

### UPCOMING EVENTS

Saturday 26 <sup>th</sup> Jan	Program 14 (Australia Day Weekend)
Saturday 2 <sup>nd</sup> Feb	Program 15
Saturday 9 <sup>th</sup> Feb	Program 16
Sunday 10 <sup>th</sup> Feb	SMR U6-8 Carnival at Dandenong
WEDNESDAY 13 <sup>th</sup> Feb	Program 17-TWILIGHT comp commencing at 5.30pm
Saturday 16 <sup>th</sup> Feb & Sunday 17 <sup>th</sup> Feb 4.00pm start	Region Track and Field Championships at Frankston  11-17's 3.30 walk start!

### HAVE YOU DONE YOUR DUTY????

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. *Each family is expected to complete at least 7 duties during the course of the season. At this point in the season you should have completed your fourth or fifth duty.*

### STATE RELAYS

Casey LAC would like to congratulate the Under 9 boys relay team on winning the GOLD medal at the State Relay championships On December 16<sup>th</sup> last year. The boys showed a team spirit from the beginning of their quest for gold. They celebrated their wins together with their families and they all ensured that they were always at training. This is the kind of dedication that is required to win a team event like this.

Casey LAC would also like to congratulate all of the other teams that competed in the State Relay Championships. They all showed dedication to each other and the centre in the way they trained, competed and conducted themselves on the day of competition. Special thanks to Michelle Nadalin and Shane Triffitt who volunteered to be team managers for the Region and State Relays.

Casey LAC would like to congratulate Jordan Nelson who won a Silver medal at Australian Schools Championships in Sydney.

### UNIFORM REQUIRMENTS

It is important to wear your blue t-shirt and 2007/08 registration tag to each Casey meeting. **Unfortunately it is NOT OK to compete in track suit pants, skins, leggings or compression shorts.**

As a special service we have a sewing lady setup in the pavilion to sew on tags. The cost is \$3 per tag or star, 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 ☺

### CENTRE CHAMPIONSHIPS

All registered athletes are invited to compete in the Centre Championships that are run on the weekend of the 1<sup>st</sup> and 2<sup>nd</sup> of March this year. Athletes may enter up to 3 track and 3 field events. More details can be found on page 48 of your handbook. **Entry forms will be in your family folders this week and are due in by Saturday 9<sup>th</sup> February. No late entries will be accepted.**

### WANTED

Our canteen manager, Vicki Smith, will be retiring at the end of this season. Vicki has been running the canteen for many years and will be sadly missed. We are now looking for someone to replace Vicki as Canteen Manager. If you are interested or wish to know more just pop over and see Vicki. It would be good if someone could volunteer to take on this role while Vicki is still around to show you the ropes.

### TRAINNING

There will be specialist training for athletes competing in the Regional Track and Field Championships on Thursday nights from now until Thursday 14<sup>th</sup> February. Athletes not competing in the Region Track and Field Championships are still welcome to train as usual on Thursday evenings.