

Club Contacts

Koorungal-Wagga
Athletics Club

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Dates to remember

Zone Championships
Bill Jacobs Athletics
Centre

04/12/2022
Entries close
20/11/2022

Last Club night for
2022

16/12/2022

Club Meet resumes

27/01/2023

Website:

www.kwa.org.au

KOORINGAL-WAGGA ATHLETICS CLUB INC.

Season 2022/2023

Newsletter No. 2

17/11/2022

We're off and running!

We've been fortunate enough for the rain to hold off on the last few Friday's for us to run our Club Meets! Let's cross our fingers the weather will be kind to us for the remainder of the year!

We have 213 registered athletes this year, the largest cohort we've seen in a few years. It is great to see so many returning families and we welcome our new families to our Athletics Community!

Our 43rd Annual Carnival was held on the 6th November 2022 and we have received many positive and encouraging feedback from the day. Athletes from as far as Gosford and Sydney and Victoria attended and it proved to be a great day with 12 records broken, of which an old 32 year old Shot Put record was smashed. The [Track & Field Results](#) from the day are available on our website.

We'd like to take this opportunity to thank all of those who help make the day possible and we would especially like to thank Vince Mescia who spent many, many days and countless hours leading up to the day down at the track preparing the very wet ground. Thank you!

Eastern Zone Championships - Region 4

Our Eastern Zone Championships will be run on the 4th December 2022 at the Bill Jacob Athletics Centre, Jubilee Park, Wagga. The Wagga Wagga Little Athletics Club will host the Championships this year.

Entry for our members is via your RHQ family portal. Entries close this Sunday 20th November at 11.59pm, so please enter now as entries will not be accepted after Sunday. For more details on how to log onto you RHQ Family Portal see below.

For those who are new to athletics, Zone is the first of a three step progression in qualifying to attend the State Track & Field Championships held at the Sydney Olympic Park Athletics Centre (SOPAC) in March 2023. Entry to Zone is open to everyone age from 7 to 17 years old. Under 7 to Under 11's may enter up to 4 events & Under 12's to Under 17's may enter up to 6 events

Cost to enter is \$5 per event.

The under 7's do not progress past Zone. Under 8's and above who place in the top 3 at Zone will progress to the Regional Championships.

The Regional Championships (Region 4 Champs) will be held in Griffith on the 4th & 5th of February 2023.

We encourage all eligible athletes to attend Zone as this is a great opportunity to meet new athletes and families and also to improve on personal bests.

PLEASE NOTE - ALL ATHLETES MUST BE IN FULL CLUB UNIFORM WHEN COMPETING AT ZONE. Club singlet with navy shorts or crop top with navy bike shorts— no logos on shorts.

[Click here](#) for more details on Zone, Regional & State Championships.

Results HQ

View and track your child's results from the Friday Night Competition on your Results HQ (RHQ) Family Portal. Results are normally entered in over the weekend and available early the week following Club Night.

New and first time users will need to active their RHQ on the link below and use the email address used to register as the username and performing a password reset. (This is a one time process)

Once logged in you will be able to view the child/children's results, track their progress, nominate to enter other club carnival and gala days under the Nomination tab and print achievement booklets at the end of the season.

Please activate you account Results HQ portal ready for the season at : <https://centreadmin.resultshq.com.au/home/login>

Please note only registered athletes will have access to the RHQ Portal.

Uniforms

Athletes are required to be in the Club Uniform at each Friday Club Competition Meet and to at all Carnivals

Bib Numbers must be displayed on front of shirt at each Club Meet
No Bib = No Point Score!

Uniform Price list

Unisex Club Singlet
Junior \$40

Unisex Club Singlet
Adult \$40

Unisex Navy shorts
Junior \$25

Unisex Navy shorts
Adults \$25

Junior Girls crop top &
bike short set - \$63

Senior crop top &
bike short set - \$65

Optional Extras: Club
Polos \$45 each

Caps & Bucket Hats \$15.00

Special Orders
Club Long Sleeve
Training Tee
\$40.00

FAMILY, FUN & FITNESS



Where to place Bib Numbers & patches on uniforms.

The Bib number, age patch and Coles patch are all required to be sewed on pinned on the Club Uniform.

Please note, athletes will not be allowed to compete if they do not have their bib number displayed on their uniform. If you are waiting on a uniform order to be filled please pin the bib number on the front of the child's clothing in the interim.

Refer to the photos on the side to view where the patches are placed.

Club uniform = either club singlet & Navy Short or club crop top and navy bike shorts. Please note—shorts are not to have logo's.

Bib number—Sew or pin in center of singlet or crop top.

Age patch - top left hand side of singlet.

If wearing crop top/lycra shorts set, age patch is to be placed on the bottom front left hand side of shorts.

Coles patch to be place on top right hand side of Uniform.



Join the Committee

We're encouraging more parents to jump on and join our Committee. Our Club is totally run by volunteers and we need more people to help ease the load. Please consider coming along to some of the Committee meeting to see what's involved - many hands make light work!

We will be holding a Christmas Dinner/meeting on the 9th December 2022 at 7pm (after Club Night) at the Koorungal Hotel. Please feel free to come along, bring the family and meet the Committee. Please let Dee know of your intentions to attend for reservation purposes.

Club Meet Events—extra training programmed

It has been brought to our attention athletes in some age groups are receiving 3 fouls when completing events at the weekly meets. The intention of running the Club Meets each week is to teach and provide instructions to the athletes and to encourage them to learn and improve their technique rather than simply going through the motion and fouling them.

Over the next couple of weeks we will have dedicated people running events to assist the athletes and parents with the hope of improving techniques and limiting the fouls.

The Walk Event

As most will appreciate the Walk event has a technical element and we aim to provide more training to assist athletes in completing the event without being penalized.

There will be a walk training segment included in this Fridays (18/11/2022) program and we strongly encourage all athletes and parents to take part.

We have also arranged for Hannah Mison (former Koorungal-Wagga athlete) who has competed at numerous State, National and Oceania Championships to run a Walk Training segment in December, when she returns to Wagga. Watch this space...

House keeping rules

A reminder a parent is required to accompany their child on Fridays and this sport is not a dump and run sport.

*****Please ensure your child is with a supervising adult whilst down at the track.*****

Facebook & Instagram—Koorungal-Wagga Athletics Club

Please like/join our FB and Instagram pages. We find communicating via these platforms the quickest and easiest way of getting messages out to our members especially when advising about wet or hot weather alerts.

Koorungal-Wagga Athletics Club Inc Committee
Family, Fun & Fitness