

Season Starts this Saturday 3rd October 2009 with warm-ups @ 08:15

WELCOME TO SEASON 2009/2010

Welcome to the first emailed edition of the Casey Little Athletics centre newsletter. Please take the time to read this as it contains important centre information, regular updates and news of upcoming events. If you have anything you would like included, or any suggestions for the newsletter, please email them to Dean & Simone at casey@vlaa.asn.au

HANDBOOK UPDATE

Every effort is made to accurately document all centre records and best performances, unfortunately some slip through the cracks. I apologise for the following omissions from the handbook, they will be corrected in the next edition. Congratulations on your individual achievements.

Under 10 Boys

C Daly 100m 14.42 Olympic Park 22/03/09

Under 11 Girls

J Sanders 1500m Walk 8:00.06 Olympic Park 22/03/09

Under 12 Boys

D Dupre 200m 27.89 Olympic Park 22/03/09

Under 13 Boys

M DeBruin 80m Hurdles 12.38 Olympic Park 22/03/09

Under 14 Boys

J Jordan 400m 56.61 Olympic Park 21/03/09

Apology also to Vicki Smith who unfortunately was not listed amongst our life members in the handbook, the oversight has been rectified. Thank you again for your contribution to the club.

TRACK & FIELD TRAINING HAS STARTED

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

Under 6's - Under 9's Tuesday at 5.30pm - 6.30pm

Under 10's to Under 15's. V@~!•âæ~q•ÁæcÁ [ÉH€] { Á- 6.30pm

Any athlete interested in distance training can attend on Thursday's at 4.45pm - 5.30pm

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

Relay Training will be held immediately after Tuesday night training please contact Michelle for further information.

COMPETITION TIMES

Competition starts at 8.30 am sharp on a Saturday. We would like athletes at the ground ready for an 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.

Athletes in the U13 to U16 age groups who are competing in either the 1500m Walk , 1500m Run or 1300m Steeple are required to be at the Casey Centre by 8.00am..

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.

COMMITTEE MEMBERS

Have you noticed the sea of orange in the arena? All our committee members wear orange fluorescent vests so they are easily visible, and ready to help with any of your queries.

TEAM MANAGERS

Age group team managers will be easily identifiable in their bright yellow/lime vests Please make yourself known to them as they will assist with the allocation of your weekly duties

UNIFORM REQUIREMENTS

It is important to wear your blue t-shirt with a 2009/10 registration tag on the front and the red IGA tag on the neck at the rear 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. T-shirts and shorts are available from the uniform room, located next to the canteen, for those who need to purchase them.

CASEY LITTLE ATHLETICS IS A SUN SMART CENTRE



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WATER BOTTLES, AND ALWAYS REMEMBER TO TRY YOUR BEST AND HAVE LOTS OF FUN!

SMOKING POLICY.

Please remember we are a non-smoking facility. Smokers are required to be a minimum of 50m away from the arena at all times.

UPCOMING EVENTS

Sunday 8th November Mentone Relay Open Day

Friday 13th November Twilight Competition at Casey, 5:30 pm Start Please note that this date is incorrect in the handbook

Sunday 15th November Region Relays Qualifying Heats Newborough

Fri 20th 22nd November SMR Camp Merricks

Sunday 29th November SMR U6 8 Carnival

SECONDHAND UNIFORMS

For Sale

Casey LA Competition Uniform - in excellent condition

1 x size 12 & 1 x size 14 Competition Top -\$15 each

1 x size 28 & 1 x size 30 competition shorts (scalloped leg) - \$10 each

2 x Size 16 Blue Casey Club Tshirts (very good condition) - \$10 each)

1 pair black/ silver Nike running flats - size 7 ½ -\$10

1 pair blue/white Nike running flats . size 6 ½ - \$ 10

1 pair red/white Adidas Sprint spikes . size 8 ½ - \$15

Call Claudia on 97699256 for further information

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Berwick Family Butcher

Call in to see Tim at Shop 5, Berwick market Place (directly opposite Safeway - Woolworths Supermarket) Berwick, Victoria 3806, Ph 9707 1922

www.berwickfamilybutcher.com.au

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