



**Welcome to our Christmas Edition of *On Track***  
 It's hard to believe that Xmas has come upon us so quickly. Although only half way through our season we've had so much happen since the end of last season.

We celebrated our 1<sup>st</sup> ever Life Member's Day. It was great to see so many familiar faces back at the Centre, with the highlight being the return of some of the executive members from our inaugural season (1969).

We are nearing the completion of the finalised track design for our new synthetic field and hope to be able to complete this process in Jan/Feb next year. We are also awaiting the outcome of a significant grant submission with the state government (SRV) that will account for a significant portion of the anticipated budget required.

You will see that the new synthetic fields neighbouring our track are now complete and at this week's official launch it was pleasing to hear our local Federal MP, Mr Bill Shorten's speech in which he committed to lobby the state government on our behalf to secure some funding for the track.

Our relay team was again outstanding at last week's state championships. (read more in the special events section).

Today we also celebrate our 40<sup>th</sup> birthday for our general members and to mark the occasion will be holding a FREE sausage sizzle. We also expect Santa to be making a special appearance at about 11.30am and he will have a small treat for all the children.

Finally, on behalf of the entire Executive we would like to wish you all the very best for the festive season and new year. Please keep safe and we look forward to seeing you again in Jan 2010.

### STEEPLECHASE

Today sees the running of one our most popular events, the Steeplechase. The event will be subject to suitable conditions and may be postponed if the prevailing weather conditions are unfavourable.



### ANNUAL GALA BALL

The social event of the year is being held on Feb 12, 2010 at the Luxor Function Centre. This season's function holds special significance, as we will use this occasion to make the Celebration of our 40<sup>th</sup> Birthday. It will be a sit down 3-course dinner with Beer, Wine and Soft Drinks provided. Music and Prizes Galore. Bookings are now open and you should contact Sam Barbuto on 0419 901 707 to reserve a table. Prices are \$65 (\$60 for Life Members)

### On Track Program – Under 6 & 7 Age Groups

Today will be the final "On Track" Program run for this season. From the 1<sup>st</sup> week of competition after the Christmas break, our Under 6 & 7 age groups will move to a full program of events every week just like to older age groups. They will however still be required to report to the marshalling area to be escorted to events.

Mr McCall would also like to thank his On Track helpers and congratulates the graduating class of 2009. (Just a reminder that siblings who turn 5 can also register in the New Year).

### Upcoming Events

- 📅 **16 January** – Keilor v Essendon LAC Invitational Event (see article below) @ Essendon LAC
- 📅 **23 January** – Regular competition resumes @ KLAC ("no points" day as a number of athletes/families may still be away on holidays)
- 📅 **30/31 Jan** – State Multi-Event Championships –Bendigo (Online entries close 13 Jan 2010)
- 📅 **20/21 February** – Northern Metro Region Track & Field Championships (entries close today)

### Keilor/Essendon LAC invitational event- 16 January

Our first competition of the New Year resumes at Essendon Little Athletics on 16 January 2010. Athletes from our Centre have been invited to attend Essendon LAC after their athletes attended a similar competition hosted by Keilor LAC last year.

The program will include 5 events for all age's groups broken up into 3 running and 2 field events. All athletes must wear patches. Under 6-11 will be split into A and B, (based on surname A-K Group A; L-Z Group B)

Hope to see you all at Essendon LAC (Corio St., Moonee Ponds) on the day. Please arrive 8:45am - competition will commence 9:00am sharp

### Captains Announced

It's with great pleasure we announce **Alanah Hayes and Jordan Hildred as 2009/10 Centre Captains**. Both Alanah & Jordan are Junior Life Members and lead us into the new decade of competition at our great club. **Alanah has also recently been selected as our Centre Relay captain joined by Joshua Best as the boys Relay captain**. Josh was part of the highly successful boys U15 relay team at the recent State Champs – well done Josh!



### END OF YEAR RAFFLE

WOW!!!!!! Wait till you see the 10 prizes...  
 Tickets are \$2.00 each or 3 for \$5.00.  
 All support is greatly appreciated.  
 GOOD LUCK!!!!



