

### Last week's cancelled events

A number of age groups will do six (6) events this week in order to catch up on events that were missed due to the early cancellation of the program last Saturday.

### Event Programming-A Tough Gig

A few questions have been raised recently why some advertised events (or perhaps the running order) are changed during competition. I put that question to Dave Campbell, Competition Director, during the week and you may be interested in his response:-

*"Accompanying the advertised competition program is a "running sheet" that identifies the order of events within one of five "rotations" or blocks of events. Our announcers use that running sheet as a guide to calling events. In fact it is a very good guide however changes do need to occur as from week to week our officials and their relative skill sets change and whilst one week you can for example have all shot put events finished by 11 am, the following week with different officials it may finish at 12.30. Also athlete numbers may change etc, so it's not an exact science on how long any given event may take, or even start if we don't get the officials there till say 15-30 min's into the comp starting. Basically there's a lot of juggling on the day."*

*"I would like to point out that we are extremely fortunate to have some very skilled people doing the programming and announcing and the fact that we're able to offer 5 & 6 events (weather permitting) whilst most clubs at VLAA can only offer 3-4 events reflects a pretty good programming structure".*

Thanks Dave....and we do all of that within a 3-3.5 hour window. There are a number of clubs that start at 8:00am and finish closer to 1:00pm whilst offering the same program every second week.

***It's a tough gig but we do it better than most!***

### Duty Roster - Important Notice

Regrettably last week a number of events were cancelled as we were unable to get sufficient volunteers. A number of families that had pledged to assist on Saturday 17th October didn't attend competition, whilst one family didn't perform their duty but their children competed. **Families are reminded of the importance of honouring your duty roster pledges for the effective running of a full program.**

Fortunately last week the following families volunteered their services when our announcer put out a plea for extra assistance. Without those families volunteering more events would have been cancelled. If you have already missed a day that you were supposed to do duty please volunteer for a make-up duty this Saturday as we are shorter than usual for volunteers.

**Thanks to the following volunteer families\*:** BANNEYAKE; BERTRAND; DENAHY; EFTHIMIOU; KOELEMAN; KRAJINOVIC; VASNAIK; WRIGHT

**\* Your names will go into the draw for volunteer of the month.**



### Duty Roster Listing and Annual Planner

The weekly duty roster and season duty roster planner can be found by clicking in the clipboard icon on the left hand menu column of our website. Please check the planner for your pledged duty roster days for the entire season. Your pledges should have also been recorded on the calendar you were provided at registration time. The planner is a useful tool to determine how you are tracking against you 5 pledged duties. The planner is updated on a weekly basis recording whether a family has done their pledged duties.

### Box Hill Invitation Relay Day (Sunday 25 Oct) - Team Keilor

Keilor has a number of under 9-15 teams making their way to the relay invitational event this Sunday 25 October. This is a very well run event that our Centre has participated in over the past few years and is our main practice run in the lead up to the Regional Relay Championships next month.

***We wish all teams, coaches and their families the very best on Sunday.***

**First event starts at 8:30am.**

**All athletes & their families MUST arrive at least one hour before their first event and report immediately to their coach on arrival.** If for some reason you are unable to attend or running late please contact your coach or team manager Pauline McShanag (0401 824 178).

### Tupperware @ KLAC TODAY!

Good news for those of you who love Tupperware and can't get enough of the product. Tupperware @KLAC will go on sale in the clubrooms from 9:30am today. Our centre will benefit from the sale proceeds so if you need Tupperware today's the day!

**Centre Coach Appointed** - It gives us great pleasure to announce the re-appointment of Sonja Kiernan as our club coach for this season. Sonja is a highly qualified coach who has coached national level athletes, is a fitness coach with the Calder Cannons and lecturers at Vic Uni.

### General Training Commences Next Tuesday 27 Oct

Now that Sonja has been appointed coach, general training will be held each Tuesday evening starting next Tuesday (27 Oct) at 6:30pm for approximately one hour. All Keilor LAC athletes are welcome to attend. There is no cost involved for the club's general training sessions.



**Halloween - Next Saturday's** competition (October 31) falls on Halloween. To celebrate the day we will be conducting a **Scary Face** competition where children are encouraged to bring their scariest mask or have their parents paint their face. Prizes being awarded to the three Scariest Faces as judged by the panel of pumpkins (judges).

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



### 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](mailto: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		

### Memorabilia Urgently Wanted

The club would like to hear from anyone who has memorabilia from their time with Keilor LAC (and their member clubs) over the past 40 years. We are looking for items such as (but not limited to): Handbooks, Centre or Club competition uniforms, running shoes of the day (remember Jiffies?), medals, ribbons, **PHOTOS & News articles.....**

If you can assist please call Jan Bennetts asap on 0438-907-022



## 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.

Visit the results area of our website ([www.keilorlac.org.au](http://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.



Taylors Lakes & St Albans



Moonee Ponds & Watergardens

### Stars of the Week (5PBs)



Congratulations to this week's Stars of the Week:

KAITLYN	SMITH	Girls U8
CHRISTINA	SPURRELL	Girls U14
CHRISTIAN	INGLESE	Boys U9
SCOTT	SIDLEY	Boys U14
EMIL	ZAHOVIC	Boys U13
PAYTON	OZOLS	Girls U9
JOSHUA	CUNNINGHAM	Boys U8

Your 5PB trophy will be presented at an upcoming competition day in the near future!!!!

### Vic Secondary Schools Championships

Congratulations to the following Keilor athletes who competed at the champs during the week (apologies to any omissions):

Wen Yang Lee	Javelin (2nd)
Steele Nason	100m & 400m (1st); 200m (4th)
Caitlin Campbell	1500mWalk (1st)
Stacey McLaren	1500mWalk (7th)
Christopher Mitrevski	LJ (4th); TJ (5th)

### Upcoming Events



Our centre will be celebrating its 40<sup>th</sup> birthday on Saturday 7<sup>th</sup> 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.



**IGA Docket Competition** – In conjunction with the VLAA, IGA has launched docket promotion which gives participating Little Ath's centre the opportunity to win up to \$5000 for the Centre's that accumulate the highest \$ total of IGA dockets. The competition runs up until April 2010 with Families encouraged to shop at their local IGA stores and bring the dockets to the centre and deposit them into the collection box that we have placed in the clubroom.