

APOLOGIES

We wish to apologise for an omission in the 2005-2006 Handbook. Last year Kathleen Hanson in the Under 6 girls broke the Long Jump record with a jump of 2.60m. This record had been held by two girls for 8 years. Congratulations to Kathleen.

Attached to this newsletter is a new revised Calendar of Events. Please be advised that we will be using this now instead of the one in your handbooks.

CONGRATULATIONS

Congratulations to the following athletes who have now qualified for the JDS. The Junior Development Squad gives athletes an opportunity to gain new skills and to improve technical competencies through participation in coaching and training session with some of Victoria's leading coaches. The first training day including official presentation will commence on Sunday 9th October at Doncaster Athletics Track. Well done to the following newly qualified athletes: Jordan Nelson, Jordan Roberts, Bridget Hanson, Shannyn Westwick, Holly Jamieson, Kate Munro and Nicole Hallett.

Congratulations also to Tait Sabec who has been selected to represent Victorian in the Pacific Games to be held in Melbourne. Tait will be competing in the U13 Boys High jump event. Well done Tait and good luck.

REGISTRATIONS

What a wonderful start to our season with now 337 registrations so far. 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. Remember we cannot complete the program before midday if we do not get the volunteers needed on each competition day.

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.

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

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.

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.

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 8th October, Saturday 22nd October

L-Z family duty dates:

Saturday 15th October, Saturday 29th October

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.

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!

LAPS FOR KIDS

On Saturday 5th 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.

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.

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.

SMR COACHING CAMP

This year's camp will be held at Merricks on the weekend 26th and 27th November. This camp is a special coaching camp aimed at athletes aged 10 to 15. Entry forms are now available.

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.

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.

KIDS KLIX PHOTOS

A unique opportunity to capture the athletes in full flight, Kids Klax 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 Klax 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.

WALK EVENTS

Just a reminder to all athletes that the walks for the U 11 – U15's have been moved to a new time. The 1500m walk will be held at 8 am on the 8th, 22nd October, 5th. 19th November, 3rd December, 21st January and 11th February. They will be the first event of the day. The reasoning behind this move is to ensure that those who are serious

about the walks have an opportunity to compete seriously without interference from other athletes. Furthermore those athletes that are not interested in the walks will not have to complete the walks. On these days 5 events will still be offered during normal times.

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 23rd Annual Relay Open Day, on Sunday 6th 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 20th November.

Other dates for the relays include Region 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

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



REMIND

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.**

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!