

What a pity having to cancel last week's events only to have the rain stop 15 minutes later. Although we would have loved to persevere the athletes' safety is paramount & the decision was based on safety first. Registrations are still continuing to trickle in and with help from the parents the program is finishing between 12.00-12.30pm. Keep up the good work as the more volunteers we have the sooner we finish.

PHOTO PICKUPS!

If you have ordered photos from the website you can now pick them up under the pavilion veranda. Not a great day for photos last week but we still managed to get around a few age groups with some great snapshots now available to order on the website.



www.caseylittleaths.org.au under the 'Photo Gallery' link. This part of the website is password protected for privacy so only parents with a user name & password can access the photos. The user name & password for the first few weeks of the season is printed in the Newsletter. Photos can be ordered in a range of sizes at very reasonable prices.

VACANCY

We have a vacancy for a parent helper who may be interested in helping to line mark the track each week. This would take a couple of hours each week – preferably on a Friday. Anyone interested please talk to one of the committee. Your help would be greatly appreciated.



Super Sams in for a sandy landing.

RELAY TRAINING IN FULL SWING

Today is the last day to be able to register for Region Relays. We encourage all children who perform well in 100m, 200m & 400m sprints to consider attending relay training.

Mentone Little Athletics Centre will be hosting the 24th Annual Relay Open Day, on Sunday 12th November. Region Relays are at Springvale on Sunday 19th November and State Relay Championships are at Olympic Park on Sunday 10th December.

Athletes in Under 9 to Under 15 can participate. Anyone interested in joining a team should give your name to one of the committee members today at the pavilion. Every athlete is guaranteed to get a run at both Mentone & Region. Athletes need to be available for all 3 dates to participate. Chris Nelson is running relay training this week on Wednesday night at 5.30pm.

TRAINING TIMES

Whilst not compulsory, training is a great time for your kids to learn the basics of the events coming up before competing on Saturday.

Training is from 5.30 – 6.30pm. U6 to U9's train on Tuesday and U10 – U15's train on Thursday. 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.

UNIFORM REQUIREMENTS

It is important to wear your blue t-shirt, blue shorts and 2006/07 registration tag to each Casey meeting. It is essential for the recorders to complete your performance tickets to have your correct number seen on the tag.

As a special service we have a sewing lady setup in the pavilion to sew on tags for the first few weeks. The cost is \$3 per tag, a percentage of which supports the centre.



As the star awards start to appear in your family folders these can also be sewn on the day saving you Mums some precious time ☺

COACHING COURSES

The centre will soon be conducting coaching sessions for any parent/older siblings (16+) interested in learning more about the specifics of Track and Field Events and the development of skills in our young athletes.

It is envisaged that a general overview session would be conducted, then given further interest, future sessions in each of the major areas ie Throws, Jumps, Sprints and Hurdles, Middle Distance would be held. This allows parents and families to have a greater input in assisting Little Athletes to "Do Their Best".

Please bear in mind that the Coaches are parents just like you who wanted to get "involved" and give a little bit back to the centre. Please leave your name and contact details with The Desk or call Trish Jagusch 9707 5751.

VENUE HELPERS NEEDED

Thanks to the many parents who volunteered last week to help run the program. Each week we need at least 100 parents to volunteer as venue helpers so we can finish on time. You do not have to have a history in athletics, understand the rules or even be fit yourself. We have positions for everyone in every discipline.

If we don't get enough helpers each week we either run late, cut events for the children from 5 to 4, or they may only get 2 shotput throws instead of 3. If we get enough volunteers, your duty allocation may become once every three weeks.

Please see our Chief of Officials David Werner at his table just inside the arena each Saturday morning to collect your helper tag.



Warms ups with Andrea.

SMR COACHING CAMP

This year's camp will be held at Merricks on the weekend, 24th to 26th November. This camp is a special coaching camp aimed at athletes Under 9 to Under 15. Last year Casey had the majority of kids, parents & coaches at this camp. **Look in your family folder near the family boxes outside the canteen for the registration forms which need to be filled out as soon as possible.**

TOILET CLEANERS REQUIRED

Our toilet facilities need to be cleaned each week which is not a long job but an important one. If any parent would like to volunteer for this very necessary job please see David Werner at his table just inside the arena.

This would exempt you from other duties!

One final word.

Please remember that the athletics track & all areas in the immediate vicinity are a smoke free zone. If you feel the need for a puff then please retire to the netball courts as required by State Laws governing smoke free venues.