



ON TRACK



Keilor Little Athletics Centre's Official Newsletter

Volume 17 – Saturday 13th February 2010

Welcome to Afternoon Aths @ KLAC!

In something of a novelty for our centre, welcome to afternoon athletics at KLAC – we hope you were able enjoy a sleep in this morning!

Important Notes for Today!

Early 2:30pm start for Race Walkers

Reminder that U9+ athletes interested in doing race walks as an extra optional event must marshal at the high jump area at 2:15pm for a 2:30pm start.

400m "laned" event today

At the end of today's program we are going to offer a laned 400m event for those athletes who are competing in the 400m at the NMR Regional Track & Field Championships next weekend. This will give you a taste of what it will be like to run the 400m in lanes at the Regional Championships next weekend.

This laned 400m trial event is **NOT** for points, PB's or CBP's.

Meet the Captains

&

Important Training Opportunity

Tuesday 16th Feb (6:30-8:30pm)

Meet the Captains is a new initiative that gives the Centre's various Captains the opportunity to meet and train alongside **Team Keilor** athletes and impart their knowledge and experience and assist athletes where possible in the lead up to the Northern Metro Region Track & Field Championships the following weekend.

How will it work?

All athletes involved in the NMR Track & Field championships are invited to attend a special training session with club coach, Sonja Kiernan from 6:30pm sharp, Tuesday 16th February. All special events will be open, including high jump, hurdles, etc. Captains will be on hand to assist with training. At the completion of training (approx 7:30pm) athletes are invited for refreshments and something to eat in the clubrooms where they will be "revved up" by some athletics video clips and hear from the captains as to what they can expect when competing at the championships. There will be an open forum for questions and answers. We anticipate the athletes will be more open and responsive to hearing the answers to their questions from the captains.

This will be a great Team Keilor "bonding" opportunity and a bit of the fun for the kids with a practical outcome. Hope you can make it!

Captains for 2009/10

Centre Captains – Alanah Hayes & Jordan Hildred
Relays – Alanah Hayes & Joshua Best
Multi Event – Alexander Bulic & Connor McShanag
Track & Field – Caitlin Campbell & Brayden Hill

Junior Keilor Gift

Each year the Keilor Gift Committee invites Under 12 KLAC members to compete in a 100 metre handicap race at the Keilor Gift carnival. This year the event will be held at the Keilor Recreation Reserve (Football Ground) on Sat 20th Feb. The U 12 Boys race will be at 6.50 pm with the U 12 Girls race at 6.55 pm.

The Keilor Gift is a great night's entertainment for the family with some top class athletic events in addition to the U 12 races. The handicapping system ensures all athletes have a good chance of winning and the

winners of the Boys and Girl's U12 events carry away some very nice prizes including a trophy and sash. KLAC members participating in the U12 handicap race receive a free family pass to attend the event.

The following athletes are competing in the Junior Keilor Gift. Athletes are asked to arrive by 6pm.

Boys	Girls
Luke Ward	Zoe Sadler
Timothy Petersen	Madelene Koelman
Corey Mobilio	Madyson Hill
Harrison Bult	Jacqueline Nicolaou
Daniel Bond	Chloe Georgievski
Brandon Peffermin	Zara Keca
Ben McManus	Jordy Drobki
Hayden John	Kelsey Hildred
	Emergency - Emily Erstrang

Key Dates:

- 📅 **12 February (7pm)** – KLAC Gala Ball – Lakeside Reception Centre
- 📅 **13 February (3pm)** – KLAC **Afternoon** Competition.
- 📅 **16 February (6:30pm)** – Meet the Captains/NMR Track & Field Special Training
- 📅 **19 February (5:30pm)** – KLAC **Twilight** Competition. Free entries close for Keilor Centre Championships at 6:30pm.
- 📅 **20/21 February** – Northern Metro Region Track & Field Championships @ Whittlesea City LAC, Epping (entries have closed).
- 📅 **13 March – Keilor Centre Championships** (entries open - closing 27th Feb). Participation/parent duty requirements apply (see article below)
- 📅 **20/21 March** – State Track & Field Championships @ Olympic Park (entry via NMR qualifying round).
- 📅 **27 March (Saturday)** – KLAC Presentation Day, incorporating the Warren Hosking/Tim Golder Handicaps.

