

Welcome

Welcome to our 3rd week of competition, particularly new & returning members who are joining us for the first time today after returning from school holidays. We trust that those athletes and families have enjoyed the first two weeks of "Come and Try" competition – despite some ordinary weather. Those athletes that have been trialing for the past two weeks are asked to speak with our admin staff today in order to finalise ongoing registration.



Bring A Friend Day

We welcome today's "Friends" and hope you enjoy the day. Remember make sure you register for the day and collect your show bag.

Wasn't sure about today or your friend wasn't available? – no problemo – we have extended *Bring a Friend* day to next week also. Last year we had about 100+ friends visit us over the two weeks. We hope just as many enjoy this year's opportunity.

Keilor-St. Bernard's Senior Athletics Club

A little known fact is that our *Centre's Constitution* states as one of its objectives.... **"to support and assist where possible, the formation, and/or the maintenance of a senior athletic club..."** . Well on that front, and some 10 years on from the inception our unified Centre's constitution, we are pleased to advise that Keilor St. Bernard's (KSB) senior athletic club will be making Keilor Park athletics track their home.

Both our clubs have agreed to form a management committee to oversee the transition of KSB to the KP athletics track and the installation of an IAAF standard all weather synthetic athletics track over the next two years. A further benefit to our junior athletes will be access to coaching and a tangible pathway to senior athletics via a very successful senior athletic club that has a culture aligned with our theme of Family, Fun & Fitness.

This is an exciting time in the history of both clubs, particularly whilst our club is celebrating its 40th birthday. It is interesting to note that some of our centre's founders and senior life members are now involved in running KSB and we welcome them back.

Important Meetings TODAY



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 Keilor's On Track Coordinator, John McCall.

Please make your way to the Clubrooms at **11:00am**

Our On Track program is extremely popular with children and parents alike- so come and hear all about the program and what it has to offer your child, and hear what YOU CAN DO to help make this program even more successful this year.



Relay Meeting Today – 11:30am

There is a relay meeting today for parents/guardians of athletes interested in being part of our Centre's relay squad/teams. Also prospective relay coaches are also asked to attend this meeting. See further details regarding relays over

the page.

Tribute - Sue McKeown

The success of Keilor Little Ath's is entirely due to the tireless efforts of a number of volunteers who put in countless hours of their personal time to ensure that our children have the best possible conditions to compete in every week.

One such volunteer was Sue McKeown. She volunteered in various roles, the most recently being as our Uniform Manager last season. Sue was always at training, regional and state events supporting her two daughters (Tayla and Courtney) and was thrilled to see Tayla compete at the Pacific School Games in Canberra last year and then cap the season off by winning the Junior Keilor Gift.

Over the past couple of years Sue battled serious illness, but throughout her fight she continued to support our Centre with her volunteer efforts and it is with much regret that we advise you of her passing in September this year. She will always remain a part of the extended Keilor Little Ath's family and will be sadly missed.

Our best wishes go out to her husband Alex and the girls who we will continue to support through this difficult time.

Name Patches

The past couple of weeks we have been advertising the importance of athletes wearing their chest patches, complete with barcode sticker affixed. The barcode sticker allows us to automatically upload your child's results for all lane events. **Therefore, more than ever it is crucial that all athletes wear their name patches on the front of their uniforms.**

Officials have been advised **NOT** to allow children to compete if they don't have name patches. Any child that inadvertently competes without a name patch will not have their result recorded.

The **"NO PATCH, NO COMPETE"** rule is now in force and should you forget your patch a temporary patch can be purchased from the Administration office for \$1. Permanent patches with new barcode stickers will cost \$5. The Proceeds from replacement patches will go the Royal Children's Hospital Appeal. **Note:- All athletes must also have the Red IGA sew badge attached to the back of your uniform**



Uniforms

Our supplier has advised that there has been **yet** another delay in the arrival of our new stock and regrettably small size crop tops and some singlet sizes will now not be available until next weekend Oct 17th. When placing the order in July we were assured that the stock would arrive in mid September. Obviously the delay has been a disappointing development. We do know that the shipment has arrived in Sydney and is awaiting customs clearance.

