



On Track



Keilor Little Athletics Centre's Official Newsletter

Volume 1 – Saturday 26th September 2009

Welcome for 2009/10

Keilor Little Athletics would like to extend a warm welcome to new athletes and their families and our returning members

The motto of Little Aths is "family, fun and fitness" and we certainly hope that all athletes and family members will experience this. We have a strong focus on athletes of all ages and ability levels doing their personal best and striving to learn and improve.

We will have a newsletter nearly every week. Grab one from the holder, as you come through the main gate, or from the canteen or the office window.

Messages for new Parents

New mums and dads, we want to make it clear that parents are not allowed to be on the track or at any competition venue at any time, unless they are acting as officials.

We appreciate in the early stages new children may be nervous or unsure – but they will be well looked after by our officials, make friends quickly and will soon overcome any shyness.

If you have any questions, please feel free to speak to any one of our Centre Executive members or the team in the Admin office

Mums and dads of new Under 6's and 7's doing "On Track" – we can make a slight exception to the above for you.

What's New this Season

Introduction of New Automated Timing & Recording System.

Important Notice: Following the successful trial of the automatic recording system our centre will introduce the new recording method within the first few weeks of the 2009/10 season.

Part of the automation process requires athletes to have a barcode sticker stuck to their chest patch and when the athlete presents to the recording area their barcode will be scanned. This allows the recording system to match the athlete to the timed result. It is now more important than ever that **ALL** athletes wear their chest patches - **no chest patches - no competition.**

For returning members this will take some getting use to but will allow us to run a more efficient competition, reduce the amount of volunteers required to record results,

eliminate track recording errors, and save the environment by not producing 30,000 tickets per season. We ask for your support with this initiative and in particular make sure the kids wear their chest patches.

You will notice a barcode sticker on your child's registration patch, please look after it. With the introduction of the NBS (NARS barcoding software) to Keilor, recording tickets will no longer be issued at any event.

All track events conducted in lanes using the electronic timing gates will now be linked to the new software and results will be transmitted automatically. Athletes will still pick up their lane tag and make their way to the recording table where their patch will be scanned. PB's will still be acknowledged and results will be uploaded to our NARS recording system at the end of the day's competition.

RESULTS

Once results have been uploaded to our website, you can simply type in your child's registration number and the date required and you can print your own recording tickets.

PB VOUCHERS

Whilst recording tickets are no longer handed out at events, we have created PB vouchers. Volunteers at all events will have a supply of acknowledgements to be offered to any athlete who receives a PB.



Admin – "From the Office"

New for 2009/10

INFORMATION TABLE located outside the Clubrooms.

Not sure how things happen, what to do or where to go?? Please visit our volunteers who will answer any queries. You can also collect copies of our track layout, On Track program, FAQs and other literature for the coming season..

Registration and general information

We are still taking new registrations (*and registrations of last year's members*). If you know of any children/families interested in joining KLAC please assure them they can still register.

Please note: - The Admin Window will not be open for the first two weeks of competition so please visit the Admin Team in the Clubrooms for the following assistance: -





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- Collection of showbags and patches for families who have registered and paid by mail
- Potential new members wishing to register or take up the two week trial offer
- Provide missing registration details
- Submit completed duty roster forms
- **Re-registration** - last year's members can't compete until they've completed registration & paid all fees.
- **New registrations** – new members must have lodged a registration form and either paid all fees or indicated that they wish to take advantage of the 2 week "trial" period before they compete.
- **Proof of Age** - We need to see Proof of Age (birth certificate, Extract of Entry etc) for all new members (within two weeks of registering)

** IGA NAME PATCHES **

It is mandatory for every athlete to wear their IGA patch on the front of their uniform in order to compete in any event. (patches will be in the family showbag or issued at the time of registration). All athletes must also have the Red IGA sew badge attached to the back of your uniform. NO ATHLETE WILL BE PERMITTED TO ENTER ANY EVENT WITHOUT WEARING A NAME PATCH.

