

### REGISTRATIONS

There are now **402** registered athletes. This is a fantastic effort, but will also mean more athletes to get through their events and of course more parents needed to complete the program. Special thanks to all those parents who have been completing and assisting with duties. Remember we cannot complete the program before midday if we do not get the volunteers needed on each competition day. Please do not leave it to the same parents every week. Parents are requested to assist once a fortnight unless they have volunteered to do a permanent duty.

### NEWSLETTER

The newsletter advises of upcoming events and other things happening within our Centre. The newsletters and other items (stars and performance sheets) will be available for you to collect from the family filing boxes, which will be located outside the netball club room. Please check these weekly to see if you have anything to collect. If you have an item you would like to put in future editions of this newsletter, please let Andrea know so this can be arranged.

### TRAINING TIMES

Training is from 5.30 pm – 6.30 pm on either a Tuesday or Thursday evening. U6 to U9's train on Tuesdays and U10 – U15's train on Thursdays. Parents with children in each training night may prefer to attend the Thursday night training session. We always appreciate any assistance with training nights. Just ask one of the coaches and they will advise you on how to assist. It is an expectation that parents will be in attendance at these training times.

### LAPS FOR KIDS

On Saturday 5<sup>th</sup> November, we will be holding our annual Laps for Kids morning. This is a special event held for the Royal Children's Hospital Good Friday appeal, where all athletes, parents, carers and grandparents are invited to run, walk or stroll one lap of the oval and donate a gold coin for the Hospital. Last year we raised \$252.45, not a bad effort, but let's see if we can improve on this figure this year.

### CASEY LAC WEBSITE

Our website is updated regularly with results being updated within 24 hours. You can check out your results on [www.vicnet.net.au/~caseylac](http://www.vicnet.net.au/~caseylac).

### OPEN DAYS

Other Centres invite athletes to compete with them – these are called Open Days. Information on when these days are being held can be found on the noticeboard near the family filing boxes outside the netball club room.

### HANDBOOKS

Upon registration all families will receive a handbook, where there are three or more registered athletes the family will be issued with two handbooks. Additional handbooks can be purchased for \$2.00

### PARENT DUTY COMMITMENT

As we need at least 100 parents each week, parents who have volunteered for a permanent position need to be ready at 8.15 am to commence duty. Parents who have volunteered to be on a 'Duty Roster' will be rostered to assist every alternate week according to their surnames (A-K & L-Z). All 'Duty Roster' parents need to be available by 8.20 am to be allocated a duty for the day. Our Education Officer and Committee members are available to assist any parents who are not sure of their 'job' for the day.

Please see David Werner to collect your name tag, your allocated duty, or if you want to change from Duty Roster to a permanent position. Remember to ensure we finish before midday your assistance is vital.

#### A-K family duty dates:

**Saturday 22<sup>nd</sup> October, Saturday 5<sup>th</sup> November, Saturday 19<sup>th</sup> November,**

#### L-Z family duty dates:

**Saturday 29<sup>th</sup> October, Saturday 12<sup>th</sup> November, Saturday 26<sup>th</sup> November,**

If you are not able to fulfill your permanent duty position due to other commitments at any time (and it does happen), please ring David on 97050136 or 0419119759 ASAP so we can replace you for that allocated duty and day. Badges need to be returned to the labelled white box near the canteen after you complete your duty.

### CENTRE UNIFORMS

Just a reminder to all athletes, you are expected to wear your blue tshirt and registration tag to each Casey LAC meeting. It has become very apparent that not all athletes are wearing the correct uniform. We ask also that navy shorts be worn. It makes it easier for the recorders to complete your performance tickets if your number can be seen on the tag. Remember to sew the registration tag on because pins and velcro do not always work. **NO TAG NO COMPETITION.** A replacement tag will be issued for a fee of \$5.00.

### TROPHIES FROM 2004/2005 SEASON

If there are any athletes who did not collect their trophies from last season's AGM, check out the table near the netball clubrooms. We have lots and lots of trophies looking for homes!

### SLIP, SLOP, SLAP

With the hot weather approaching, it's important to remember the sunscreen, hat and drink bottle and to ensure athletes have drinks between events. Please create your own shade and bring your porta-shades. If it is looking cool, please rug up as it can get quite cool out in the open.

