



SMITHFIELD ROOST

15 November 2019

Issue 2



www.smithfieldathletics.com.au



CLUB PHOTOS

Age group club photos are now available to be purchased from the canteen. Cost is \$2 for a 6" x 8" colour photo.

CENTRAL WEST METROPOLITAN ZONE CHAMPIONSHIPS

ENTRIES CLOSE FRIDAY 15 NOVEMBER.

DEFINITELY NO LATE ENTRIES WILL BE ACCEPTED

The Zone Championships will be held at Ash Rd, Prestons on the weekend of Friday 29 November, Saturday 30 November and Sunday 1 December.

Athletes from U7 to U17 Age Groups are eligible to enter Zone.

U7 – U11 are able to enter up to 4 events whilst U12 – U17 are able to enter up to 6 events. Athletes can only compete in their own Age Group. An athlete that finishes in the top 4 of a final will automatically qualify for the Regional Championships. Under 7's compete for medals only and do not progress to Regional.

Please see the noticeboard for all events and entry forms. There is no entry fee to enter the Zone Championships however a parent of each athlete is expected to help out on the field for an hour or 2 each day. It is not fair to leave all the work out on the field to a few parents. We all would like to watch our child compete so please be considerate in helping out. You do not need to know the rules of the events - It may be just a simple job of raking the long jump pits, recording or retrieving discus', shot puts etc..

MANY HANDS MAKE LIGHT WORK!

There are no scheduled times for when each event will be held so it is your responsibility to get your child to their event on time. First call on Friday night will be 6:45pm for a 7:00 pm and 8:45am for a 9:00am start on both Saturday and Sunday mornings.

Entries for Zone close this Friday 15 November. Please give your completed entry form including your email and mobile number to the canteen by this date.

Any questions, please see a committee member.

CANTEEN

The canteen is one of our major sources of revenue that helps purchase new equipment and enables the club to put on our presentation day so please come and support it by buying something of a Friday night.

Hot Food includes: Beef or chicken sausages on a roll, Meat pies, Sausage rolls, Chicken nuggets, Hot chips, Hot dogs, Cheese toasties, Ham and cheese toasties and Soup with a roll.

Keep an "eye out" for specials of the week. Drinks, chips and lollies are also available to purchase.

If you are interested in buying Hot Food for your child to eat after they have completed athletics, please **PRE-ORDER** at the CANTEEN before the start of the night. This will help out the committee running the canteen to prepare the food and avoid disappointment. There are special forms to do this so once you arrive at the ground head to the canteen to fill one out and pay.

If you have any questions or comments about the canteen, please see Colleen D'Agostino, our Canteen Manager.

NEW SEASON SPONSOR

We would like to welcome **St George Dental Care** as our newest sponsor for this season.



St George Dental Care provides the best dental care for patients, care about their oral health and make sure they receive the best treatment in a gentle, stress-free and professional manner.

Services include: Preventative, Children's, and Restorative Dentistry, Dental Implants, Root Canal Treatment, Dental Crown and Bridges, Dentures and Invisalign Go.

If you're looking for a dentist they are currently taking new patients. Schedule a consultation and let them put a smile on your face.

Shop 2/3A Emma Crescent, Constitution Hill (near Wentworthville)

www.stgeorgedentalcare.com.au

Phone: 02 96884870

IF YOU WOULD LIKE TO SPONSOR SMITHFIELD ATHLETICS PLEASE SEE THERESE SCICLUNA FOR MORE INFORMATION AND A SPONSORSHIP PACKAGE

EXTRA EVENTS and GALA DAYS

Throughout the season there is a multitude of Gala Days and Events that are run by other clubs that our Smithfield Athletes can attend. To see what events are available and the cost involved, see our noticeboard near the canteen.

We have had many athletes attend multiple Gala Days and Zone Multi's already achieving great results so congratulations to all athletes that have attended these events and done their very best.

If you have any questions about any of the Gala Days please see Jodie or Marian, our Interclub Officers.

CENTRAL WEST METRO ZONE MULTI

Our Zone Multi was held last Sunday 3 November, 2019 at our home ground, Rosford St Reserve.

Thank you to all our parents who helped out on the field and especially to Michael Goetz who spent most of the day on the BBQ. It was a long day with some of the committee members and their partners being down there for over 12 hours to set up and organise everything for the day. We appreciate the effort people showed to make the day a success for the club.

Lots of athlete's achieved personal bests in multiple events under very warm conditions. Congratulations to all our athletes.

