

Box Hill Athletic Club Summer News 09
Monday 23 November 2008

UPCOMING EVENTS

Thursday, Nov 27 Throwers Club (Shot Put and Discus) Ringwood
Saturday, Nov 29 Shield Competition Round 6, Box Hill
Saturday, Dec 6 Shield Competition Round 7, Nunawading
Saturday, Dec 6 Zatopek 10k (B,C,D divisions) Aberfeldie
Thursday, Dec 11 Zatopek Meet at Olympic Park
Saturday, Dec 13 Shield Competition Round 8, Doncaster
Tuesday, Dec 16 Milers Club (800 and mile) Aberfeldie
Tuesday, Dec 16 High Velocity Club at Box Hill
Saturday, Dec 20 Rare Air Club at Box Hill

NEXT ROUND OF SHIELD COMPETITION AT BOX HILL THIS SATURDAY

Round 6 of competition will be held at Box Hill on this Saturday, November 29.

See the summer competition handbook or the AV website for the timetable.

After the wash out at Doncaster last week, and a lower than usual turn out of athletes at Ringwood the week before, we are hoping to have every available athlete competing at Box Hill this week.

CHOCOLATES!

Thank you to all members who have raised money for the club selling chocolates.

There are still some members who have outstanding chocolate money. Could all members please return the money from the sale of chocolates this week.

CONGRATULATIONS TO PARIS

Congratulations to Paris McCathrion who on November 13 cleared 3.15m in the pole vault to break the Victorian under 14 record.

OFFICIALS NEEDED

We are still calling on people to volunteer to help out as officials at shield competition. If you are able to help, please let us know. If you are contacted by the club and asked to provide an official on a particular day, please try to do so, or if you cannot help on that day, perhaps suggest another round of competition where you or a family member can help out.

CAMCORDER FOR COACHES

In finishing second in the recent Melbourne Half marathon Nikki Chapple received a Samsung camcorder as part of her prize.

Nikki has kindly donated it to the club for the use of coaches.

If any coach would like to make use of this camcorder to video their athletes in training or competition contact Chris O'Connor.