In the interim children are able to wear comfortable shorts and t-shirts with their member patch pinned to it until the uniform is available in their sizes.

We apologize for the inconvenience and understand that the children are looking forward to receiving their uniforms.

Supporter Apparel (Track Suit Tops) - We have had a number of requests for club track suit tops and are pleased now to be in a position to take orders. Please place orders with the uniform team. (Note: prompter deliver expected as different supplier).

Note: Our KLAC Uniform Shop is open today, next Saturday (briefly to hand out back ordered uniforms) and then the first Saturday of each month

The Athletes Foot Watergardens


Representatives from the Athlete's Foot Watergardens will be in attendance TODAY with a full range of running shoes for sale.

Their friendly staff will be available between 9am-12pm to assist you with any of your footwear needs.



Admin – “From the Office”

“Office Hours” - Starting next week the Admin team will be relocated to the administration office (to the right of the canteen). The “Admin Window” will be open for business each competition day until 10am. Please see the admin team for any issues related to registration, submission of paperwork, proof of age, entry forms, collection of trophies and Maccas Encouragement awards.

 **Encouragement Awards**
 In conjunction with **McDonalds Taylors Lakes & St Albans** our very popular encouragement awards are back again this year. Athletes are awarded a Macca' Encouragement Award voucher for getting 3 or more PBs (Personal Best) performances in the same Keilor competition day. Awards are available for collection usually the next week.

Uncollected participation trophies from last season can be collected from the Clubrooms today!!

Early Start for Special Events – 24th & 31st October

Early notice is given that the following special events will start early than usual on competition day:

24th Oct- Race walks – Marshall at high jump area at **8:30am**
31st Oct- 300m Hurdles – Back track start at **8:30am**

Upcoming Events



Our centre will be celebrating its 40th birthday on Saturday 7th November 2009. Past life members, various VIPs and of course our current athletes & families will hopefully be able to join in the celebrations. Birthday activities will be woven around the regular competition on that day. Further details will be advised in future newsletters.



Kid's Disco

We will be holding the extremely popular **KLAC Kid's Disco** again this year. The disco will start immediately following the conclusion of our twilight competition on **Friday 13 November 2009 at the clubrooms**. A small fee will be charged to cover costs. **Open to KLAC members only**. Further details will be made available in the weekly newsletter.

Trivia Night - Saturday 21 November 2009



Why should the kids have all the fun??

The annual KLAC Trivia Night is another highlight of the KLAC calendar - for the "grown-up" people within the club (we realise that may disqualify some adults).

Put it in your diary & start planning your table. Invite family & friends. Further details will be available shortly.

FUNDRAISING NEWS!!!!

IGA Docket Competition – Our club has taken up the challenge to collect the most **IGA** shopping dockets with the highest accumulated value over the course of the season. There are 3 prizes on offer - \$3,000, \$1,000 & \$500.

Starting next week, a docket collection box will be set-up outside the admin window. **Please support this initiative.**

Supplementary Numbers – Be on the look out for our fundraisers selling tattsлото supplementary numbers for \$2 on a weekly basis. Win cash prizes

Raffles – Every few weeks our fundraisers will be coming around selling tickets to our centre raffle.

We appreciate your support of these fundraising initiatives which in turn allow the Centre to purchase equipment and keep registration fees low.





Adopt a hurdle



In celebration of our 40th year as a Centre - comes an exciting opportunity. Keilor Little Athletics is offering families & businesses the opportunity to "Adopt a hurdle" and in doing so be a part of the on-going history of our great Centre.

Individual families or businesses can adopt a hurdle by one of 2 methods:

 A donation of \$100.00 will provide the adopting family/business with **naming rights** of one hurdle for the life of that hurdle.

 A donation of \$60.00 will provide the adopting family/business with **naming rights** of a hurdle for the next two athletics' seasons.

