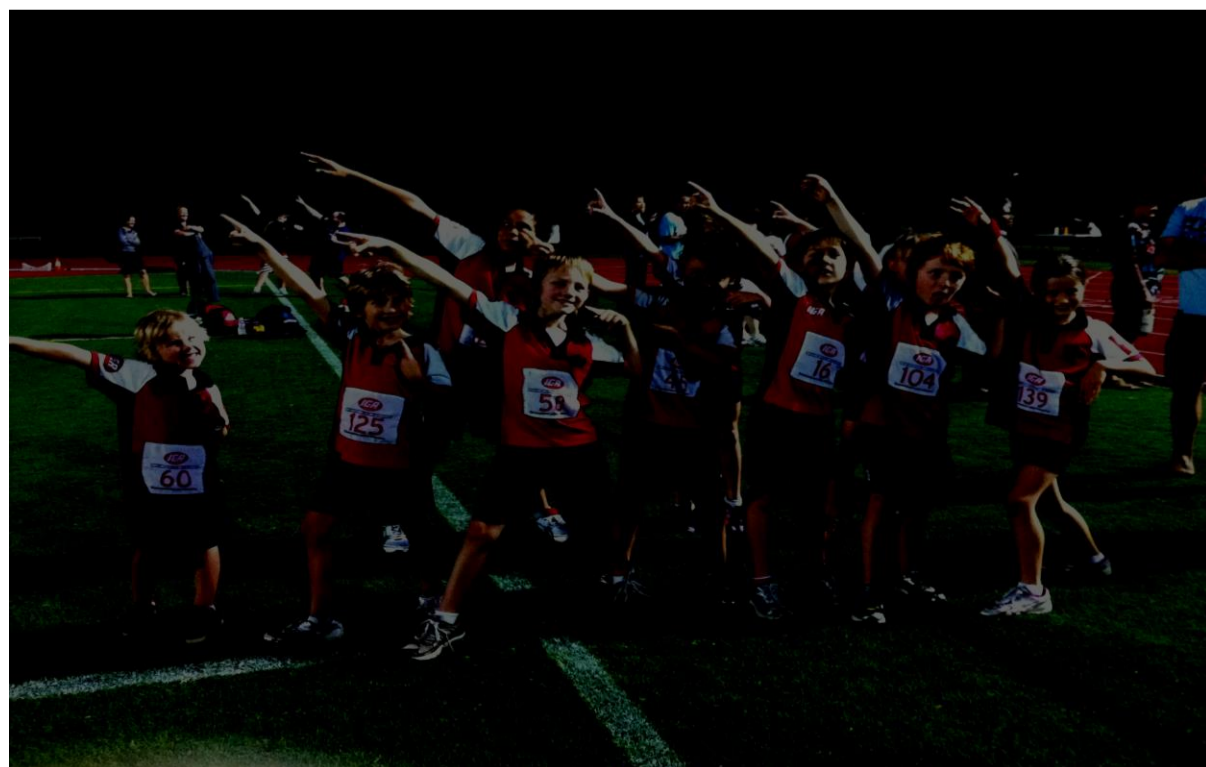
Nominations will be out shortly.

## Coaching

With the season now underway we open up our Tuesdays and Thursdays training to all of our athletes aged 8 and above. Training commences at 5pm sharp, and usually runs through to 6:30pm. Unlike team sports training it is not compulsory, and many of our athletes are simply happy with club days to work on improving their results. However if you want to look to improve your technique, or your fitness levels you are most welcome to join with the Cairns Athletics squad. **Just remember to wear your wrist band to gain free access to Barlow Park.**

## Canteen Menu for Friday Night

- Beef Curry and Rice
- Creamy Chicken Pasta
- Sausage Rolls
- Hot Chips



## NEXT THREE CLUB EVENTS

Friday 27<sup>th</sup> March – Barlow Park – 5:45pm warm up for a 6:00pm start

Friday 10<sup>th</sup> April – Barlow Park – 5:45pm warm up for a 6:00pm start

Sunday 19<sup>th</sup> April – Barlow Park – 12:45pm warm up for a 1:00pm start