

# NOVEMBER COLES VOLUNTEER OF THE MONTH

## **Matilda Banks** **Munno Para Little Athletics Club**

The winner of the Coles November Volunteer of the Month Award is Matilda Banks from the Munno Para Little Athletics Centre!

Matilda is in her first year as a committee member following 11 seasons with Little Athletics, demonstrating an exceptional commitment to the club. In her first year, she has stepped confidently into a coaching role, consistently supporting athletes during training sessions and meet days. She has also willingly assumed responsibility for the Tiny Tots group during the coordinator's absence on multiple occasions this season. Matilda provides clear and effective guidance, and athletes respond positively to her approachable and professional manner.

Beyond competition days, Matilda contributes significantly to club operations by assisting with line marking on both the inside and outside tracks, as well as marking field sectors. She shares valuable information and expertise gained from her officiating roles at state events and holiday clinics, helping athletes improve technique and develop skills in new events. In addition, she volunteered at a club sports day on her pupil-free day and actively promotes Munno Para through marketing initiatives such as Bunnings family nights and BBQs.

Matilda is a proudly committed ambassador for the club and demonstrates enthusiasm and reliability whenever opportunities to assist arise.

Please join us in congratulating Matilda for her outstanding dedication and contributions to the sport. Little Athletics sincerely appreciates all your efforts. Thank you, Matilda!



# NOVEMBER COLES ATHLETE OF THE MONTH COMMITMENT

**Sakara Dodd**

**Salisbury Athletics Centre**

The winner of the Coles November Athlete of the Month Commitment Award is Sakara Dodd from the Salisbury Athletics Centre.

Sakara made a remarkable impression on a family visiting the Centre for their meet, demonstrating exceptional kindness and hospitality well beyond what would typically be expected for her age.

She consistently shows strong dedication to refining and developing her athletic skills, contributes actively to club operations, and plays an engaged role in supporting the smooth running of home meets. Sakara offers guidance and encouragement to athletes from both her own club and others, embodying the values of teamwork and sportsmanship.

Additionally, when she observed inappropriate behaviour from an adult, Sakara took the initiative to address the situation directly and responsibly by reporting it to the Salisbury President—without being prompted. Her actions reflect an impressive level of maturity and highlight her potential as a future leader within the club.

Please join us in congratulating Sakara on her commitment, initiative, and positive influence within the athletics community. Congratulations, Sakara!



# NOVEMBER COLES ATHLETE OF THE MONTH ACHIEVEMENT

## **Amelia Haseldine** **Gawler Little Athletics Club**

The winner of the Coles November Volunteer of the Month Award is Amelia Haseldine from the Gawler Little Athletics Club!

Amelia has demonstrated exceptional athletic performance throughout the season. She was recognised as Athlete of the Month at Gawler Little Athletics Club for achieving the highest number of personal bests in the first month of competition—reaching an impressive 20 PBs at that time. Her progress has continued at an outstanding pace. As of PB Day, where she secured two additional PBs, Amelia has now accumulated 30 personal bests across her events.

Amelia has also shown remarkable potential in long jump, coming very close to breaking the Centre record. She has been attending targeted training sessions to further refine and strengthen her technique, demonstrating strong dedication to her development as an athlete. Her commitment, paired with her consistent results, clearly highlights her as a standout competitor.

Amelia's achievements have set an incredible tone for the season, and we are excited to see what she will accomplish next. Please join us in congratulating Amelia on her outstanding performances and in wishing her continued success throughout the remainder of the season!

