

MLA NEWS

Our Saturday competitions will continue as normal through the school holidays, weather permitting of course. As the number of trialists each week are decreasing, we have a better idea of group sizes and have split them accordingly. Also, if you are unsure how to judge, record or measure at any event, please grab a committee member for guidance. The committee and coaches are very approachable and questions are always welcome.

We need help each week setting up/packing down and with starting/timing the races. Please come and see us if you're interested in becoming more involved as we really need help in these areas.



Club Records

More outstanding performances and so early in the season. Well done to our Club Record breakers from the last 2 club mornings.....

Chelsea Capps U14G **Ava Barron U15G**
Javelin 33.70m **Long Jump 4.75m**

Charlie Capps U16B
Shot Put 12.66m

Charlie Capps U16B **Aidan Mackie U16B**
Discus 44.83m **100m Hurdles 15.06s**

★★ PB's ★★

We are a few weeks into the season and are now starting to see plenty of Personal Best Performances. It's so important to remind the athletes to strive for PB's and focus on their individual improvement throughout the season. 57 PB's were achieved last week with notable mentions to **Teale U11B**, **Lilly U12G** and **Logan U16B** who broke 3 PB's each and **Sophie U12G** for a whopping 4 PB's.

*Keep an eye out for the yellow stars when you log into Results HQ to see if your athlete achieved a PB

Weekly Results

To view your weekly results, we use Results HQ. Simply go to resultshq.com.au. Your username is the email address you gave Little Athletics Qld when you first registered. You can view your child's results, PB's, club records, the upcoming weeks program and more. Full instructions can be found here-

<https://mudgeeraballittleathletics.com.au/weekly-results/>. Athletes must be registered before the upcoming weeks competition for results to show up in the system. Results for trials aren't uploaded.

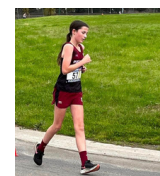
Regional Relays

We just want to put Regional Relays on your radar, to be held at Tweed Little Athletics on **Sat, Nov 12th**. There will be no regular club competition that week. Relays are a fun event for U7-U17 athletes, who compete in teams against other clubs in our Region. U9-U17 athletes may also qualify for the State Relay Championships, to be held on **Sat, Dec 3rd** in Brisbane. The cost is \$20 per athlete.

Please pencil in the dates above and we will provide more information over the coming weeks.

Athlete Achievement

Congratulations to **Maya U14G** who competed at the Australian Winter Road Walking Championships in Melbourne last weekend. Maya placed 9th overall in the 14yrs 3km race, came away with a Silver in the team event and placed 2nd in the handicap points award. Well done Maya!



Handy Hints - LONG JUMP

How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of an athlete's run-up should be their age in strides, + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that a child is reaching their maximum speed well before the take-off area, you might suggest that they move their run-up in.



Where do the athletes jump from?

- U6 - U10: a rectangle of sand or a mat.
 - U11 - U17: a board or painted rectangle.
 - The take-off area should be setup (not less than) 1m back from the edge of the pit.
- Allowances may be made for U6 athletes to be closer to the pit, but no less than 50 cm.

When is a foul recorded?

- If an athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off from the board or mat with two feet.
- If the athlete after landing, walks back through the sand towards the take-off area.
- If any sort of somersault is used.

How do I measure?

- U6 - U10 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.
- U6 - U10 (with no foot mark): If the athlete takes off from behind the take-off area, measurement is taken from the back of the mat/take-off area, to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- U11 - U17: Whether the athlete takes off on or before the take-off board, measurement is from the front of board area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.
- If an athlete falls back when landing, the measurement must be taken from the nearest imprint to the take off area

What are the safety considerations?

- The pit must be dug out and be clear and free of debris and should be raked through, prior to competition.
- The take-off area should be dry and flat.
- Rake the pit after every jump.

What are some "Handy Tips" for conducting long jump?

- Have younger athletes (U6-U10) run in from a set marker.
- For younger athletes, have the athletes lined up on (or beside) the runway ready to go.
- Each athlete may only get 3 attempts, regardless if they are fouls or recorded jumps.

***See this video for a basic introduction on technique and how to officiate a Long Jump event. Feel free to fast forward through the 'How to Triple Jump' if not relevant to your child's Age Group.....**

<https://www.youtube.com/watch?v=WEG3-qBg8Lg>

