

Key Dates:

Competition

- KLAC Twilight- Friday 4 November (6pm)
- NMR Multi-Event – Sunday 6 Nov @ Hume
- State Multi-Event – Entries close 3 Nov.

Social

- Parents Trivia Night – Saturday 12 Nov

On Track

Keilor Little Athletics Centre's Official Newsletter



Volume 4 – Saturday 29 October 2011

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To Zig or to Zag – that is the Question

With the poor weather at the start of this season combined with alternating competition days of Friday nights or Saturday arvos one was getting the feeling that we zigged when we should have zagged. When we were scheduled to compete on a Friday invariably it would rain and the Saturday would be fine or vice versa.

Fortunately, last week it would seem we finally had a change in luck and we got through a full comp on Friday night where other clubs competing Saturday had their comps cancelled. At the time of writing this newsletter (5:30pm Friday) it has been raining steadily for about an hour - with the forecast of improving conditions Saturday arvo. By the time you are reading this we will all know whether we got the zig zag right this week.

One final thing – this will be the last commentary on the weather!



We Need You Our Club is one of the most successful Little Athletic Centres in Victoria and this is largely due to the wonderful volunteers that we have in our Centre. Our Centre Exec,

Committees and Team Managers work tirelessly throughout the season to ensure that our members compete in a safe environment with the best equipment and best program that we can produce. We would also like to thank the 70 parents/guardians without whom we would not be able to complete our weekly program.

At the moment we urgently need 3 volunteers for our pack up crew.

Whilst the pack up crew positions are a weekly duty, you are only required for 1 hour per week at the most. And you get to see all your children(s) events!

For any questions regarding these positions, please contact our Duty Roster Manager Lynelle Petersen on 0438 703 157.



Encouragement Awards-Available From Today!

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. Lists of athletes with 3 or more PBs are published in the results section of the website – Look for the PB Star



Parents' Trivia Night

Saturday 12th Nov 2011 (7pm)

Why should the kids have all the fun??

The annual KLAC Parent's Trivia Night is another highlight of the KLAC calendar - for the "grown-up" people within the club (we realise that may disqualify some adults).

Start planning your table. Invite family & friends.

\$10 per person. Paid on the night

Door prizes, prizes to the winning Trivia Team and monster raffle.

BYO drinks & supper

Email your booking with Pauline Barker at

barker.pauline.p@edumail.vic.gov.au



Donations Wanted

No, we're not asking you to give blood – although an extremely worthy cause – but we are calling for donations for our fundraising efforts. Goods or services that could be donated by families for raffles, Parents' Trivia Night and our Gala Dinner Dance in the new year. If you have something to offer, we would be grateful if you contact our fundraising team:-

Manuela - sgeorgi@hotmail.net.au 0413 562 265

Rebekka - darrenruso@hotmail.com 0417 471 602

Amanda - amandadisco@yahoo.com.au 0439 461 522

Northern Metro Region Multi-Event Championships

Sunday 6th Nov 2011 (Entries closed)

Parents' Meeting Today!

This year we have received a large number of entries so **Team Keilor** should be a force to contend with at the championships. *Good luck to all those involved.* There will be a Team meeting at this Saturday's Keilor competition for parents/guardians of athletes competing at the championships. Important information will be handed out at the meeting so everyone is asked to attend.

The Northern Metro Region Multi Event Championship will be hosted by Hume LAC (Laura Douglas Reserve, 57-75 King St., Broadmeadows - Melway ref 7 C4) on Sunday 6th Nov 2011.

State Multi Event Championship

19th & 20th November 2011

Lakeside Stadium, Albert Park



Online Entries close 3rd November

Athletes must enter [online HERE](#) by no later than **Midnight, Thursday 3rd November 2011**

Athlete Compete on Separate Days as follows:

Saturday 19th November - Under 12-16 Boys & Girls

Sunday 20th November - Under 9 - 11 Boys & Girls



Athlete Training

Watch this space for further information regarding regular training opportunity @ KLAC. Relay training will also commence in the coming weeks. Also check the website at www.keilorlac.org.au for training updates.

