

## **WELCOME BACK!**

Welcome back to last season's members and a very big welcome to all our new members. We are looking forward to another fantastic season. This season is going to be a very action packed season with lots of exciting events on the horizon. This year is a very important milestone as far as the Centre is concerned. We are celebrating 20 year as a Centre – formerly Berwick Village Little Athletics Club. We are hoping to hold special celebrations early in 2006. More details will be available later. This season is also very important as far as Athletics goes as Melbourne will host the Commonwealth Games. Due to the Games the season has been altered slightly to enable us to complete our normal 20 weeks of competition and also for the Track and Field Championships to be held.

## **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 canteen. 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.

## **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

## **CROSS COUNTRY REPORT**

The Cross Country season was very successful indeed. Both athletes and the big kids certainly enjoyed themselves over the weeks. Lots of athletes were able to improve their times over the season. Dandenong and Waverly attended two days and these were very successful. We had around 45 athletes enter the Region Championships at Frankston and 25 made the journey to compete at the State Cross Country Championships. Many athletes produced PB's on the day with fantastic results by Siobhan Jagusch who received a silver medal in the Under 12 girls, and Jordan Nelson a bronze medal in the Under 12 Boys. The Under 12 boys also received a silver medal in the team's event. The successful team members where Jordan Nelson, Tait Sabec and Seamus Murphy. Congratulations to you all and well done.

## **VLAA TOP CENTRE AWARD 2004/2005**

At this year's VLAA Annual Conference we were awarded the Top Centre award for the 2004 / 2005 season. This is a fantastic achievement and congratulations to everyone over the last season for making it such a successful season. Casey won the Top Centre award as it met more of the criteria than any other Centre. Including increased registrations – up 35%. Retained more than 55% of last years athletes. Participated in : State Championships, Laps for kids, Jump Start, Run with the Stars, Bring a Friend, Open Days, and always quick to respond to requests from the Office and submitted paperwork on time.

## **TRAINING TIMES**

Training will commence on Tuesday 20<sup>th</sup> September, commencing from 5.30 pm – 6.30 pm. U6 to U9's train on Tuesdays and U10 – U15's train on Thursdays from 5.30 pm – 6.30 pm. 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.

## **FIRST DAY OF COMPETITION**

This season we will be commencing on SUNDAY 25<sup>th</sup> September. This is the day after grand final day. It is recommended that all athletes and parents arrive at 9.30 for a 10 am start.

## **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: Sunday 25<sup>th</sup> September**  
**L-Z family duty dates: Saturday October 1st**

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.

**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 in the pavilion. We have lots and lots of trophies looking for homes!

**COMING EVENTS – RELAY CHAMPIONSHIPS!**

The relay season will be upon us very quickly. For the new families please ask one of our friendly Committee members for further information regarding relays. 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.

**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 \$150, not a bad effort, but let's see if we can improve on this figure this year.

**SMR COACHING CAMP**

This year's camp will be held at Merricks on the weekend 26<sup>th</sup> and 27<sup>th</sup> November. This camp is a special coaching camp aimed at athletes aged 10 to 15. For further information, please see Chris Nelson, one of our Coaches, who will be attending the camp.

**CASEY LAC WEBSITE**

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

**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.

**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.

**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 canteen area.

**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 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.

**KIDS KILX 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.

**SPIKE SHOES**

Only Under 12 and above athletes are permitted to wear spike shoes. Wearing of spikes shoes without spikes is not permitted in any circumstances,

**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!**