

CAIRNS ATHLETICS NEWSLETTER

29TH JULY 2015

CORAL COAST TRACK &FIELD CHAMPIONSHIPS

What an awe-inspiring carnival we held this year with not only the natural aptitude of our local and surrounding competitors but the opportunity to have a taste of what can be seen in the IAAF World Championships in Beijing in August 2015 with 10 National Athletes using Cairns as their base.

Thankyou to all technical officials and canteen staff :

Heather & John Vaughan, John Fischer ,Ruth Boustead, Barry Moss, Grant Smith, Sue Slatcher, Mary-anne Skyes, Kevin Cull, Bill Colgrave, Robyn Colgrave, Ian Geoghegan, Dean Grummit Cheryl Le-Brun, Wendy Carol, Brian Smith, Margret Smith, Penny Coulter, Brett Bettini, Percy Williams, Chris Stirling, Pat Reynolds, Rob Brennan, Richard Lennon, Jean Lendon, Tanya Pheonix, Shane & Trudy Watson, Amanda Garvin, Nicole Stroud, Raelene Henery, Ruth Phillips, Cathy Marino, Rob Murchie, Jim Orchard, Kevin Woodward, Bill Skyes, Tracey Bretz, Judy Rick, Lee Stewart, Zoe Andolfatto, Sue Orchard, Nic Sorensen, Jane Rhodes, Monique Marino, Noah Watson, Taylor Andolfatto& Lewelyn Vaughan.



We'd also like to thank our main sponsors; Cairns Hardware, Big Splash Enterprises, Cairns Regional Council, Anq Athletics North Queensland, Nordic Sports Australia, Oceania Athletics, Shirts North and Billy & Stubbo's Sportscene.



Thomas Soliman (Glasgow B qualifier 2014)



Robbie Crowther (1st 2006 World Juniors)



Joel Baden (Australia's currently ranked no.3 high jumper with a personal best of 2.29m)



Aaron Chatman Paralympic
(The world record holder jumping 2.05m at the 2007 ACT championships)



RAVENSHOE CAFÉ RAFFLE

Thankyou to all that purchased tickets in our Ravenshoe Café raffle and those that kindly donated prizes (Billy & Stubbo's Sportscene, Shannean Moncrief Stampin up, Leanne from Go Bowling, Melanie from Fasta Pasta, Janine from Hartleys Crocodile Adventures, Kym from Cherrylane Naturals Australia and Cairns Athletics). Over the weekend our club managed to raise \$433.00 for the worthy cause with Ian Geoghegan from Ravenshoe Athletics drawing the winners and receiving the cash.



CONGRATULATIONS WINNERS – Joey Valentine, Beau Stroud, Jack Redmond, Cheryl Le-Bron, Ella Pollard, Sam Lush, Troy Richardson, Tracey Bretz and Robyn Holman.

Tolga Pentathlon



Get ready to enjoy the relaxed country atmosphere with the Tolga Pentathlon on Sunday 9th August 2015. Bring your chairs, eskies, jumpers and blankets because it can be a bit chilly on the tablelands this time of year.

Entries close 3rd August 2015

COACHING OPPORTUNITIES



A critical cornerstone for any athletics club is to have a strong base of coaches covering as many of the disciplines and age groups / abilities. The more coaches a club has the better personalised coaching the athletes receive, whether it be the 9yr old learning how to throw a discus for the first time, to the national level athlete following a detail training program.

If you can commit to a minimum one session of coaching per week throughout the athletics season, then Cairns Athletics will contribute to the cost of your training, and ongoing mentoring and registration costs as you commence your coaching journey.

And the first step is to undertake your Level 1 Community Athletics Coaching Course, for which Athletics North Queensland in conjunction with Tablelands Athletics Club is hosting on **the 29 August 2015**.

This course is your gateway to athletics coaching. This accreditation will give you access to professional indemnity insurance, personal coach profile on the Athletics Australia Website and access to Athletics Australia coaching material.

The Level 1 Community Athletics Coach Course is the first step for all budding coaches wishing to gain an accreditation. The course introduces the fundamental skills of running, jumping and throwing as well as exploring how to engage athletes in long term participation and how to coach skills to beginner athletes.

Course details:

Date: Saturday ,29th August 2015

Time 8.30am-5.00pm (100% attendance is compulsory)

Location: Togla

Participant Cost: \$190

Registration deadline: Monday 24th August

If coaching is something you have been thinking about, but not sure on where to start, then come and have a chat with me at club day, or training, and we can go over the steps to becoming a coach with Cairns Athletics.

See you on the track

Shane Watson

CAIRNS ATHLETICS COACHING CO-ORDINATOR

NEXT CLUB DAYS

Friday 31st July 2015 5:45pm warm up for a 6pm start

Friday 7th August 2015 5:45pm warm up for a 6pm Start

Committee member Nicole Stroud

www.cairnsathletics.org.au