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Relays, Relays, Relays Where Dreams Begin- Calling all athletes!

Each year we participate in the Northern Metro Region Relay championships against other 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 Regional and State Championships and we hope to be up there again this year. Under 7's and 8's compete at Region level. This year's Region Relay championships are on 11th December and before that we want our Under 9's and older, to run in an Open Day at Box Hill on 13th Nov.

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).

Interested in Joining a Relay Squad?

We have no time to lose in arranging relays. If you are interested in participating please complete an expression of interest form available [online at our website](#) and from the administration team at the track on competition days. Please email your forms to Pauline at barker.pauline.p@edumail.vic.gov.au or hand them to her at the Centre table on competition days. Many relay squads have relay coaches (see below) and some have (or are about to) commence training. Coaches will be provided with expression of interest forms and be in contact with athletes to advise of their training days/times.

Age	Boys	Girls
7	vacant	vacant
8	vacant	Gavin Shaw
9	Kellie Matuszewski	Meli Ratu
10	vacant	vacant
11	Lynelle Petersen	Annie Ozols
12	Tim Golder	Tim Golder
13	Tracey Caines	Nick Olsen
14	Shane Petersen	Ray Koeleman
15	vacant	Shane Hayes
16	Tim Golder	Tim Golder

Key Relay Dates

Box Hill Relays Sunday 13th November
Keilor Relay Challenge Sat 19th Nov. & Sat 3rd December
Regionals Sunday 11th December, Whittlesea
States Saturday 28th January 2012, Albert Park

Relay Coaches Wanted

Calling out for Coaches in the Under 7, 8 and 9 age groups. We need YOU to develop our youngest athletes for the future so that we can continue the great relay tradition at Keilor Little Athletics Centre. We provide training and support for new coaches and the experienced coaches are great mentors for the new ones. Please consider being a

part of Team Keilor in this capacity. Contact Pauline McShanag at barker.pauline.p@edumail.vic.gov.au (phone on 0401 824 178) or see her at the Centre Table on competition days.

** IGA NAME PATCHES **

It is mandatory for every athlete to wear their IGA patch on the front of their uniform in order to compete in any event. Please also ensure the barcode is good condition. If coming unstuck please cover with clear contact or tape.

NO ATHLETE WILL BE PERMITTED TO ENTER ANY EVENT WITHOUT WEARING A NAME PATCH. If you have forgotten your patch you need to see the admin team in the clubrooms before the start of competition and buy a temporary patch for \$1. Permanent replacement patches are \$5. Proceeds from patches are donated to the Royal Children's Hospital

Communication Channels

It's all in the Handbook

We would encourage all families to go through the Keilor Centre Handbook provided in their show bags when they finalised their registration.

Our website

KLAC has an excellent web site at www.keilorlac.org.au This site details a lot of information about the Centre, upcoming events, links to fun sites for the kids and sites about Little Athletics. KLAC weekly results are generally on the web site the Monday after competition.

Know Your website

Our website has a menu of key options on the left hand side of the home page. These include:-



The Handbook lists all the key dates for the year, information about events, what to do as an official, all the Centre's policies and records, and lot's more.



KLAC, Regional & State Results. KLAC competition tickets are also printed from here.



Weekly newsletter available on-line, usually by Friday prior to competition.



Weekly Competition Program lists schedule of events for the next competition at Keilor LAC



Online Duty Roster lists next week's duty roster and an annual planner where you can see your duty roster obligations for the entire season.



Photos taken at KLAC, Region & State Events



Calendar of KLAC, Region & State Events & social functions



Agenda & Minutes of Executive Committee meetings, Annual General Meeting and our Centre's Constitution.



Executive & Committee – position responsibilities, office bearers and key contacts

