

This is our first newsletter in a few weeks and it's packed with results. So many great achievements that there isn't room for anything else. Go kids! It's going to be a hot one this Saturday so don't forget hats, sunscreen and water bottles. We look forward to getting back to it after the rain got in our way last week.



## Club Records

Congratulations to the following athletes who both broke long standing records recently.....

**Korbyn Bricknell-Hewitt U14B**  
**1500m Walk 8:35.50s**

**Thewbelle Philp U15G**  
**200m 26.58s**



**PBs**

So many PBs over the past couple of weeks. Well done to these superstars for their efforts, all achieving 4 PBs each.....

**Week 6:** Havanah U6G, Isla U8G & Chloe U10G

**Week 7:** Alexandra U9G, Kayla U10G, Kingston U10B, Madeline U11G, Ashley U12G, Cory U12B, Alyssa U16G & Cooper U16B

## QLD School States

There were many familiar Mudgeeraba faces who represented South Coast at the QLD Schools State Championships. Well done to all athletes who competed, what an achievement. Extra congratulations to the following athletes.....

**Jesse Flynn U13B-** High Jump BRONZE (National Qualifier)

**Maya Barron U14G-** 3000m Walk BRONZE

**Chelsea Capps U14G-** Javelin SILVER (National Qualifier)

**Korbyn Bricknell-Hewitt U14B-** 3000km Walk GOLD (National Qualifier)

**Ava Barron U15G-** Triple Jump SILVER, Long Jump SILVER, 400m BRONZE (National Qualifier)

**Thewbelle Philp U15G-** 100m SILVER, 200m BRONZE (National Qualifier)



## **coles** Summer Carnival

The weather played nice, for the most part, in Brisbane last Saturday for the Summer Carnival. We had a small but mighty group of 12 Mudgeeraba athletes give it their best against athletes from all over the State (up to 50 athletes in each age group). Lots of PBs, near PBs and massive efforts. Well done to you all. Thank you the volunteer officials who made the day possible, most didn't have time for a break all day. Congratulations to our medallists.....

**Izzy Blackburn U9G-** 700m Walk SILVER

**Jesse Flynn U13B-** Discus SILVER, Shot Put BRONZE, High Jump BRONZE

**Ava Barron U15G-** 400m GOLD, Long Jump SILVER, Triple Jump BRONZE



# Handy Hints - DISCUS

## What are some basic rules?

- Athletes must commence their throw from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the discus has landed.
- Athletes must be told the reason they have been fouled.
- If the discus hits the cage, bounces off and lands inside the sector lines this is not a foul.
- Athletes can enter the circle from any direction (front OR back), but must exit from the back half of the circle behind extension line. We generally teach the athletes to walk in and out from the back to save confusion.
- Athletes may only have 3 attempts each



## Can the discus be thrown underarm?

Yes, and it is a perfectly valid throw. For the younger athletes it may take a while to be able to make a discus fly flat. In fact the discus can come out of the hand in any way. If thrown correctly however, athletes will get a bigger throw.

## It shall be a foul throw if?

- The discus lands on or outside the sector lines.
- Any part of the body touches the top of the circle (metal ring or ground marking) or ground outside the circle during the throw.
- The athlete walks out the front half of the circle.

## Where do I measure from?

- Measurement shall be taken from the nearest imprint made by the Discus to the inside edge of the throwing circle.
- The tape needs to be pulled directly back through the centre of the circle.

## Some safety considerations?

- Keep participants who are waiting their turn, well back from the cage and under shade tents provided.
- Judges should stand on the outside of the sector lines and always be alert.
- Participants should not lean on or touch the cage while waiting for their turn.
- Carry the discus back after each throw – never return the discus by throwing or rolling.
- Don't allow any discus or measuring equipment to be played with.
- The correct discus weight must be used. Refer to the age group folder for the weight chart.

Another helpful tip for larger groups is to call an athlete up for their turn followed by the next athlete on the list so they are ready to go. If you have any questions or your group would like extra assistance at an event, please grab a committee member or coach on any Saturday morning.

