

MLA NEWS



After heavy rainfall last night, which has resulted in flooding at our grounds, competition for Sat, 24th Sept has been cancelled. If any clubs in our region are unaffected by the weather, you are welcome to join in with them. Keep an eye on their Facebook pages for potential cancellations. We hope the rain eases so the track can dry out ready for next week.



Carnivals

Carnivals are optional. See the nominations tab on your ResultsHQ account or visit this link for info on all upcoming events.....

<https://laq.org.au/events/>

Summer Carnival

WHEN- Sat, Oct 22nd

WHERE- SAF, Nathan, Brisbane

WHO- U7 - U17

COST- \$20 per athlete

NOMINATIONS- Close Oct 9th.
Nominate through Results HQ

Regional Relays

WHEN- Sat, Nov 12th

WHERE- Tweed LAC

WHO- U7- U17

COST- U7 & U8: No charge

U9-U17: \$25 per athlete

NOMINATIONS- Close Oct 15th.
Nominate and pay at the canteen



PBs

49 athletes broke 72 PB's between them last week. Well done to the following athletes who achieved 3 PB's each, all from the U11 Girls...

Autumn S, Parker G & Sienna H

Relays

Athletes must nominate to participate in Regional Relays. We then choose the teams from the nominated athletes. Teams and running orders are based on Personal Best times from this season. An email will go out during the week with more info.

Finish Line

Please always be aware of your surroundings during competition.

We ask that all attendees be mindful that our starter needs a clear line of sight to the finish line. Please also walk around the timing gates and not through them :)

BBQ Roster

Thank you to our canteen and BBQ helpers so far this season. **U11G** are rostered on for BBQ next week.



Development Clinics

Little Athletics QLD have 2 upcoming Coaching Clinics on the 27th and 29th of Sept. To be held in Brisbane for U9-U17 athletes. Click this link for more info..... <https://laq.org.au/athletes/coaching-camp-and-clinics/>

Club Captains

Our Club Captains for the 2022/23 have been selected. We will make the announcement next week before competition.

Thank you to last seasons Club Captains Bianca, Toby and Cooper for setting a great example on sportsmanship for all athletes last season.



Handy Hints - HIGH JUMP



Who can do high jump?

- U6 - U7: At club level only using the flexi bar. Conducted more as a training exercise, results are not recorded.
- U8 - U10: Scissor only on the thin mats.
- U11 - U17: Flop or scissor technique on the thick mats.

Teaching scissors

- The athletes should start at an angle about 30 degrees to the bar, using an 8-10 stride run-up.
- The closest leg goes over the bar first, the second leg follows (like a pair of scissors opening and closing). The athlete's body should remain upright and they should land on their feet.

Teaching flop

- The flop should only be taught by qualified coaches as it is quite hard to master. Most young athletes at Little Athletics think that the flop will get them a higher jump. If it is done correctly this is usually true, however, most young athletes have not mastered this skill yet, and as such will probably get a higher jump using the scissor technique.

When is a foul recorded?

- If an athlete takes off from two feet.
- If the athlete touches the landing area beyond the plane of the bar without clearing the bar. For example, touching the mat or uprights even if running through and deciding not to attempt the jump.
- If the athlete knocks the bar off the support. There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect. If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over then it will be a foul, regardless of where the athlete is when the bar eventually falls. It is up to the Chief Judge as to when they stop and steady the bar.
- Scissors only- If the head of the competitor goes over the bar before the leading foot or if the athlete hasn't made an attempt to land on their feet.

What are some basic rules?

- Each athlete is allowed three attempts for each height at most competitions.
- Athletes do not have to attempt all heights, they can pass whenever they want, including after they foul a jump.
- If the athlete misses the bar on three consecutive attempts they are out of the competition. The last height they cleared would be recorded as the height they reached.

Where do I measure from?

Measurements for high jump are taken from the top of the cross bar, at the lowest point of the bar in the middle. The height is also checked at each end of the bar to ensure that it is level. Officials need to check the end heights every time the bar is raised.

How do I record each jump?

- Results are recorded on a high jump recording sheet.
- - indicates an athlete did not attempt a height or has passed.
- X indicates an athlete failed an attempt at the height.
- O indicates an athlete was successful at the height.

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

- Start 5 -10cm lower than the lowest PB on the athlete list. Increase the bar by 5cm at a time until only a few athletes remain. The bar may then go up by a decided amount (2-3cm) for the remainder of the competition.
- Have the athletes start from a shorter approach for lower heights.
- Instruct athletes to clear the bar in the middle not near the uprights.

