



Lake City Kids

Where athletics is FUN!
3rd Dec 2012



Relay Champs - 31 medal haul!!

Wow kids, what an awesome effort for our first Relay Champs in many years. 27 athletes and 31 medals. I am especially proud of my beginner walkers who have only been learning from me for the first time this year. Our walkers got 6 medals out of 7 entered - woohoo!

A big thank you to the parents who helped out on Discus and Recording for the day.

NEXT YEAR - I think we will start recording a bit earlier in the season so we can pick the top 5 runners in each age group by end Oct. It was hard when many families were not available on this date. We will break some records if we have top teams there in all age groups! It was also quite frustrating when kids pulled out and the whole teams had to be cancelled. The poor 8 & 13yr girls teams who didn't get to run.



The full photos are on Facebook on this link:

<http://www.facebook.com/media/set/?set=a.433259626729840.11621249.144564558932683&type=3>

Please 'LIKE' our club page!

Cambridge Ribbon Day this Sat Dec 8th

10am Cnr Vogel St & Hamilton Rd, Cambridge

Great family day out, and parents always learn something new too! Tiny Tots to 15yrs, free entry.

When you go to Ribbon Day, meet with all other Lake City parents and choose a meet manager to take total athlete numbers to the organizers.

Things to remember: **Uniform, lunch, drinks, gazebo, sunscreen.**



Athlete Stars coming to our Xmas Do!

Two of our rising star athletes will be making an appearance at our Christmas breakup on the 18th Dec. Molly Florence and Callum Taylor are both national representatives in their specialty events, and will show you what you can aspire too when you are older! They were just like you several years ago, and look where they are now.

Santa will also be coming on the 18th, plus we get to do some fun games and the BBQ is free that evening.



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Congratulations to Interschool athletes

There are a large number of our club teens who have done very well at Interschool and Secondary School champs recently, well done to all of them!

Uniforms

All children should be coming to club night in their **correct uniform** now - ie club running singlet and plain black shorts, with your age patch sewn on the left chest.

PARKING

The bottom carpark on Devon St will no longer be used due to safety of little children crossing the main road. The back carpark will be opened now, so please park behind the grounds from this week.



FIRST AID COURSE

It's important we have some parent-coaches who are skilled in first aid, especially considering the numbers we have at club nights.

Sat Dec 8th Full day (9am-4:30pm) course on offer. Cost \$70. If you/your child is a club member and you are a helper, the club will subsidise \$50 of this.

PARENTS CAN DO ATHLETICS TOO!

Did you know we have adults club night on Wednesdays at 6:15pm? We've had a couple newbie parents join last week already.

RATS Aquathons every Monday
At the Blue Lake 5:30pm

We've got a few kids from athletics out there, you really do need a wetsuit as the water is freezing! But great swimming session in open water, very good for the confidence. Plus the parents are taking part too. Welcome to join us!

Where: Blue Lake, Waterski Club

When: 5:30pm registration, 6pm start

What: 350-750m swim, 2-5.5km off-road run.

Kids: The shorter distances are for children.

Cost: Free for RATS members, \$2 for non-members

What else? Races are fortnightly, and we have a break over Xmas/New Year's holidays details in weekly emails. On the in-between Mondays, there will be an open water swim training session with like-minded RATS.



Lots more winning team photos on here:

<http://www.facebook.com/media/set/?set=a.433259626729840.11621249.144564558932683&type=3>

Cheers for another week
Kerris Browne & Rina Joy

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