



## This Week Competition

Saturday 19<sup>th</sup> October

**Bring a Friend Day**

**Program C**

Note 8AM start for U13-16 300m Hurdles and U11-12 1500m Walk

Here ye here ye, calling all friends of athletes, come on down and join us on the track for a free try out.

Each athlete can bring one friend to compete.



### PRESIDENT'S MESSAGE

Hi again to all our athletes and families,

I hope and trust that everyone has settled back into the new season and has enjoyed the first couple of weeks of competition.

To our new members we hope you are feeling very much a part of our club and getting to know the many wonderful people who make it a great place and environment for our children to enjoy our great sport. We trust you will find this friendly culture and family environment has remained strong and will continue in this our clubs 30<sup>th</sup> season.

The most common question I have been asked from our new and prospective members has been regarding coaching, and what is provided by the Knox Little Athletics Centre.



## PRESIDENT'S MESSAGE (cont.)

Knox is very fortunate to have a large number of dedicated, experienced & qualified coaches who provide an excellent coaching service to Knox athletes. All Knox coach's are volunteers and donate their time and energy for the love of the sport and to assist athletes to be the best that they can be.

For information on what coaching is offered by the Centre visit [www.klac23.org.au](http://www.klac23.org.au) for a brief summary of availability, contact details, background and interests, nights on which coaching is provided and coaches contact details on the KLAC website.

The coaches will instruct all comers (you must be a member of Knox Little Athletics), and all events are free on the nominated training days.

On the subject of websites, please visit our club website at [scoresbystriders.klac23.org.au](http://scoresbystriders.klac23.org.au) for information directly relating to our club.

Of course to keep members informed on what will be happening throughout the season, Angela Macfarlane will be faithfully sending out this our weekly newsletter, and in addition please join our new facebook page to link in socially with the club and members.

See you on Saturday,

Paul Sleeman  
President

**Why fit in  
when you  
were born to  
stand out?**

**Dr. Seuss**

