

### REGISTRATIONS

What a fantastic start to our season. We have around 230 registered athletes so far. We are looking forward to a fantastic season.

### NEWSLETTER

The newsletter advises of upcoming events and other things happening within our Centre. The newsletters and other items (stars and performance sheets) will be available for you to collect from the family filing boxes, which will be located outside the canteen. Please check these weekly to see if you have anything to collect. If you have an item you would like to put in future editions of this newsletter, please let Andrea know so this can be arranged.

### PHOTOS FOR HANDBOOK

We love photos in our handbook. If you have any photos or take any during the year and would like to share them for possible inclusion in next years handbook, see Leanne. We can scan original photos and return them the following week.

### CASEY LAC WEBSITE

Our website is updated regularly with results being updated within 24 hours. Check out your results on the internet on [www.vicnet.net.au/~caseylac](http://www.vicnet.net.au/~caseylac). If we have any family members or friends that have an interest in Web page design and would like to help us with the Web site then please contact Michael on 0407 122 441 or see him on a Saturday morning.

### TRAINING TIMES

There seemed to be a little confusion regarding times for training. Training is 5.30 pm – 6.30 pm. for U6 to U9's on Tuesdays and U10 – U15's on Thursdays from 5.30 pm – 6.30 pm. 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. With regards to the weather on training nights, if it is thunder or lightening there will be no training. If it is raining training will also be cancelled. Common sense is used during these situations.

### PRIVACY PERMISSION FORM

It is essential that each family completes a Privacy Permission Form and returns it to one of the Secretaries as soon as possible. Spare forms are available in the pavilion. As a Centre, we need to know whether we can use the names and photos of any athlete for our newsletters (like this one), handbook (as you can have been issued) or on our website (as you can check out). Without your permission, we will not be listing any achievements of your children, as we respect the rights of all individuals. See Andrea. Your assistance with this request is appreciated.

### PARENT DUTY COMMITMENT

As we need at least 100 parents each week, parents who have volunteered for a permanent position need to be ready at 8.15 am to commence duty. Parents who have volunteered to be on a 'Duty Roster' will be rostered to assist every alternate week according to their surnames (A-K & L-Z). All 'Duty Roster' parents need to be available by 8.20 am to be allocated a duty for the day. Our Education Officer and Committee members are available to assist any parents who are not sure of their 'job' for the day.

Please see Kym Packer to collect your name tag, your allocated duty, or if you want to change from Duty Roster to a permanent position. Remember to ensure we finish before midday your assistance is vital.

**A-K family duty dates: 2/10, 16/10, 30/10**

**L-Z family duty dates: 9/10, 23/10, 6/11**

If you are not able to fulfill your permanent duty position due to other commitments at any time (and it does happen), please ring Kym on 9707 1489 ASAP so we can replace you for that allocated duty and day.

Thanks you to those families who have assisted with duties so far. As you can see your assistance is vital for the smooth running of the Centre. Without your help we would not finish early.

### **TROPHIES FROM 2003/2004 SEASON**

If there are any athletes who did not collect their trophies from last season's AGM, check out the table in the pavilion. We have lots and lots of trophies looking for homes!

### **COMING EVENTS – RELAY CHAMPIONSHIPS!**

The relay season will be upon us very quickly. 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 23<sup>rd</sup> Annual Relay Open Day, on Sunday 24<sup>th</sup> October. Athletes in Under 9 to Under 15 can participate. Training will be held on Thursdays for these events, and training is well underway. See Chris Nelson for more information. It would be fantastic to kick off the season with some teams entered in this event.

### **LAPS FOR KIDS**

On Saturday 6<sup>th</sup> November, we will be holding our annual Laps for Kids morning. This is a special event held for the Royal Children's Hospital Good Friday appeal, where all athletes, parents, carers and grandparents are invited to run, walk or stroll one lap of the oval and donate a gold coin for the Hospital. Last year we raised \$150, not a bad effort, but let's see if we can improve on this figure this year.

### **WALK JUDGES**

If anyone is interested in being a Walk judge this season, please see Andrea Hallett or Leanne Fraser for further information.

### **SMR COACHING CAMP**

This year's camp will be held at Merricks on the weekend 27<sup>th</sup> and 28<sup>th</sup> November. This camp is a special coaching camp aimed at athletes aged 10 to 15. For further information, please see Chris Nelson, one of our Coaches, who will be attending the camp.

Entry forms and brochures are available NOW.

### **CASEY LAC Uniform**

For athletes who represent Casey LAC at Region and State competitions, they need to wear our

Casey LAC uniform. This can be hired or purchased from the Centre.

### **SLIP, SLOP, SLAP**

With the hot weather approaching, it's important to remember the sunscreen, hat and drink bottle and to ensure athletes have drinks between events. Please create your own shade and bring your porta-shades. If it is looking cool, please rug up as it can get quite cool out in the open.

### **OPEN DAYS**

Other Centres invite athletes to compete with them – these are called Open Days. Information on when these days are being held can be found on the noticeboard near the family filing boxes outside the canteen area.

### **CENTRE UNIFORMS**

Just a reminder to all athletes, you are expected to wear your blue tshirt and registration tag to each Casey LAC meeting. It makes it easier for the recorders to complete your performance tickets, if your number can be seen on the tag. Remember to sew the registration tag on because pins and velcro do not always work.

### **KIDS KLIX PHOTOS**

A unique opportunity to capture the athletes in full flight, Kids Klix photo day on November 20<sup>th</sup>. Fantastic photos. Fantastic price at \$8 each. Photos will be available to purchase the following week, for approx three weeks. Cash or cheque only, and reorders available from Kids Klix direct. Great gift idea for Christmas.

### **EMAIL ADDRESSES**

If you would prefer an electronic version of the newsletter, please let us know your email address.

**A final word, if you want to help, but you're just not sure how, ask one of our friendly Committee members to find out what's needed – we'd love to help you!**