



The Blue Lake Bulletin



www.bluelakebmx.com

Summer 2006

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Club Contacts

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Secretary:
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From The Prez

Hello Everybody,

Well, since taking on the top job it has been non-stop action around the track and clubrooms. First off, the kitchen was totally rebuilt with a lot of help from the same old crew and a special thanks goes out to Tye's Plumbing Service (thanks David & Louise) and Errol Hann. Without their help the new kitchen would not have been possible. The new kitchen was complete and ready for business as the last round of the State Series was on our doorstep. It was a huge success with the girls run off their feet in the canteen and the opening of Gate 9 after racing was patronised well. Being one of our first race meetings ever held in hot weather conditions was a learning curve for all. Well done to Sandy and all the helpers in the kitchen. Congratulations to Sophie Tye who was awarded S.A. Junior Girl rider of the year and Kimberly Ballintyne for taking 1st Place in the State Cup Series in the eleven girls. Christmas is fast approaching fast and I would like to take this opportunity to thank everyone for their support and hope that you all have a great Christmas and New Year.

Regards BL 59

Licence Renewals

12/11/2006 Robert	Morgan
26/01/2007 Steve	Esam
03/02/2007 Blair	Humphries
03/02/2007 Natalie	Short
06/02/2007 Austin	Galli
06/02/2007 Leo	Galli
15/02/2007 Zac	Lennon
18/02/2007 Andrew	Jones
21/02/2007 Matthew	Evans
24/02/2007 Jemma	Heraper
24/02/2007 Benjamin	Price
27/02/2007 Benjamin	Stott

To avoid a \$20.00 late fee, make sure you renew your licence 2 weeks PRIOR to it expiring. BMXA are sending reminders, but there can be no guarantee that will be reliable. It is

Birthday Club

13/12/1966 Chris	DeNys
20/02/1970 Paul	Johnston
24/02/1972 Andrew	Jones
22/02/1989 Zac	Lennon
29/01/1993 Prue	Harvey
17/02/1993 Benjamin	Price
07/02/1999 Jack	Hann
26/01/2000 Lachlan	Jones
01/01/2003 Leo	Galli

Happu Birthdau to uou all

Next Edition

Our next edition will be for Summer
Any contributions are to be with Marty
before 20th November please.

Sponsors

Don't forget to support our club sponsors where possible, they are hard to get & we need to keep them

Results and Things

Don't forget to check the information window for racing results and the latest calendar. This information is also posted on the club's website, so call in regularly to see if there are any changes.



Ballintyne's Bike Bits

BRAKES

Brakes are quite handy if they are working properly. If brakes are not working real good there are a couple of things you can check.

First check if the brake pads are worn at all. If pads are smooth or worn close to metal then its time to replace. Do not buy the cheapest pads as then you will only getting the performance you paid for.

If brake pads are O.K. on inspection then check the adjustment screw on the brake lever. Adjust by screwing the screw in or out to bring the brake pads closer to the bike rim. These adjustments should make the brakes work better.

If you have any problems ask me and I'll point you in the right direction as the y can sometimes be a bit tricky.

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Letter to the Editor

SOMETHING TO THINK ABOUT HELP OR LACK OF!!!!

As committee members we require your help. We have just catered for a very successful SA BMX meet on the weekend that hosted around 200 visitors to our club: This does not happen without a lot of planning and hard work: To all our dedicated helpers THANKYOU!!!!

To run a successful BMX club such as ours, there are many jobs that need to be done regularly -

Track changes, canteen helpers, soup makers, lawns and weeding, clubroom cleaning, fundraising, cans and bottles taken to depot regularly and of course coaching our successful athletes, stewards for race meetings and the list goes on. As a committee member we do our best to cover these duties but as you can see by this list it is impossible for the committee to cover all of these tasks week after week:

It's like the old saying: **MANY HANDS MAKE LIGHT WORK:**

We are pleading with all parents, riders, and children to give a little of your valuable time. There are no special skills required for these duties, just time and a love of the sport you have chosen and the good feeling you receive by knowing you have helped others in achieving the best result possible on any given day:

Please don't think "Oh someone else will do that" be the instigator make contact with a committee member and offer your services big or small, 1 hour or 10 hours, we all have families and homes that occasionally needs some T.L.C.

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Kitchen Reno

As you will probably be aware by now, there is a new kitchen in the canteen. Thanks to the volunteers that helped with this.

A very big thank-you goes to Stokker Cabinets and to Tye's Plumbing for providing labour and materials either free of charge or at a greatly reduced cost. If you can use these guys for anything you need, please do.

Club Membership

Club membership is required to be paid by 31st December, and as our last meeting is on Sunday 16th Dec, please bring your membership form and payment then. This money helps pay for the facilities you use each meeting and it is important that this be paid so we can build up some funds after replacing the canteen kitchen recently. If you have missed out or misplaced your form, please see Marty for one.

Coaches Corner

Congratulations to all the members who competed in the Victorian State Titles. It was a great event and Blue Lake riders performed exceptionally well.

Wednesday 6th December will be the last training session for the year.

Gates and training will resume from Wednesday 10th January 2007.

Over the short break riders should work on endurance and power. Try going for longer rides or doing longer sprints. Build up strength with uphill rides/ sprints and a harder gearing on your bike will benefit. Push ups, chin ups and squats will also help build strength and power that we can then convert to speed in time for the State Titles in February.

Club AGM

At the Club AGM held in Sep, the following members were elected as your new committee. Congratulations to all!

President:	Greg Ballintyne
Vice President:	Andy Stott
Secretary:	Marty Allen
Treasurer:	Louise Tye
Nom Secretary:	Marty Allen
Publicity Officer:	Tony Pratt
Canteen Manager:	Sandy Stott

Other Committee members are:

Caroline Batten, Frank Bombski, Chris deNys, Karen deNys, Matt Evans, Leah Hull, Andrew Jones, Melissa Milton

New Club Calendar

With the SA State Titles in February next year, we will be commencing training and racing earlier than before. The new club calendar will be completed over the next week or so and posted on the clubs website when complete. It will also be distributed at the last race day/wind up on Sunday 16th December for those of you that don't have access to the Internet.

Rider Photos & Profiles

There some new rider photos on the website, and the plan is to update these every couple of months, so keep calling back to have a look. Thanks to Tony for his camera work, and Louise & David for their photos in the past. The rider profiles on the website are also being updated as they come in as well, so keep looking. Both jobs take a little time so please be patient.