

Good Athlete Participation

We hope all 423 athletes, including 35 friends as part of Bring-a-Friend Day, enjoyed last week's competition in some brilliant weather on a grass track that's in its best condition for years.

Last week's competition program was jammed packed with many age groups completing six events. With the program finishing around 12:30pm that's about where we want to be, although our "stated aim" is to provide the athletes with **a minimum of 5 events** each week in a **three hour period**. With the introduction of the automatic timing & recording systems the competition directors and centre executive believe, with the assistance of sufficient parent volunteers, there is no reason why we can't offer the athletes up to 6 events and **still complete around midday**. **Your support in assisting us to meet that objective is greatly appreciated!**

Bring A Friend Day - Great Success & On Again Today



As seen last week one of the highlights of the year is **Bring a Friend Day** – Today is final Bring a Friend Day for this season.

If you brought a friend last week and they are joining us again today, please collect another temporary tag for them to compete today. They will have the same number and their results will be recorded. If you have brought a new friend to try Little Aths, please visit the Clubrooms to register.

Special Events - Life Members Day

In Season 2009/2010 we celebrate our 40th birthday and amongst the calendar of special events, we are hosting our first ever **Life Member's Day** on Saturday November 7, 2009. Invitations will be sent to all Senior and Junior Life Members as well as a host of a host of local dignitaries.

Our aim is to re-unite as many Senior and Junior Life Members as possible on the day to celebrate this occasion.

Regrettably we have lost contact details for some of our past Life Members and we would ask that anyone with contact details for our Senior (see list below) and Junior Life members contact the Centre President Sam Barbuto on 0419 901 707 or by email s.barbuto@hotmail.com so that we can invite them to this function.

JOHN	PETERSEN	MRS E	TERKIEWICZ
JOYCE	WEST	MR P	PIGOTT
JOHN	SINCLAIR	MR C	RIDLEY
CHERYL	MALLINSON	JOHN	SEWELL
MRs VAL	CRAIG	MRS S	DUNCAN
MR K	VAUGHAN	MRS J	MRNYAVAC
MR B	LEED	MRS K	MCALLESTER
MR A	MARSHALL	JOHN	CAHILL
MR P	WILSON	TONY	CILIA
LEO	HERRICK	LAURIE	ROBERTS
JOYCE	BRADLEY	PAM	STEWART
MRS B	JACOBSON	MARTES	PALIA
MR B	LANGLEY	LYNNE	TABONE
BRIAN	RIDLEY		

Early Start for Special Events – 31st October
300m Hurdles – Back track start at 8:30am



Relay Information

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** or your age groups designated coach ASAP as some teams are (or due to start) training. A list of coaches and their contact details will be posted on the website from next week.

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 the Admin Office.

Relay Coaches Wanted

Thanks to those parents, athletes & coaches who attended last week's relay meeting. It was an opportunity to explain how the relays operate to new members and also get parent volunteers to act as relay coaches. **We are however still looking for coaches for the Girls and Boys U8 teams and Girls U10.** If you are interested please contact **Pauline Barker-McShanag** on **0401 824 178**.

Name Patches

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

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. **Cost: Kids-\$45; Adults-\$55. Your given name can also be sewn onto the jacket for an additional \$5.**

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





Admin – “From the Office”

“Office Hours” – From today our 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.



Stars of the Week

5 PBs in one day of competition is a fantastic achievement – **congratulations to Joshua Cunningham and Payton Ozols**. Your 5PB trophy will be presented at an upcoming competition day in the near future!!!!

Visit the results area of our website (www.keilorlac.org.au) for a list of athletes who achieved PBs. There is also a list of athletes who attained 3 or more PBs in a week. If you are on this list a Maccas Encouragement Award awaits you at the Admin Office the following week.

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 – Friday 13 November

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!!!!

Tupperware Coming to KLAC!

Good news for those of you who love Tupperware and can't get enough of the product. Next Saturday, 24th October Tupperware will go on sale in the clubrooms from 9:30am. Our centre will benefit from the sale proceeds so if you need Tupperware next week's the go!



IGA Docket Competition – Our club has taken up the challenge to collect the most IGA shopping docket 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.

Adopt-a-hurdle application forms are available from the admin office.

Contact: Pauline Barker-McShanag on 0401 824 178