In return for the donation your family/business will have its designated name/text displayed on the rear of the hurdle for the duration of the sponsorship period. The details on the sticker can be a business name, family names or individual names - It's up to you. The donation entitles the family or business to decide on the text.

Contact: Sam Barbuto 0419 901 707 for further info.

policies and Centre Best Performances, 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.

Reading the Newsletter is a MUST!

We aim to have a newsletter most weeks to help keep you up to date. Pick up your newsletter as you arrive. From time to time we will repeat stuff just to make sure everyone is up to date.

The newsletter is the most important form of regular communication we have with club members. If possible please have a quick read when you arrive each week so you know what is going on for the day.

www.keilorlac.org.au

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 by Sunday evening after competition.

Know Your website

Our website has a menu of key options on the left hand side of the home page. These include:-



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.



KLAC, Regional & State Results.
 KLAC competition tickets are also printed from here.



Weekly newsletter available on-line, usually by Friday prior to competition.



Weekly Competition Program lists schedule of events for the next competition at Keilor LAC



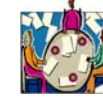
Online Duty Roster lists next week's duty roster and an annual planner where you can see your duty roster obligations for the entire season.



Photos taken at KLAC, Region & State Events



Calendar of KLAC, Region & State Events & social functions



Agenda & Minutes of Executive Committee meetings, Annual General Meeting and our Centre's Constitution.



Executive & Committee – position responsibilities, office bearers and key contacts

The Shoebox...

The shoebox is a drop off point for used running shoes in good condition for parents and families associated with our Centre- KLAC.

Why: In the coming months KLAC will be involved in a number of initiatives, supporting local disadvantaged children and actively trying to encourage them to participate in sport. These families including some from our Centre may find it difficult to purchase sporting apparel, runners for their children.

When & How: The shoebox will be placed in a prominent position in front of the clubrooms on a weekly basis. Simply place old runners (that are in good condition) in the container provided. The shoes will be collected and distributed as needed.

Information Sources

The best sources of information are our **newsletters**, our Keilor **Centre Handbook** which is provided in the show bags given to families when they finalise their registration, and our **web site**. Take the time to read through the Handbook and have a surf around both the Keilor web site www.keilorlac.org.au and the Victorian Little Athletics' site www.vlaa.com.au

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



Relays and Inter Centre Competition – starting soon



Each year we participate in the Northern Metro Region Relay championships against Centres in our region. Depending on the performances at the region relays, under 9 and older teams may qualify to compete at the State Championship event. Last year Keilor was one of the top teams in the State Championships so this year we hope to improve on that. We are the reigning regional champions. Under 7's and 8's compete at Region level. This year's Region Relay championships are on 15th November and before that we want our Under 9's and older, to run in an Open Day at Box Hill on 25th Oct.

We have a detailed Relay Policy in the Handbook.

Typically Keilor fields a number of teams comprising about 100 athletes who can each do up to 3 events. Selection will be competitive for our main teams who are definitely "in it to win it" and as many teams as possible will have coaches (parents or ex members who can manage training sessions and teach the basics of relays). There will also be opportunities for athletes who may not be selected in our "priority" teams to participate (see Handbook). We have no time to lose in arranging relays. If you are interested in participating please speak to **Pauline McShanag** ASAP as some teams are (or due to start) training.



Relay Meeting 11:30am Today

There is a relay meeting today for parents/guardians of athletes interested in being part of our Centre's relay squad/teams. Also prospective relay coaches are also asked to attend this meeting



Relay Nomination Form

Athletes wishing to be involved in relay squads must submit a relay nomination form as soon as possible. Forms are available at today's meeting and will be posted on our website.



Relay Coaches Expression Of Interest

Feast or Famine – that is the case with relay coaches at the moment. In some age groups we have parents scurrying to coach a team whilst in other age groups we are struggling. All parents/past athletes who are interested in coaching a relay team must complete an expression of interest form and attend a meeting for prospective coaches immediately following the athletes relay meeting today.