



## IN THIS NEWSLETTER

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### ★★★★★★★★★★★COACHES NEEDED★★★★★★★★★★★

Little Athletics requires a lot of assistance from parents to run properly. One area we **really need assistance in**, is coaching. The number of coaches we have has dwindled and we need new faces.

#### What do you need to be a coach?

**A bit of free time, enthusiasm and a desire to help our kids.**

Little Athletics Victoria is holding an **Introduction to Coaching Course (ITCC)** at Casey Little Athletics Centre on **Sunday November 6<sup>th</sup>**. This all day course which includes both theory and practical elements, is aimed at giving people with little background knowledge in athletics the ability and confidence to coach basic level athletics to children. The minimum age of participants is 15.

The cost of the course is \$99, which can be reimbursed by us, if you participate regularly in coaching at Training over the season.

With this clinic being held at our Centre, it's a great opportunity to provide some of our parents with the skills and confidence to coach.

Registration is through [www.lavic.com.au](http://www.lavic.com.au) and are now open. Entries close one week before the clinic or when all positions are full.

**If you can't attend a clinic, we still want you.** The younger age group will be training on Tuesday evening as per last year. If you are able to assist that would be fantastic.

If you are able to assist with our older age group but can't make it to the usual Thursday Training, we still want to hear from you as there can be some flexibility with days and times.

Please contact the secretary [casey@lavic.com.au](mailto:casey@lavic.com.au) or 0458 284 154 if you are able to help.

## IMPORTANT DATES

### September 2011

#### Registration Days

Thursday 15<sup>th</sup> – 6 – 8pm

Saturday 17<sup>th</sup> – 9-11am

### October

#### Program 1 T & F season

Saturday 8<sup>th</sup>

#### Casey Little Athletics

#### Games Night

Saturday 29th

### November

#### Introduction to Coaching

Sunday 6<sup>th</sup>

#### Casey Camp

Fri 25<sup>th</sup> – Sun 27th

## CROSS COUNTRY

Our Cross Country Season finished this weekend with the Centre Championships. The weather held off for the presentations, and races included some of our parents having a go as well. The Prime Family (Rod, Karen, Jess and Sam) were presented with a Banner signed by all the athletes, for their efforts in running the Cross country season this year and in the past years.

Over the season athletes have competed at Casey, Dandenong, SMR (Photo below), Knox Open Day's and the State Cross Championships. Casey won the Perpetual Trophy at the Knox Open Day. This Trophy is based on points being awarded to every athlete who runs, so EVERY athlete who ran contributed to the trophy (photo right).



Footy Colours Day at Casey (Right)



## PARENT CLINICS

As well as the ITCC at Casey, Little Athletics Victoria is running Coaching Clinics at other dates and venues around Victoria plus Starter's courses, Officials seminars and On Track Workshops. Registrations details and dates can all be found at the LAVic Website.

The Officials Seminars are of particular value for all parents, to provide the skills and confidence to assist at weekly Centre programs.

## CLINICS FOR ATHLETES

Little Athletics Victoria is running:

### JDS program for U12 – U16

The LAVic Junior development squad is for U12 – U16 athletes (2011/2012 season) who have reached JDS qualifying standards and who register via the LAVic website, which also has details of the Squad. Registration is now open.

The following clinics are also planned with the dates and venues to be advised. Registration will be via the LAVic website - [www.lavic.com.au](http://www.lavic.com.au)

- Race walking clinic – U9-U15 plus coaches clinic
- U14-U16 Multi-event clinic
- Under 11 skills clinic – planned for the September school holidays
- Under 7 – 10 skills clinic

## REGISTRATION DAYS

Our Registration days for the 2011/2012 Track and Field Season are Thursday September 15<sup>th</sup> 6-8pm, and Saturday September 17<sup>th</sup> 9-11am.

We encourage every-one to register online first. This not only saves work for our registrar but also prevents transcription errors by ensuring we have correct personal details such as spelling of names and email addresses. Payment can be online (attracts an extra fee) or at the centre.

Please visit the LAVic website early September for opening of the Registration Portal. You will still need to complete the Registration process by attending a Registration day to get registration patches and information for the coming season.

## UNIFORMS

This season for our Competition Uniform (which is worn to Region and State events) you will have the option of purchasing an alternative style. Crop tops and boy leg bike shorts for girls or round neck singlets for the boys. These do not replace the current uniform but are available as an alternative option by order only. Orders will be taken at Registration days and at the beginning of the season.

## **MERCHANDISE**

Our supplier for Track Jackets and Pants is no longer in business so we are planning to have Hoodies with Casey Little athletics Centre logo available to order. We still have some sizes of Track Jackets and Pants available for sale.

Other merchandise for sale includes Hats, Socks, Back Packs and Drink Bottles.

### **GAMES NIGHT**

Casey Little Athletics will again hold a Trivia/Games Night to raise money for the Royal Children's Hospital Good Friday Appeal. Last year we raised over \$4000 for the season which was the most from any Little Athletics Centre in Victoria.

The night is planned for Saturday October 29<sup>th</sup>. Donations for prizes will be gratefully accepted. More details later.

## SPONSORSHIP

We would like encourage Business Sponsorship of Casey Little Athletics Centre. Please visit our website for the range of packages Sponsorship and what we can offer.

## OPEN DAYS

### Essendon cross country



We love to hear how from our athletes competing at Open Days. Phoebe and Hamish Newman had fun at Essendon Cross Country Open Day on July 16<sup>th</sup>. Phoebe competed in the U8 1000m and came 4<sup>th</sup> (4.17.52) and Hamish came 1<sup>st</sup> in U6 500m (2.08.65). Great effort!

**Hamish Newman (centre)**

### CASEY FAMILY CAMP

Our postponed Casey camp has been booked in for the weekend of 25<sup>th</sup> – 27<sup>th</sup> November at Forrest Edge, Neerim East. This will be a family camp for U9 and above. All athletes must be accompanied by a parent. The emphasis is a fun, social weekend, rather than a training camp.

All parents and adults are required to have a Working With Children Check. The expected cost will be \$90 per adult, \$80 per child

[More details to follow](#)