FIRST AID

Please note that all our First Aid volunteers are suitably qualified and have appropriate training to administer First Aid assistance to our athletes.

A qualified First Aid volunteer is on duty each week. If First Aid is required at an event, volunteers will contact the Announcer for attention or you can visit the first Aid room for attention.

Please make yourself known to our First Aid Team to discuss any concerns you may have with any health issues relating to your child competing.

Privacy is important but if your child has an severe or life threatening allergy/condition, suffers from asthma, whether exercise induced or not, please make yourself know to our First Aid Team to have an action plan in place for your child.

On Track

Attention Parents & Guardians of all Under 6 and Under 7 athletes.

You are invited to attend a very informal (and short) information session on our exciting On Track program to be conducted by Victoria's On Track Co-Ordinator, Keilor's very own, John McCall.

Please make your way to the Clubrooms at 11:00am on Saturday 10th October 2009 (week 3 of competition)

It's all in the Handbook

We would encourage all families to go through the Keilor Centre Handbook provided in their show bags when they finalised their registration. The Handbook lists all the key dates for the year, information about events, what to do as an official, all the Centre's policies and records, and lot's more. However, if you have any questions please do not hesitate to ask one of our Committee members or key officials for info.

Uniforms and Shoes

Centre T-Shirts, singlets or Crop Tops (for the girls) are compulsory. Secondly shorts must be black. Children anticipating running in Inter-Centre competition will need to make sure they have plain black running shorts with logos/branding only of a maximum size (no larger than the size of a match box).

Good footwear is essential as the jumping events can be hard on young feet. Both the Club and members can benefit if you buy shoes from the knowledgeable staff at **The Athlete's Foot in Watergardens**, which we recommend you see first. Only athletes in the Under 12 age group (and older) can wear "spikes", and then again not in all events (e.g. it is not appropriate to wear spikes in some throwing events).

- **Our KLAC Uniform Shop** is open today, next Saturday then the first Saturday of each month

TRIALING ATHLETES –

Two week trial offer starting today

Do you have your temporary name patch?? Visit the Admin Team prior to competition if you do not have a patch or have lost your temporary patch.



Regular Parent involvement

One aspect of Little Aths that new parents need to understand is that the activities cannot run without parental involvement as officials, judges, helping set up and pack up, working in the canteen, offering their expertise in whatever they do etc. Parental involvement helps create the family atmosphere we are striving for.

Parents we will need you to honor your agreement to assist as per the roster you completed when you registered. Nothing is too hard and you will be with many experienced parents only too happy to help. It's a great way to meet people and see the kids in action close up.

To assist you keep track of your duties our online Duty Roster is now available on our website. Please visit www.keilorlac.org.au and click on the clip board icon



The online duty roster has two components: "This Week's Duty Roster" and the "Yearly Duty Roster" Check it out!.

Meet your Executive for 2009-10

Contact details for the Executive and other key roles are listed on your fridge magnet and also in your handbook.

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| President | Sam Barbuto |
| Vice Pres - Centre Operations | Jan Bennetts |
| Vice Pres - Centre Development | Bill Mobilio |
| Secretary | Kerry Ware |
| Treasurer | Vicky Thomson |
| Equipment & Technical | Don McLaren |
| Sponsorship & Fundraising | Sam Barbuto |
| Special Events | Pauline McShanag |
| Regional Delegate, Head Starter | Craig Hill |
| Competition Director | David & Cherylanne Campbell |
| Clubroom Mngr/General Committee | Mike Lloyd |

Handy web sites

Another reminder for new families especially. KLAC has an excellent web site at www.keilorlac.org.au This site details a lot of information about the Centre, upcoming events, links to fun sites for the kids and sites about Little Aths. KLAC weekly results are generally on the web site the Monday/Tuesday after competition.

UPCOMING EVENTS

November 7, 2009

40TH BIRTHDAY CELEBRATIONS/LIFE MEMBERS DAY/SPONSORS DAY

Watch this space for more details & events in the coming weeks

Uncollected participation trophies from 2008-2009 can be collected from the Clubrooms today!!

