



MLA NEWS

Due to a majority of our Committee and regular parent helpers attending State Relays with their children, there will be **NO club competition on Sat, Dec 3rd**.

At this point in time, we are not required to put our Covid Plan back into action. We do, however, kindly ask that our members use common courtesy and consideration for others as cases are on the rise in our community.



Club Records

Congratulations to last week's record breakers.....

Ava Barron	U15G	Luke Gorski	U15B
Long Jump	5.05m	300m H	52.09s
Thewbelle Philp	U15G		
300m H		48.20s	

Mobile Phones

Just a reminder that athletes are not permitted to use their mobile phones during competition. Please encourage your children to leave their phones in the car or in their bags. If Age Managers are having trouble enforcing this, please let us know and we will have a chat with the group.

Parent Help & Committee

Our club is 100% volunteer run and it's becoming increasingly challenging for our Committee to keep up with the workload. There have been many occasions this year where we have not had adequate help for set up or pack down. Many hands make light work so please pitch in where you can.

Seeking a Treasurer and Secretary: We have had committee members stay on this season to keep the club afloat. They are not in a position to do the same next season and we would like to train up volunteers through the second half of this season so they are ready to take over the roles in the 2023/24 Season. Please reach out if you can help.

BBQ Roster

U9's are on BBQ this week. Could a volunteer please see us in the canteen after announcements. Thank you in advance.

There will be **NO** Saturday comp on the following dates....
Dec 3rd- due to State Relays
Dec 24th, Dec 31st & Jan 7th- due to our Christmas Break

Club Calendar

Christmas Breakup

On Dec 17th, our last comp day of 2022, we will run a modified program that will include the following.....

***The Mudgeeraba Gift *2 field events *Slip n Slide fun**

The Gift is a handicapped race where, in theory, all athletes should cross the finish line around the same time. Starting marks are based each athletes 100m PB. The overall winner will receive the **Hinton Family Trophy** at our end of season presentation. It's a lot of fun and the athletes enjoy it every year. The kids can dress festive but please make sure they wear their Mudgeeraba shirt.



Handy Hints - JAVELIN

Who is allowed to do Javelin?

- Only U11-U17 athletes can do javelin.
- Our club offers Vortex or Turbo Javelin to the younger groups.



What are the safety considerations?

- Keep participants who are waiting their turn, well back from the throwing area.
- Judges should stand on the outside of the sector lines and be fully alert at all times.
- Carry the javelin back vertically after each throw. Never run to collect or return a javelin.
- Athletes must not throw until told to do so.
- Stand the javelins upright with the tip in the ground - never at an angle.
- The correct procedure for removing the javelin from the ground is to place your thumb over the end tip and pull back. Be aware of who is behind you.

How do you throw the javelin?

- Stand side-on with the opposite foot to the throwing arm in front, feet slightly wider than shoulder width apart.
- The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at eye level.
- To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, NOT sidearm). At all times the javelin is above elbow height, with the tip pointing forward.
- The run-up for beginners should be a controlled 3-5 steps.

What are some basic rules?

- The javelin must be released from over the shoulder or upper part of the arm.
- The javelin does not need to stick in the ground to be a valid throw, however, the tip of the javelin must strike the ground first
- It is not a foul if the javelin touches the ground during the run up.
- The athlete must leave the throwing area from behind the throwing arc.

When is a foul recorded?

- If the javelin is thrown underarm, slung or hurled.
- If the javelin lands on or outside the sector lines.
- If the athlete touches the lines marking the runway during their throw.
- If the athlete crosses the throwing arc, marking the end of the runway, during their throw.
- If the athlete leaves the runway before the javelin has landed.
- If the athlete turns their back to the landing area during the throw.
- If the javelin does not land with the tip of metal head first. The tip must land first in Vortex and Turbo Javelin too. If the tail lands first, it is a foul.
- If the athlete leaves the runway on or in front of the extension lines from the arc.

How do I measure?

- Measurement is from where the tip of the javelin first strikes the ground to the inside edge of the runway arc.
- The zero end of the tape goes out to where the javelin lands.
- The measuring tape is pulled straight back through the 8m point on the runway

What are some "Handy Tips" for conducting javelin?

- Have the next athlete ready to throw.
- Move any javelins that are not being used, away from the immediate area.
- For beginners allow the athletes to do a standing throw or a short approach only on the runway.

