



Club Records

The Capps kids are at it again, continuously bettering records they have already broken this season. Well done to.....

Chelsea Capps U14G
Javelin 35.42m

Charlie Capps U16B
Discus 48.35m

★ PBs ★

Last week was our biggest week yet with 104 PB's. Well done kids! Special mention to the following athletes who broke an impressive 4 PB's each.....

Denver U9B Lucas U11B

Lincoln U11B Charlie U16B

Upcoming Events

Summer Carnival

WHEN- Sat, Oct 22nd

WHERE- SAF, Nathan, Brisbane

WHO- U9 - U17

COST- \$20 per athlete

NOMINATIONS- Close Mon, Oct 10th @ 8.59am

Nominate through Results HQ

Regional Relays

WHEN- Sat, Nov 12th

WHERE- Tweed LAC

WHO- U7- U17

COST- U7 & U8: No charge

U9-U17: \$5 per event

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

*Athletes must nominate to participate in Regional Relays. We then choose the teams from the nominated athletes. Please click here for more information.....

<https://mudgeeraballittleathleticscomau.files.wordpress.com/2022/10/regional-relay-info-sheet-.pdf>

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/>

BBQ Roster

Thank you to our BBQ helpers last week. **U11B** are rostered on this week. Could a volunteer please see us at the canteen after announcements have finished.

Help Needed

There are many roles involved in running our Saturday morning competitions. Currently, we are short of help in these areas....

*Operating the Timing Gates

*Canteen Helpers

Coles Bananas

To date Coles have donated over 3.7 million bananas and \$2.2 million in sports equipment grants to help little athletes and grassroots centres grow and thrive. Please enjoy the free bananas, donated by Coles Worongary, each week. Bananas will be located on a table near the finish line.

Club Captains

Both athletes have demonstrated years of commitment to the club, good sportsmanship and a high level of attendance/participation/effort each season. Please join us in congratulating our Club Captains for the 2022/23 Season.....

Alyssa Thomson U16G

William Mehta U16B



Handy Hints - SHOT PUT



What are the safety considerations?

- Keep participants who are waiting their turn to put, well back from the circle.
- Judges should stand on the outside of the sector lines and always be alert.
- Carry the shot back after each put.
- Shot to be placed on the ground for athlete to pick up.
- Athletes must not put until told to do so.
- Do not allow athletes to play with spare shot puts or equipment.

How do the athletes “put the shot”?

- Starting Position - stand side on, feet shoulder width apart and use the non-throwing hand to aim.
- Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.
- The shot should touch or be in close proximity to the neck or the chin.
- Putting the shot - keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying, (“elbow up, thumb down, palm out”) can help remember the sequence.

What are some basic rules?

- The shot can only be put with one hand.
- The shot cannot be thrown like a ball.
- Athletes must commence the action 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 shot has landed.
- Athletes must be told the reason why they have been fouled.
- Athletes can enter the circle from any direction (front OR back), but must exit from behind the centre line on the circle. We encourage all athletes to enter and leave the circle from the back to save confusion and get them into the habit of walking out the back.

What is a foul?

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top of the stop board or metal throwing circle.
- If any part of the athlete’s body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.

How do I measure?

- Measurement is from the nearest imprint made by the shot to the inside edge of the stop board/circle.
- The zero end of the tape goes out to where the shot lands.
- The tape needs to be pulled directly back through the centre of the circle.

Click this link to view a short video outlining the basics of Officiating Shot Put and Discus.....

<https://fb.watch/f-cue2C0qm/>

Shot Put can be one of the more difficult events to judge. As always, we are here to help so just grab us if needed.

