

LAPS FOR KIDS

Today 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. This is such a great way for the whole family to get involved for such a worthy cause.

MENTONE RELAY DAY

Good luck to all our athletes who are competing in the Mentone Little Athletics Centre 23rd Annual Relay Open Day tomorrow Sunday 6th November. We will have around 50 athletes competing in this day and this is such a great lead up to the Region relays to be held at Springvale in just a few weeks.

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.

KIDS KLIX PHOTOS

A unique opportunity to capture the athletes in full flight, Kids Klix photo day on November 12th. 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.

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. Special thanks to all those parents who are able to assist us with little things on training nights it is always appreciated by the coaches. If you are not sure how to assist 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.

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.

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 5th November, Saturday 19th November, Saturday 3rd December, Friday 16th December.

L-Z family duty dates: Saturday 12th November, Saturday 26th November, Saturday 10th December.

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.

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.

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.

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 3rd 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 19th 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.

WALK JUDGES

It would be fantastic if we could get more walk judges, if you are interested at all in becoming a walk judges please contact Andrea Hallett for further information.

LOST PROPERTY

Have you lost some clothing – even your shoes. Please check out the lost property, located in the first aid room. There is an overflowing box of gear after only 7 weeks!!!

DRINK BOTTLES

If you have registered and did not receive your drink bottle, please collect as soon as possible. With the hot weather approaching, it is important to drink lots of fluids.

PROOF OF AGE

Reminder to all newly registered athletes, it is a condition of registration to show a form of identification (birth certificate, passport, etc) for proof of age. Please see Leanne and get your name marked off as soon as possible.

NEW FAMILIES

Don't forget you need to help out with parent duty. Please speak to David, Chief of Officials, to learn more TODAY.

COMING EVENTS – RELAY CHAMPIONSHIPS!

Relay training will continue over the next couple of week for those athletes competing at Region on the 20th November. 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.

Region Relays will be at Springvale on Sunday 20th 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

SMR JUNIOR CARNIVAL

A notice has been placed in family folders regarding this special carnival for the Under 6 -8 hosted by the Springvale Little Athletics Centre to be held on Sunday December 4th 2005. Special events, prizes, robbons awarded to all athletes for each event, certificates and showbags. Entries to be handed to Leanne by **19th November**.

TRACK AND FIELD REGION CHAMPIONSHIPS

The Region Track and Field Championships is an individual competition for athletes in the Under 9 to Under 15 age groups. Athletes can choose what events they would like to compete in. Region Championships will be held at Frankston on 3rd and 4th February and State Championships will be held 3rd and 4th March in Bendigo. Entries close much earlier than they have in the past. An entry form has been placed in the family folders for those athletes eligible for entry. Entries need to be handed back to Leanne Fraser by **SATURDAY 3RD DECEMBER 2005**

**NO LATE ENTRIES WILL BE ACCEPTED.
Due to the enormous amount of work involved
regarding these entries these deadlines must be
adhered to.**

Parents need to be aware that duties will be allocated and you must be available for duty for at least 2 hours.

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.