

## **BACK TO BERWICK VILLAGE**

### **– 20 YEARS CELEBRATION**

Our special celebrations went ahead as planned, despite the blistering weather conditions, and this unfortunately resulted in the low numbers that attended. We had approximately 150 athletes participate. It was great to see former athletes and their families again.

Competition against Dandenong was fierce amongst the older athletes, and it was a fantastic atmosphere down on the footy oval with a carnival style atmosphere.

Special thanks go to the organisers of the day, Dandenong for willing to compete in such a special event, the Mayor of Casey for his kind words, and our special other guest speakers Katrina former athlete and Paul Olsson.

## **JAIR BUTLER – PODIATRIST**

Joining Casey Little Athletics this year is Podiatrist Jair Butler. Jair practices at Lanmore Podiatry in Berwick and has generously made available time to assist all athletes in managing foot and lower leg problems.

His areas of expertise lie particularly with sports injuries, biomechanics and footwear, and provide a great resource for Casey LAC athletes and families alike. Along with his clinical work Jair spends time with the Berwick Women's football team, has worked at the Commonwealth Youth Games and Deaf Olympics, and will also hold a role at the Melbourne 2006 Commonwealth Games.

Jair will be in attendance at Thursday training sessions on the first and third weeks of each month, and can also be contacted through the week at Langmore Podiatry on (03) 9707 1988. Confirmation of his attendance dates will be posted on the notice board at the Centre.

## **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.

## **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).

## **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: Friday 3<sup>rd</sup> February Twilight evening, Saturday 18<sup>th</sup> February, Sunday 26<sup>th</sup> February (Centre Championships)**

### **L-Z family duty dates:**

**Saturday 11<sup>th</sup> February, Saturday 25<sup>th</sup> February (Centre Championships)**

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 9705 0136 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.

**We thank you for your continued assistance and support with these duties. It is great that through your help we are able to complete the program before 12 and before the heat of the day.**

## **REGION TRACK AND FIELD CHAMPIONSHIPS**

Good luck to all our athletes competing at the IGA Region Track and Field Championships this weekend, Saturday and Sunday 4<sup>th</sup> and 5<sup>th</sup> February. We wish you all the best for the weekend and thank those who will be assisting with duties as well. As we have 71 athletes competing at this event, we have received a lot of duties to cover. All parents I am sure understand the importance of such an event and help which is vital to ensuring the smooth running of these Championships over the weekend. We thank you all for your commitment to your allocated duties in advance.

## **STATE MULTI CHAMPIONSHIPS**

Good luck to the 7 athletes who are competing in Moe over the weekend 11<sup>th</sup> & 12<sup>th</sup> February. We wish you all the best for the weekend.

**SOUTHERN METRO REGION COMMITTEE**

SMR are our Governing Body for Region, expanding from Caulfield to Pakenham covering eighteen Centres in total. They manage all of the Region Championships. The SMR will be holding their AGM in May 2006 and actively seek new interested parents to be involved at this level. If you are at all interested in being involved in the SMR Committee for this upcoming season please see Michael for further details.

If we have no Region Committee, we are not able to participate at State Level Competition.

**CENTRE CHAMPIONSHIPS**

Our Centre Championships will be held on the last weekend in February. Entries close tonight; please ensure you have your entry forms into Leanne. All athletes and families need to be aware that this will run over two days and include Sunday. Dates are Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> February. As there is a lot of preparation that goes into organising this day this dead line must be adhered to.

This year we welcome Laurie Werner to our Centre Championships as our engraver for medals. Laurie has volunteered to visit our Centre on both the Saturday and Sunday 25<sup>th</sup> and 26<sup>th</sup>, engraving the medals for trophies for athletes at a cost of \$2 per medal. He will be attending these days from 9 am onwards. If you have other medals at home that you would like to have engraved just please label all accordingly and Laurie will arrange with you to engrave and even deliver to your home at a later date.

**CENTRE UNIFORMS**

Just a reminder to all athletes, you are expected to wear your blue t-shirt 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.

**ON TRACK CO-ORDINATOR 2006 / 2007**

There will be a vacancy for the on track co-ordinator for the next season. The position involves arranging the week's activities for the Under 6 / Under 7 groups. The children at on track learn athletic skills in a fun way which is a great start for our younger athletes.

There are two weeks of on track left for this season and the current Co-Ordinator would like to invite anybody interested in taking on the role for next season to take part in the last 2 sessions for the year.

Please call Laurie Girardo - 0425 277 871 if you think this might be for you.

**AGM / PRESENTATION AFTERNOON**

Our Annual General Meeting and Presentations will be held at the BERWICK LEISURE CENTRE ON Sunday afternoon on the **9<sup>th</sup> April** commencing at **3.30 pm**.

All are invited to attend, this year we will be holding a Disco for all athletes and parents, followed by the AGM and then the presentation of trophies to all athletes.

**All positions will become vacant, and will need to be filled. REMEMBER if these positions are not filled the Centre cannot run. Every family member has been given an information form and a copy of the Committee job description positions for all to consider if you would like to join in the fun.**

**COMMITTEE POSITIONS:**

- |  |                      |
|--|----------------------|
| President                                | Secretary            |
| Treasurer                                | Registrar            |
| Chief Recorder                           | Publicity            |
| Equipment Officer                        | Arena Manager        |
| Chief of Officials                       | Canteen Manager      |
| InterAths Coordinator                    | On Track Coordinator |
| Cross Country Coordinator                |                      |
| Education/Coaches Coordinator            |                      |
| General Committee – Uniforms             |                      |
| General Committee – Trophies, Medals etc |                      |
| General Committee x 4                    |                      |

**There are forms regarding the AGM & Presentation AFTERNOON that need to be filled out for catering and trophies. THESE NEED TO BE RETURNED BY SUNDAY 26<sup>TH</sup> February OUR SECOND DAY OF CENTRE CHAMPIONSHIPS.**

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NOMINATION FORM FOR COMMITTEE MEMBERS 2006 / 2007 SEASON.

I \_\_\_\_\_

would like to nominate for the position of

\_\_\_\_\_ for the 2006 / 2007 season.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_