Moonee Ponds & Watergardens



# ON TRACK Christmas



Keilor Little Athletics Centre's Official Newsletter

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## DUTY ROSTER – How are You Going meeting your obligations?

Mums & dads a friendly reminder that all families are expected to complete at least five rostered duties throughout the season. If you are unsure of the dates selected or don't see your name on the weekly list, please remember - It is your responsibility to check..... and advise Lynelle Petersen of any discrepancy.

## Participation Trophy and Centre Championship Eligibility.

Another friendly reminder to families to be mindful of the criteria for eligibility for Participation Trophies and entry into our end of season Centre Championship.

**Participation Trophy.** Athletes must compete in 51% of all competition dates from the athlete's date of registration.

**Centre Championships.** Also requires the 51% participation, in addition to parents completing the required minimum of 5 rostered duties.



## SPECIAL EVENTS UPDATE

## Well Done Team Keilor

State Relay Championship  
Huge Result for Team Keilor - 2nd Overall

A summary from Relay Team Manager Pauline McShanag

*"What a fantastic performance by Team Keilor. Our success rate was phenomenal. We had 45 teams qualify through the regions. 44 Teams raced on the day (U15 mixed 4 x 100 scratched) and 28 teams made the finals. Of those we achieved 17 medals which is about a 61% success rate. We also had only one disqualification (U11 boys 4 x 200 - damn that last changeover box!!).*

*Fantastic highlights include: the newbies - the Under 9s racing and winning bronze in the mixed 4 x 200 with a last minute lunge at the line and making most of the finals; an inspirational run by Madigan Quinlan to chase down the race leader who was at least 30 metres ahead to win the gold in the boys Under 13 medley; the Under 11 girls team wiping the track with 2 gold and a bronze; the Under 14 and 15 squads reaping the (medal) rewards of their commitment to the relays@KLAC; and of course the Victorian record for the girls 13-15 medley. The team of Bethany Rayner, Nicole Ware, Stephanie Marinelli and Alexandra "Chuck" Bulic were awesome.*

*Of course all athletes were outstanding and represented the club with pride. The march past showed how enthusiastic our athletes*

*were with most of them gathered on the track behind the 40th Year birthday banner.*

*Thank you to all the coaches for their terrific work throughout the relay season. I know it has all been worth it when you see the kids line up on the track at Olympic Park nervous with expectation before the events and excited and relieved after. Knowing also that it was not just about medals for some of the teams but it was about the Personal Best Efforts of the team - and there were many of those."*

From a Centre perspective, well done to all athletes, coaches & parents involved in what has been a long but extremely successful relay campaign. The *Mighty Team Keilor* certainly lived up to its motto of "It's Time to Fly" finishing 2<sup>nd</sup> overall as the best performed club - winning 6 gold, 6 silver & 5 bronze medals. A further 11 teams made the finals - which is a sensational effort.

**A special thanks to our hard working relay team managers Pauline McShanag & Vicky Thomson for their efforts in organizing another successful relay season.**

## Regional Track & Field Championships Entries Close TODAY!

The Regional Track & Field Championships are being held at Whittlesea City LAC (Epping) on the weekend of 20/21 February 2010. Entries for this event close at the end of KLAC competition TODAY!

Entries forms are available at the clubrooms administration window. Completed forms and payments need to be submitted to the office by the close of competition TODAY!

Successful U9-15 athletes at the regional championships may progress to the State Track & Field Championship being held at Olympic Park in March 2010.

**We encourage participation in the Event Regardless of Ability** - That's right, regardless of ability our Centre encourages all athletes to consider participating in the regional championships. Yes this event is an avenue for some athletes to progress to State level whilst for most, the regional championships offers an opportunity for participate in some friendly competition against athletes of similar age and varying abilities from other Centres within our region. **We suggest ALL Keilor athletes consider entering - its a great, fun experience and rewarding to be part of the Mighty Team Keilor!**



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