Sports First Aid Course (Only \$25)

Brimbank City Council has offered all sporting clubs & their members a great opportunity to assist & grow their volunteers with a Sports First Aid Course.

The Sports First Aid Course will be run by Sports Medicine Australia and is on offer to all Brimbank Sports clubs for a one off special price of \$25.00 per person. This course usually cost \$175.00 per person.

The course will be run on the 11th of April, from 9am and at the completion of the course all successful attendees will be Level One Aid Qualified. The course will be held at the Sunshine Leisure Centre, Tom Taafe Room with light refreshments to be served at lunch time.

If you wish to attend please go to www.keilorlac.org.au for further info and application form. **The course has only 20 places, so first in best dressed.**





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KEILOR CENTRE CHAMPIONSHIP FORMS ARE AVAILABLE FROM THE ADMIN WINDOW FROM TODAY.

Please Note: FREE entry into Keilor Championships must be received by **6:30pm on Friday 19th February**. Late entries incurring a fee of \$3.00 an event must be received by midday **Saturday ay 27th February**.

NO ENTRIES WILL BE ACCEPTED after this time.

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.

Check duty roster & eligibility lists on bulletin board & website.

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. **You must meet your duty roster obligation in order for your child(ren) to be eligible to compete in the Centre Championships.**

Check eligibility lists on the website & bulletin board.

Notice of Annual General Meeting

Notice is hereby given to members of the Keilor Little Athletics Centre ("KLAC") of the Centre's Annual General Meeting.

Date: Saturday, 13th March 2010

Time: 11 am

Place: Keilor Little Athletics Clubrooms

Agenda

- (a) The election of members of the Executive Council (and general Committee Members) for the succeeding 12 months.
- (b) The presentation of reports.
- (c) Dealing with any Notices of Motion which may have been lodged with the Centre Secretary.

Any Notices of Motion from any KLAC member which they wish to bring at the meeting must be provided to the Centre Secretary, Kerry Ware, at least 28 days before the date of the meeting.

The attendance of all members of KLAC is encouraged. All members who wish to be nominated for the Executive Council should have their nominations lodged with the Centre Secretary by 13th February 2010 and for general committee members prior to the date of the Election.

Position descriptions are available at www.keilorlac.org.au

KLAC Sprint & Middles Distance Handicap Events Must Apply as Part of Centre Championship Entry Form

One of the highlights of the summer season is the running of the Tim Golder (100m) & Warren Hosking (800m) handicaps on KLAC Presentation Day (Saturday, 27 March 2010).

Who Is Eligible?

Athletes eligible to enter the 100m & 800m handicaps must satisfy centre championship eligibility criteria (ie satisfactory participation & completion of duty roster obligations). Athletes may enter either or both 100m & 800m handicaps.

Age Groups:

Tim Golder 100m – Under 7-16 athletes.

Warren Hosking 800m – Under 9-16 athletes.

How do I enter?

Athletes declare interest in competing in handicap(s) by **completing the relevant section on the centre championship form. If for some reason an athlete is not intending on competing at the centre Championships but wishes to be considered for the handicaps, a Centre Championship form still needs to be submitted - completing the handicap section of the form.**

Handicap starting lists, including emergencies will be announced on championship day.

Acceptance of handicap starting offer must be received by the handicap organising team by closing time of the centre championships.

Late acceptance may result in the starting place being offered to an emergency.

What can I win?

There are ribbons, sashes and trophies on offer for sectional and overall winners and runners up.

Where can I get Further Information?

Refer to the *Keilor LAC Sprint & Middle Distance Handicaps* section of the Centre Handbook.



Moonee Ponds & Watergardens