

Special Events TODAY



Happy Halloween - As advertised last week, to celebrate **Halloween** we will be conducting a **Scary Face** competition today. Prizes will be awarded to the three Scariest Faces as judged by the panel of pumpkins (judges).

300m Hurdles - Competition kicks off early today (at 8:30am) for those U12+ athletes who are interested in competing in the 300m hurdles. Athletes are asked to marshal at 8:15am at the start of the back track for this event. 300mH need to be completed so the regular program can commence promptly at 9:00am.

Relay Record Challenge

As part of our Centre's fundraising activities for the Royal Children's Hospital Appeal we run an event called Keilor LAC's Relay Record challenge. A number of our relay teams (24 this year) pay \$10 to enter and the Centre donates \$100 to the appeal if a Boys or Girls Centre Relay record is broken. Hopefully the Centre will be up for the full \$200.

Coaches and athletes involved in the relay challenge will be called to marshal around 10:30am today. Whilst the relays are being conducted no other events will be run. Cheer on our relay teams that have been hard at work training for the upcoming regional relay championships in a few weeks time.

HUGE Week next Saturday (7th Nov)

Next Saturday will be a huge day at KLAC with our **Change for Kids** fundraiser for the Royal Children's Hospital and our inaugural **Life Members Day** to mark our 40th birthday celebrations.



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.

Change for Kids

Each year Victorian Little Aths holds a fundraiser to support the Royal Children's Hospital Good Friday Appeal. In the last few years, Keilor has come up with novel ways to raise money for the appeal.

Group Lap – Gold Coin Donation

Like previous years we will have our "group lap" in return for a gold coin donation. We want to see all parents and athletes out on the track for one big lap. Beware if you don't come out on the track we "sting you" anyway! It's all for a great cause - they don't get much better - so get into the spirit.

Parents Race

We will also have a parent's 100 metre race where dads and mums get to show the kids what they can do. Mums and dads we will be looking for a good turn out (and a bit of a laugh) in the parents sprint. Entry is \$2 on the day and parents who don't finish the race pay \$5 bucks! **So parents you've got one week to train up!**



Kids Disco – Friday 13th November 7.30pm - 10.00pm

To be held at the Clubrooms and strictly for **KLAC members only**. There will be a small entry fee of \$5 per member which entitles each child to a drink and lolly bag. A great night for the kids of music and dancing and supervision will be provided.



Trivia Night - Saturday 21st November

One of the best social events on our calendar. Held at the clubrooms with a \$10 entry fee per person. Greta Door Prizes, Trivia of course, Music and other activities".

Get a table together. It's a great night (without the kids) and let's see who really is the smartest team at KLAC.

To Book a table (8-10) contact Shane Hayes 0412 390 809 or Rebekka Caruso 0417 471 602

Important Parents' Meetings TODAY – Region Relay & Region Multi-Events

Regional Multi-Event - Parent's of athletes who may be interested in finding out more about the Regional Multi-Event Championships (see further details below) are asked to come to a meeting in the clubrooms today at 11:30am. Please note that regional multi-event entries need to be in by next week 7th November. Entry forms are available at the meeting.

Regional Relays – There will be a meeting at 12.00 today for parents of athletes who are participating in the regional relays at Diamond Valley on Sunday 15th November 2009. Timetables, info sheet, duty roster etc will be handed out at the meeting.

Region Multi Event Competition (29th Nov)- entries close 7th November 2009

Yet another big event on our calendar this year is the Region Multi Event Championship at Kilmore LAC on Sunday 29th Nov. We encourage all athletes (Under 7's and older) to consider competing in the Multi Event. **The event is for athletes of all abilities and everyone that competes receives a certificate with the results of their performance.**

The Multi Event tests athlete's all round skills with points allocated depending on their performance in a set range of events. For the Under 9's to 15's the events are Discus, Long Jump, 100 metres, hurdles and 800 metres. For Under 7's and 8's it's the 70 metres, 300 metres, shot put and Long Jump. The winner of the Multi Event is the athlete with the highest total point score after all events. Keilor has been the champion centre in 2003, 2005 & 2007, so this year would seem to be our destiny! Regardless though, our athletes will be able to enjoy the opportunity to test their skills against athletes from the other Centres in our Region including Sunbury, Coburg, Diamond Valley and Essendon.

Entries for the Region Multi event close next Saturday 7th Nov. Entry fee is \$5 per athlete. A family entry form is available from the Admin Office or at today's parent meeting (11:30am). Please complete and return to the Admin Office or to Pauline McShanag/Shane Hayes next week at the table in front of the clubrooms.



Duty Roster - Important Notice

Apologies to those parents who do their duties and sorry for harping on this issue but a number of parents are still not pulling their weight when it comes to doing their duty. Last week we had quite a few families who were rostered on duty, who didn't report in despite their child(ren) competing on the day.

Families are reminded of the importance of honouring your duty roster pledges for the effective running of a full program.

Next week when the executive meets this issue will be on the agenda. It is already Centre policy that only athletes of parents who have completed their requisite duties will be permitted to compete in the end of year Centre Championships. Unfortunately the executive may need to look at other means of ensuring duty roster is being performed. We may need to consider withholding points that go towards end of season athlete awards or naming parents falling behind in their duties.

Duty Roster Listing and Annual Planner

The weekly duty roster and season duty roster planner can be found by clicking on 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 your 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 - Team Keilor had a very successful day last Sunday at this event according to Team Manager, Pauline McShanag. "Out of 49 possible finals on offer Keilor made 36 of them". "In doing so we picked up 7 gold, 7 silver & 4 bronze medals and an agonising 11 teams finished in 4th place". Well done to the coaches, athletes & families who attended the invitational day in some very trying conditions.

General Training – Tuesdays (6:30pm)

General training will be held each Tuesday 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.

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" – The "Admin Window" is 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) 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.



Stars of the Week (5PBs)

Congratulations to this week's Stars of the Week:

PETER	GEORGOSTATHIS	Boys U10
KELSEY	HILDRED	Girls U12
JESSIE	RISTEVSKI	Girls U8
TYLAR	VUJANIC	Boys U13
NICOLE	WARE	Girls U13

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

Uncollected Trophies & Certificates from last Season

Emails have been sent to families who have unclaimed trophies and/or certificates to collect from the office. A list of families is also on the notice board. Families have until the end of November 2009 to collect - otherwise the trophies will be used for other purposes.



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.

