

IGA SMR RELAYS

Congratulations to all our athletes who participated in the recent Southern Metro Region Relay Championships. Weather conditions were perfect and there were many fantastic efforts by all the athletes. Special thanks to Chris and Greg, our Team Managers, for all their hard work on the day.

Thanks also to those parents who assisted with duty. It is always a difficult task to fill duties especially later on in the day when parents, of team members that do not make the finals, leave and other parents have to complete extra duty. Thanks to those who hung around and assisted.

The following teams are now heading off to the IGA State Relay Championships at Olympic Park next Sunday, December 11th. We wish them the best of luck.

GIRLS

Under 9 Team A 4 x 100 and 4 x 200
Lauren H, Ruby H, Jaylan M, Mia S and Kaela H.

Under 11 4 x 100
Teaghan J, Cassandra N, Lauren W, Ellie B and Lucy T

Under 14 4 x 100
Stacey M, Miranda S, Abigail W and Xanthe-Rose W

BOYS

Under 13 Team A 4 x 100, 4 x 200 and Medley
Alex B, Jordan R, Nathan V and Tait S

Under 13 Team B 4 x 100
Nathan P, Jordan N, Seamus M and Kieren R

MIXED SEX

Under 11 4 x 100
Lauren W, Cassandra Nn, Jake C and Brendon W-J

Under 15 4 x 100 and 4 x 200
Keleigh P, Amanda O, Matthew K and Jeremy H

GOOD LUCK TO YOU ALL

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.

STARTING ON TIME

To enable the program to commence on time all parents need to have signed on for duty and be at their allocated area by 8.15 am. It has been noticed that parents and

athletes are still arriving after 8.30 am. It is advised by all that you should arrive at 8.00 am to enable the athletes to warm up and stretch at 8.15 am and then the program can commence at 8.30 am. U11 to U5 plus InterAths are reminded that when the walks are scheduled you are required to marshall in that area at 7.45 am to ensure the smooth start at 8 am for the walks.

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, we need to ask for assistance each week, delaying the program for the athletes, as there are nearly 100 families who have not completed duty, or have forgotten to register with David. 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.

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 3rd December, Friday 16th December, Saturday 21st January 2006, Friday 3rd February, Saturday 18th February, Sunday 26th February (Centre Championships)

L-Z family duty dates:

Saturday 10th December, Saturday 14th January 2006, Thursday 26th January 2006 Australia Day, Saturday 11th February, Saturday 25th 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 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

Today is the last opportunity for you to purchase these.

TRAINING TIMES

The final training nights for this year will be Tuesday 13th December and Thursday 15th December.

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.

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.

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.

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.

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

We wish the 20 U6-U8 athletes a great day tomorrow at the Junior Carnival. If you have lost your Dragon colouring competition form, please see Leanne today.

FAMILY FOLDERS

Folders will be cleaned out after our last program before Christmas, ready for 2006. Please ensure that you remove all material from your folders. Paperwork that you do not want, please place in a bin.

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.

SEE LEANNE TODAY TO FINALISE THESE.

**ALL ENTRIES NEED TO BE IN TODAY.
LAST OPPORTUNITY TO ENTER
NO LATE ENTRIES WILL BE ACCEPTED.**

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