



The Blue Lake Bulletin



www.bluelakebmx.com

DAKTARI

Winter 2006

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In This Edition

- From the Prez
- Birthday Club
- Licence Renewals
- Ballintyne's Bike Bits
- Coaches Corner
- SAVIC
- Raffle Books
- Funny Caption Competition
- Coaching with the Master Blaster
- What are the chances?
- For Sale

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From The Prez

G,day all!
Well another Aussie titles has been & gone, congratulations to all the riders who came home with a national top 8 finish "FANTASTIC EFFORT" (check out the website for all the results). On behalf of the riders who competed in the Nationals I'd like to thank Karen & Louise for the great job they did getting all the riders up to a national level. Last of all, the 2006 national titles had some of the best racing I have ever seen, from a competitor & spectators view the event ran very smooth, so if you ever get the chance to attend either as a spectator or competitor do it, you wont be disappointed.
Till next time, cheers,
Chris deNys

Licence Renewals

| | | |
|------------|---------|------------|
| 29/05/2006 | Tyler | Walsgott |
| 05/06/2006 | James | Feast |
| 05/06/2006 | Jarred | Feast |
| 06/06/2006 | Michael | Jelleff |
| 10/06/2006 | Kylie | Jelleff |
| 25/06/2006 | Chris | DeNys |
| 26/06/2006 | Dennis | Heraper |
| 26/06/2006 | Lachlan | Jones |
| 27/06/2006 | Caitlyn | Simpson |
| 30/06/2006 | Karl | Ballintyne |
| 01/07/2006 | Andrew | Harvey |
| 01/07/2006 | Stuart | Harvey |
| 12/07/2006 | Prue | Harvey |
| 29/07/2006 | Matthew | Bombski |
| 29/07/2006 | Olivia | Pratt |
| 29/07/2006 | David | Tye |
| 01/08/2006 | Sam | Bond |
| 13/08/2006 | Scott | Bradley |
| 13/08/2006 | Nick | Brooks |
| 14/08/2006 | Angela | Groen |
| 14/08/2006 | Emma | Laube |
| 14/08/2006 | Lucy | Lock |
| 19/08/2006 | Peter | Jelleff |
| 30/08/2006 | Michael | Milton |

To avoid a \$20.00 late fee, make sure you renew your licence 2 weeks PRIOR to it expiring

Birthday Club

| | | |
|------------|----------|------------|
| 12/08/1959 | Greg | Ballintyne |
| 13/07/1976 | Peter | Jelleff |
| 08/07/1978 | Michael | Jelleff |
| 19/07/1992 | Michael | Milton |
| 29/07/1993 | Angus | Wendelbon |
| 10/07/1994 | Belinda | Allen |
| 25/06/1996 | Jayden | Ballintyne |
| 16/08/1996 | Emma | Laube |
| 06/06/1997 | Liam | Lock |
| 06/06/1997 | Thomas | Lock |
| 12/06/1997 | Austin | Galli |
| 14/08/1997 | Jaiden | Bombski |
| 21/08/1997 | Sam | Bond |
| 17/07/1998 | Jayden | Mattheson |
| 31/07/1998 | Benjamin | Stott |

Happy Birthday to you all

Cyclone Larry Appeal

Thank you to everyone who donated some loose change recently. This has allowed us to send a cheque for \$50.00 to assist the BMX Clubs who suffered cyclone damage earlier in the year.



James Street
Quality Meat

Obst
Harvesting

MPD



Ballintyne's Bike Bits

USELESS will try to pass on some tips to help out riders, mums and dads. Well winter is here and every thing is getting wet which brings me to my first tip. Nothing is harder to control than a bike with grips that are slipping on the handle-bars. This problem will happen 2 minutes before a race, which means panic stations. So if you take some time now take off the grips, make sure they are in good condition replace if not. Clean grips and bars then get hold of some spray adhesive or borrow mine, why not. Spray a little on the bars and inside the grips push grips back on, no more grip slip and a bit less stress on race day.

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SAVIC Weekend

Well that weekend of the year is nearly here once again. The Country Championships & SA Vs VIC is an exciting time for all as this is our chance to show everyone what we can do down here. We will need some volunteers over the weekend (remember that many hands make light work), so please see Shirley if you are able to help out in the canteen or on one of the food or drink duties. This year we don't have the services of the Rotary van like we did last year so we will all need to chip in somewhere please. On the nom form there is a place to volunteer for official duties, or give your name to Marty or Chris please.

Raffle Books

The major fundraiser of the year is on, and most of you have your raffle books, if you don't & Marty hasn't caught up with you today, please see him to get one. If all club families manage to sell at least one each, it will make it easier to see the rest. Louise has booked a position at Coles Supermarket to sell tickets, so if you can help her out I'm sure she will appreciate the help. If you have sold your book, please return it to Marty as soon as you can, (maybe even take a second one). This raffle and sponsorship allows us to offer good prize money to attract the pro riders for SAVIC.

Coaches Corner

Congratulations to all the riders who were awarded national plate rankings at the 2006 BMX Nationals in Adelaide earlier this month. It's nice to get reward for your hard work at training. To those who didn't get the success they strived for, remember: If at first you don't succeed try and try again. It is now time to work on your bike skills, basic fitness and general health before we start training for the State Titles.

Bike Skills: practice pumping, manualing, jumping, cornering and bunny hopping. Don't just use training sessions to practice these. Go to the track at other times or do it at home. Ride at the skate bowl, dirt jumps, trails or just on the street. If you are having trouble learning a new skill, ask one of the older riders for some help.

Fitness: Keep moving. Don't be a couch potato over winter. Do some basic exercises to stay fit. Ride an exercise bike, do gym work or use training for another sport (netball, hockey, football etc.) to keep fit. If you would like some with help with exercise or gym programs see Louise.

General Health: Eat well and sleep well to improve general health. If you have good general health you will be able to train and perform better. Both food and sleep aid in recovery.

Winter Training: Training will continue through the break this year in the lead up to the State Titles.

Funny Caption Competition

See if you can come up with a funny caption for the photo below. There are entry forms available from the canteen. The winner will be announced at the next race meeting and hopefully we will find something in the prize cupboard for them.



Coaching with the Master Blaster

Yes, that's right! The Master Blaster himself has offered to do some coaching while he is here for the SAVIC weekend. And he only wants our club members. How good will this be?

At this stage we are not 100% sure of the times, but we are hoping to do it at the completion of racing on Sunday.

At the small cost of \$15.00 per child for 90 minutes, this is probably too good to miss. See Marty **during the break** to register your interest so you can be kept up to date with the times etc.

What are the chances of

Winning Division One Lotto with a single game: *1 in 8,145,060*

Winning Powerball with a single game: *1 in 54,979,155*

Winning the top prize on a \$2 Instant Scratchie: *1 in 960,000*

Winning first prize in a Boys Town lottery: *1 in 270,000*

Getting a Royal Flush first deal in draw poker: *1 in 649,740*

Sources: NSW Office of Liquor, Gaming and Racing; Boys Town Lotteries; www.cardgamerules.homestead.com

For Sale



Two girls bikes as shown on the left. Good condition. See Marty or Donna Allen if interested.

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.

Next Edition

Our next edition will be for Spring. Any contributions are to be with Marty before 27th August please.

Sponsors

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