Medalists on the Day:

U6 Boys – Rosario Patronaggio 2nd

U7 Boys – Simon Phoenix- 3rd

U9 Boys – Isaiah Wanna – 1st

U12 Boys – Alexander Perry – 1st, Jaxon Newham – 2nd

U13 Boys – Alex Goetz – 2nd

U14 Boys Thomas Cramp – 2nd

U17 Boys – Blake Scicluna – 2nd, Nicholas Pinoschi – 3rd

U7 Girls – Nirella Kanoun – 2nd, Pippa Zerafa – 3rd

U8 Girls – Emily Barisic – 3rd

U9 Girls – Stefanie Trpkoski – 2nd

U11 Girls – Evonne Simon – 1st

U12 Girls – Bailey Sly – 2nd

U13 Girls – Mia Kassardjian – 2nd, Amelia Shelton – 3rd

U15 Girls – Molly Goetz – 2nd

U17 Girls – Belinda Bennett – 1st, Kristyn Baker – 3rd

STATE RELAYS – 16 & 17 November

The club has entered 12 teams into the State Relays being held at Sydney Olympic Park comprising of running, throwing and jumping events. We wish all the athletes the very best of luck and to enjoy the experience competing with your friends.

SCAMPER – Free event for Tiny Tots, U6 and U7

On Saturday afternoon, November 23 from 4pm-7pm, the Central West, Mid West & South West Metropolitan Zones will be holding a fun afternoon for our Tiny Tots, U6 & U7 athletes at Monarch Oval, Macquarie Fields. Entry is free. Flyers have already been given out but there should be more available if required. Show up on Saturday afternoon from 3pm to register. First call for events will be at 3:45pm.

STARR PARTNERS CHRISTMAS TROLLEY DRIVE



Smithfield Athletics will once again be participating in this great event. We would love every athlete to bring in at least 1 item of unperishable food to put into a decorated box near the gates when entering the field in the next couple of weeks. These food items will be taken down to Starr Partners Fairfield and put into trolleys that are then paraded around to the Uniting Church on Friday 6 December.

The Uniting Church uses all the donations to feed the less fortunate so if you can, please donate to this worthy cause. Donations will be accepted at athletics until Friday 29 November. See the extensive list on the noticeboard to see acceptable food items. Please do not donate toys.

If you are interested in coming down to Starr Partners dressed in your Smithfield Athletics Uniform to push some trolleys on Friday 6 December please see a committee member for more information.

Tom Murphy, one of the club's sponsors, does a fantastic job organising this event so let's rally together as a club and bring down lots of unperishable food to our ground on Friday 29 November!

CHECK YOUR CHILD'S PERFORMANCE

Results HQ is where you go to check your child's weekly results, pb's and overall performances. Existing members will need to update some details when you first attempt to log in then it will be the same as previous seasons.

ResultsHQ

Family ResultHQ Log In Steps

To log into your family area to view results, tickets and graphs follow these steps:

1. Go to www.resultshq.com.au
2. Click on Forgot My Password
3. Enter your email as your username
4. Press Submit
5. You will get an email with the log in details for your family area

If you need a hand call 1300 954 487 or email support@timingsolutions.com.au



FRIDAY NIGHT COMPETITION SO FAR

We have finished 8 weeks of competition already and there have been over 1,500 Personal Bests performed by many athletes.

There have also been 8 club records broken:

13 Sept – U17 Boys Zaia Korkis 200m 24.06
27 Sept – U17 Girls Natalie Duardo 300m Hurdles 1.01.72
11 Oct – U12 Boys Jozef Cluff Shot Put 12.34
18 Oct – U17 Boys Bryce Nolan Shot Put 14.01
25 Oct – U12 Girls Le'ati Moefaaau 200m Hurdles 33.07
25 Oct – U9 Boys Isaiah Wanna 800m 2.53.12
8 Nov – U15 Girls Molly Goetz Shot Put 12.95
8 Nov – U17 Bryce Nolan Shot Put 14:52

Congratulations to all athletes for going out there on a Friday night and doing the best you can.

Thank you!

Thanks to our sponsors for their continued support of the club: Massive Workouts, Childcare Development Group, Smithfield RSL, Tom Murphy Starr Partners, PLOT Clothing and our newest sponsor St George Dental Care.

If you need to improve your fitness, thinking about buying or selling your place of residence, feeling hungry and need somewhere to eat, need some new clothes, have dental problems or looking at getting into the childcare business please support our sponsors. If you do go to one of our sponsors businesses please let them know you are from Smithfield Athletics.



DATES TO REMEMBER

Sat 16 Nov & Sun 17 Nov – State Relay Championships @ Sydney Olympic Park

Sat 23 Nov – Scamper for Tiny Tots, U/6 and U/7 @ Monarch Oval, Macquarie Fields

Fri 29 Nov – Friday night athletics still running despite Zone Championships being held.

Fri 29 Nov, Sat 30 Nov & Sun 1 Dec – Central West Metro Zone Championships @ Ash Rd Sporting Complex, Prestons

13 Dec – Last night of competition for 2019

17 Jan – Friday night competition resumes for 2020

