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***GOSFORD ATHLETICS CLUB***

***OCTOBER 2021 NEWSLETTER***

Season 2021/22 is now upon us for both our Little Athletics and Senior Athletics athletes. Little Athletics starts back up on Friday the 5th November following a delayed start to the season due to COVID whilst the action begins for our Seniors on Saturday the 6th November at the first ANSW meet for the season.

We welcome all our returning and NEW members to the club and hope you have an enjoyable season. Whilst most of our information can be found on our website or on both our Gosford Little and Gosford Seniors Athletics club facebook pages, our newsletter can also be a source of information to find out what is happening within the club.

Whilst last years season was a bit of a stop/start affair due to the lingering COVID outbreak, there were some events that were completed including the NSW Country Athletics Championships that were held in late February at Mingara. Gosford had our largest contingent of athletes competing for many years and we improved from our previous 10th place in recent years to a highly credible 4th place. This season championships will be held at Maitland Athletics Centre over the weekend of 21st-23rd January 2022 and is open for athletes U12 to Masters (some events are also held in the U9,U10 and U11 age groups. This event is a great opportunity to have quality competition in a fun and relaxed atmosphere and is also one that build great club comradery so mark it in your calender.

**Gosford Little Athletics**

Friday the 5th November 2021 is our first night of competition for the new season starting at 6pm. Please ensure you check in with our QR codes on arrival and that only fully vaccinated adults attend with their children. Club training will commence on Tuesday 9th November with a list here of training activities. Training is $2 per day or you can opt to buy a Little Athletics season training card for $25. This covers training for the entire season and for each session attended you can earn you way to some free goodies from our canteen on a Friday night.

Training

U7-U9 – Running training 5:30pm-6pm with Ryan McKendrick

U10 and up – Middle distance training (800m and up) 6pm-7pm with Ryan McKendrick

U10 and up – Sprint Training (Up to 400m) 6pm-7pm with Tyler Gunn

All ages – Throw training (Shot and Discus) 6pm-7:30pm with Kelly and Steve Hunter

Jumps training may be run from time to time but at this stage we are unable to confirm set dates and times.

This season it has been announced that there will be no Zone Championships but there will be direct nomination to Regional Championships (To be held in early February 2022). Further information will be provided closer to the date.

**Gosford Seniors**

It has been great to see so many new athletes register with Gosford for this upcoming season in all types of categories (Community, Dual and Open). For anyone Little Athlete in U12s and up and would like to have extra athletics competition, please sign up to Gosford Seniors (it’s free to register) through the Athletics NSW website. If unsure please ask one of our committee members on how to do this or what events this gives your child access to.

Our Community category of membership allows those adults or late teens to compete on Friday nights. Although it is a club competition, the atmosphere is very relaxed and welcoming and we would love to see more of our mums and dads giving it a go even if it is not on a weekly basis. Cost of this membership is $35 and registration is through the Athletics NSW website but we can assist you if need be. Stretching before competing is highly recommended for all.

Our Open membership category is really coming along nicely with several new members joining the club or upgrading from Community member last season to full Open member this season. Open membership allows you to compete in any Athletics NSW event across both winter and summer season and has many Winter race discounts for those road runners amongst us. The first big championship of the season is the State 3000m championships on Saturday evening 13th November and by current nominations it appears that Gosford could possibly have 10 athletes representing the club at this meet.

Finally as we move into the new season we reminder everyone to please ask any of our Committee members for assistance should you require it, be it regarding questions about competition, registration or even simply how to officiate at an event on a Friday night. In reciprocation, our Committee is always looking for help with the canteen, bbq, timekeeping or being an age manager. We don’t expect people to be on canteen or bbq duty every week but if you can put your hand up to help once during the season, you will make our job a lot easier to then run a successful Friday night of competition.

**DATES FOR YOUR DIARY (This is not a total list of events just some upcoming)**

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| **Event** | **Date** | **Entries Close** |
| NSW State 3000m Championships | 13th November (SOPAC Warm up track) | Close 10th November |
| NSW State Relay Championships | 20th-21st November (SOPAC) | TBA – Speak with Committee |
| NSW State 10000m Championships | 27th November (Bankstown) | TBA |
| NSW All Schools Championships (High School only) | 9th-12th December (SOPAC) | Close 29th November |
| NSW Country Championships | 21st-23rd January (Maitland) | TBA |
| Little Athletics Regional Championships | Early February 2022 (Likely to be Glendale) | TBA |
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