



# Club News

EDITION 1 – Summer 2011/2012

## AV Shield Summer Competition

Summer competition starts on the 15<sup>th</sup> of October with Round 1 at Meadowglen Stadium in Epping starting at 1pm.

*You need to register now to compete.*

### Dates to Remember

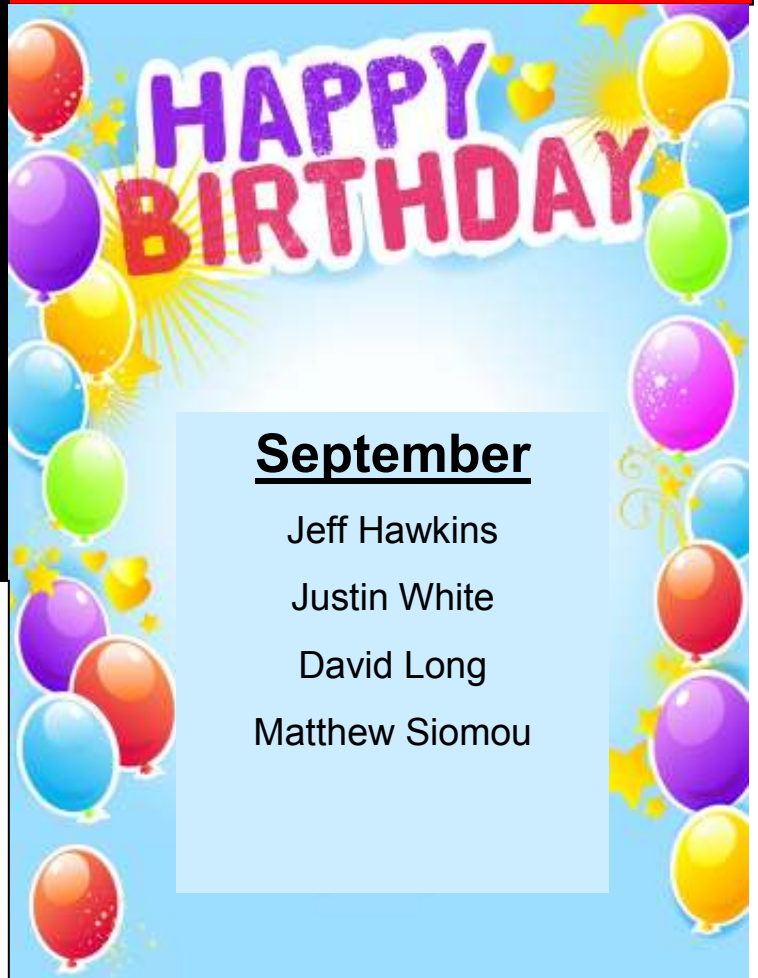
- 4<sup>th</sup> Oct Preston Club Handicap  
100m @ 6pm  
800m @ 6:30pm
- 8<sup>th</sup> Oct PB Meet at Aberfeldie 1pm  
\$2 per event
- 9<sup>th</sup> Oct Melbourne Marathon
- 15<sup>th</sup> Oct AV Shield Round 1
- 25<sup>th</sup> Oct Secondary School Track and Field Championships
- 4-6<sup>th</sup> Nov All Schools Track and Field Championships

### Club Merchandise

- Singlets \$35
- Croptops \$35
- Sports Bags \$25
- Hoodies \$35 (\$40 with name)

### New Members

Welcome to our newest club members - Adina Morrow and Chloe Grenade



### September

Jeff Hawkins  
Justin White  
David Long  
Matthew Siomou

## Strength and Conditioning

Adam Roberston will be visiting the club this Wednesday the 21<sup>st</sup> of September from 5:15pm until 7:15pm. Make sure you get down to Edwards Lake to get your strength and conditioning program ready for summer season.

### Changes for AV Summer Season

#### New Weights

Women U18	Discus	1kg
Women U16	Shot Put	3kg
	Hammer	3kg
	Javelin	500g

#### Hammer Qualifying Distance

To throw the Hammer this year you have to be able to throw at least 15 metres.

