

## **Box Hill Athletic Club Summer Bulletin 2010 - 2011 No. 02**

**Monday 4 October 2010**

### **UPCOMING EVENTS**

Tuesday, October 5, Track season launch!

Saturday, October 9, 1st round of shield competition - Box Hill

Saturday, October 16, Shield Competition round 2 - Nunawading

Saturday, October 23, Shield Competition round 3 - Box Hill

#### **SEASON LAUNCH, TUESDAY, OCTOBER 5 AT 7PM.**

The club is holding a season's launch, tomorrow (Tuesday) at the club rooms. All members, especially new members are urged to attend. This is a chance to announce the new club captains, meet the team managers, club committee and coaches, find out about the new shield competition scoring system and get to meet more of your fellow club members. The summer competition handbooks will also be available.

7:00pm - 7:45pm: Free pizza! Drinks for sale

7:45pm - 8:30pm: Information session

For sale: New club uniforms, club hoodies, club socks etc.

#### **ROUND 1 OF SHIELD COMPETITION THIS Saturday**

Round 1 of shield competition will be held at Box Hill on this Saturday, October 9, using program 2 starting at 12:30pm. The events will be Hurdles, Walk, 3000m/5000m, 100m, 1500m, relay, 400m on the track and in the field, Javelin, Discus, Triple jump and Pole Vault. (see the AV website or collect an AV Summer Competition Handbook to see the full timetable).

When you arrive at the track please report to your team manager who will be located at the far end of the grandstand as you enter the ground, and sign in for the events that you plan to compete in. The more events you do the more points you will score for the club!

If you have any questions feel free to ask!

#### **GET REGISTERED NOW! THE TRACK SEASON IS HERE!**

The 2010/2011 interclub shield track and field season is less than 1 week away. Competition starts on Saturday, October 9. Don't miss out on the start of the season. If you are not registered for this season please register as soon as possible. Registration forms can be downloaded from the Box Hill Athletic Club website, or reply to this email and we will send you a form.

#### **TEAM MANAGERS NEEDED!**

With long time men's team manager, Rob Falkenberg, stepping down from his team management duties, we are looking for people to help as team managers of the senior and the junior men's teams. For this year it is likely to be a shared responsibility, so you do not have to be an expert or have any experience, just a willingness to help out. Please let us know as soon as possible if you are able to help. The only requirement is that you are able to attend shield competition most weeks.

#### **CALLING FOR VOLUNTEERS**

If you can help setting out equipment, measuring jumps, moving hurdles or writing down results then your club needs you! Most weeks throughout the summer season Box Hill is assigned certain duties. If everyone involved with the club helped out just once throughout the summer, then it would be an easy task. Please let us know if you can help!

#### **WORKING BEE**

Thanks to all those who helped out at the working bee on Sunday, September 26. All members will notice that the new seating has now been put in place in the grandstand. But there are still a number of tasks to be done. Steeplechase hurdles to be repaired, throws line marking to be done etc. if you are a handyman or just have some spare time, let us know if you can help.