### SMR COACHING CAMP

Vacancies still exist for this special coaching camp. This year's camp will be held at Merricks on the weekend 26th and 27th November with athletes arriving at the camp on Friday the 25<sup>th</sup> November. This camp is a special coaching camp aimed at athletes aged 10 to 15. Entry forms are now available. Entries close Monday 7<sup>th</sup> November.

### CASEY LAC Uniform

For athletes who represent Casey LAC at Region and State competitions, they need to wear our Casey LAC uniform. This can be hired or purchased from the Centre. These uniforms must be returned the following week after the Region or State event. There will be a bond charged also this season.

### KIDS KLIX PHOTOS

A unique opportunity to capture the athletes in full flight, Kids Klix photo day on November 12<sup>th</sup>. Fantastic photos. Fantastic price at \$8 each. Photos will be available to purchase the following week, for approx three weeks. Cash or cheque only, and reorders available from Kids Klix direct. Great gift idea for Christmas.

### PROGRAM

The program that is put up on the board each Saturday is a guide only and is subject to change upon the discretion of the Arena Manager. There are times when the program is running behind schedule and the Arena Manager changes this to ensure that all athletes have a chance to compete in at least five events, if not six or more. Also there may be occasions where the program will be altered with out prior notice depending on the weather. If for example the hurdles are scheduled one week and we receive a lot of rain the night before the Arena Manager will assess the situation at 7 am and make a decision regarding what program / events will or will not be held.

### RUN WITH THE STARS

All registered Little Athletes are invited to run with some four legged stars at the Cranbourne Harness Racing Cup on Saturday December 3<sup>rd</sup> 2005, commencing at about 6.30 pm. Entertainment for the whole family and entry is free. Families will receive complimentary tickets to the Cup. The races will be against other athletes from local areas and will be held between the harness races. Every entrant will receive a show bag from Harness Racing Victoria and will be considered for the \$1,000 HRV Athletics Advancement Scholarship. Three place getters in each final will be presented with a special medal. Winners will receive a video of their race and invited to run in the State Finals in February. Entry forms are available now and close on 19<sup>th</sup> November, please hand to either Leanne or Andrea

### COACHES – IS THIS YOU?

Training nights need more coaches and we need your help. If you are interested in coaching and training, speak to Michael as soon as possible.

### COMING EVENTS – RELAY CHAMPIONSHIPS!

Relay training has commenced and we still need more athletes to complete various teams. Training is on Wednesday nights from 5.30 pm till 6.15 pm. Parents are most welcome to assist with training in any way. This is a great opportunity for the athletes to train as a team and build their skills.

Mentone Little Athletics Centre will be hosting the 23<sup>rd</sup> Annual Relay Open Day, on Sunday 6<sup>th</sup> November. Athletes in Under 9 to Under 15 can participate. For more information please contact either Andrea or Michael. It would be fantastic to kick off the season with some teams entered in this event. This is a great lead up to the Region Relays that will be held at Springvale on Sunday 20<sup>th</sup> November.

Other dates for the relays include Region at Springvale on Sunday 20<sup>th</sup> November and State Championships at Olympic Park on Sunday December 11th. Commitment to a relay team is to be available for **BOTH** championship days in November (Region) and December (State). Please be aware that these days are long, so availability for most of the day is required.

Parents are also reminded that our Centre will be given a certain amount of duties depending on how many teams are registered. Roughly families will be required for time slots of an hour or two at a time. Chris Nelson is our Centre's Team Manager for this year and please contact him for further information on Phone : 9702 1896 or Mobile : 0425 787 020

**Entry forms are available from the Registrar's Table. Don't delay your entry for this fantastic event.**



### REMINDER:

ENTRY FORMS FOR SMR JUNIOR CARNIVAL, TRACK AND FIELD CHAMPIONSHIPS AND MULTI CHAMPIONSHIPS ARE NOW AVAILABLE ON THE TABLE NEAR THE NETBALL CLUB ROOMS.

**DO NOT DELAY  
CLOSING DATES ARE EARLY THIS YEAR.**

**THERE WILL BE NO TRAINING ON TUESDAY 1<sup>ST</sup>  
NOVEMBER DUE TO THE MELBOURNE CUP.**

**In a final word, if you want to help, but you're just not sure how, ask one of our friendly Committee members to find out what's needed – we'd love to help you!**