

LAPS FOR KIDS

Congratulations to all involved in our recent Laps for Kids day. We were able to raise a total of \$475.50 and this is indeed a record amount that we have ever achieved for this annual event. Well done everyone, and VLAA and the Royal Children's Hospital will be very grateful indeed.

MENTONE RELAY DAY

A great day was had by all our athletes and families on this Open Day. It was fantastic to put all the hard work of training into practice and it really showed on the day. We received a total of 3 gold batons, various seconds and thirds, coming 6th overall on the day. A total of 44 athletes participated.

We would like to now wish all our athletes the best of luck as they compete in the IGA SMR Region Relays tomorrow, 20th November at Springvale. Good luck to all of our 55 athletes involved.

CONGRATULATIONS

Good luck also to Tait Sabec who will be representing Victoria in the Pacific School games at the end of November early December in the Under 13 Boys High jump. Good luck Tait.

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 19th November, Saturday 3rd December, Friday 16th December, Saturday 21st January 2006,

L-Z family duty dates:

Saturday 26th November, Saturday 10th December, Saturday 14th January 2006, Thursday 26th January 2006 Australia Day,

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.

KIDS KLIX PHOTOS

Two photographers worked very hard last week to take some fantastic action shots of our athletes. These photos are now available for purchase at a cost of \$8 per photo and are available for the next 3 weeks. Cash or cheque only thanks you.

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.

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.

PROOF OF AGE

Newly registered athletes; it is a condition of registration to show a form of identification for proof of age, especially athletes U9-U15 who will represent Casey LAC at championship events. Please see Leanne and get your name marked off as soon as possible.

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.

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 9 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.

REMINDER TO ALL FAMILIES (NEW & OLD)

Each week there is a need to ask for assistance so that all venues are ready for the athletes despite having nearly 300 families registered. If you have not assisted before or are not sure how to help out, please see David, our Chief of Officials, to learn more TODAY. All help is appreciated and the athletes love to see their parents involved.

TWILIGHT COMPETITION FRIDAY DECEMBER 16TH

Our last event for 2005 will be a Twilight competition evening on Friday December 16th commencing at 5.30. A special guest will visit us during the evening. This will be a great way to finish the year ready for the festive season. We will also be holding a raffle on this evening and ask all parents to supply something for our Christmas hamper. All families are asked to donate something we can use in our hamper, please bring perishables and plants on the evening.

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.

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.

BACK TO BERWICK VILLAGE

– 20 YEARS CELEBRATION

Berwick Village formed a Little Athletics club in 1985 participating at the Dandenong Little Athletics Centre. The 2000/01 season coincided with the Sydney Olympics and the number of registered athletes competing for Berwick Village peaked at 150. By an overwhelming majority the members of the club voted to establish the Casey Little Athletic Centre, what we are today. This season will mean then that it will be 20 years since the original Berwick Village Athletics Centre was formed.

Casey LAC would like to recognise this wonderful achievement and are hosting a large celebration on 26th January 2006, Australia Day. Competition will be held in conjunction with Dandenong and a great day has been planned. Further details will be released very soon, so please keep this day free.

SMR JUNIOR CARNIVAL

Entries for this carnival for registered athletes, U6-U8, close today. Please see Leanne with your entry form.

STATE MULTI CHAMPIONSHIPS – DATE CHANGE

A decision by the VLAA Board of Management has resulted in the change of date to the IGA (new sponsor) State Multi Event championships.

The event will now take place on Saturday 11th and Sunday 12th February 2006 at Newborough (MOE) The date has been moved from the 18/19th Feb due to a proposed VLAA activity in conjunction with a Commonwealth Games spectacular to be held at the MCG.

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.