

COMPETITION TIMES

Competition starts at 8.30 am *sharp* on a Saturday. We would like athletes at the ground ready for a 8.15 warm up, this helps prevent injuries and prepare them for doing their best on the day. If you are at the ground by 8.00am we can have officials sorted out and children ready for a prompt start to the morning and an earlier finish at the end of the day.

REGISTRATIONS

Thank you, in anticipation, to all parents for their patience over the next few weeks. This is a very busy time of the year for registrations and many of our key committee members are involved with paperwork and settling in new families. We would appreciate the help of any 'experienced' parents for extra help at the venues over the next few weeks.

Did you know there is space in your Little Athletics magazines to record and keep all you achievement tags for the year? Not only that if you checkout www.littleathletics.com.au/main.asp?Page_ID=52 you can setup a page for yourself and record all performances on your own webpage!

UNIFORM REQUIRMENTS

It is important to wear your blue t-shirt and 2007/08 registration tag to each Casey meeting so that the recorders can complete your performance tickets at each event. Your blue shorts must be above the knee in length for safety reasons. Unfortunately it is NOT OK to compete in track suit pants, skins or leggings.

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 ☺

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.

RELAY TRAINING TO START SOON

On **Sunday 18th November** the region will hold it's annual relay event. Any athlete in the under 9-16 age groups can put their name forward for this event, there is something for anyone who is interested.

*We do ask that if you commit to the relays then you are committing to attend the event on **Sunday the 18th November** as well as **Sunday the 16th December** if your team makes it through to State Championships, this event goes ahead rain or shine. If you commit then pull out at the last minute then all of the other children in the team suffer.*

For the new families please ask one of our friendly Committee members for further information regarding relays. Mentone Little Athletics Centre will be hosting the 24th Annual Relay Open Day, on Sunday 28th October. Athletes in Under 9 to Under 16 age groups can participate. We will be asking for interested athletes to submit their name within the next few weeks. Relay training will be starting soon...watch this space.

SMR COACHING CAMP

This year's camp will be held at Merricks on the weekend, 23rd to 25th November. This camp is a special coaching camp aimed at athletes Under 9 to Under 15. For further information, and registration forms, please see the folder near the family boxes outside the canteen.

TRIVIA NIGHT

We will be holding a Trivia Night towards the end of October as a social way of getting to know each other. Please keep your eye on your family folder for more information as it comes to hand.

VENUE HELPERS NEEDED

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.

EXAMPLE OF HELPERS NEEDED AT LONG JUMP

1. Recorder to write down length of each child's jump.
2. Raker to smooth & prepare the sand for the next jump.
3. Measurer to hold the tape where the athlete landed
4. Tape reader to check the distance of the jump from the mat.
5. Age group manager for crowd control!

We have up to 4 jump pits we can run concurrently which would require at least 20 parent helpers.

As you can see these jobs are very easy and are important to ensure the proper running of the program. 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.

All 'Duty Roster' parents need to be available at 8.15 am to be allocated a duty for the day. Committee members are available to assist any parents who are not sure of their 'job' for the day.

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

JANITORS REQUIRED

Our toilet facilities need to be cleaned each week which is not a long job but an important one. The job involves doing routine security checks throughout the morning, topping up toilet paper as required and a clean at the end of competition. 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!

If you are not a volunteer with a venue helper tag then you are required to be outside the fence during competition time to ensure minimum confusion on the track. If you would like to be closer to the action the only way is to volunteer as a venue helper and help us help the kids have fun.

We also ask that parents and children enter and leave the arena by the gates ONLY. Thank you.

TROPHIES FROM 2006/2007 SEASON

If there are any athletes who did not collect their trophies from last season's AGM, check out the table during the registration days. We have lots and lots of trophies looking for homes! If you have not collected your trophies during registration days then please be patient. This is our busiest time of the season and we will not be able to make the trophies available until the 20th of October

OPEN DAYS

Other Centres invite other athletes to compete with them in Open Days. Information on when these days are being held and entry forms can be found in the folder near the family filing boxes outside the canteen area. Upcoming Open Days will be advertised in the newsletter as they come to hand.