

# Pakenham Little Athletics Centre

Issue 2

[www.pakenhamlittleathletics.com.au](http://www.pakenhamlittleathletics.com.au)

## Calendar

### October

- 11 Competition Morning
- 14 Coaching - Relays  
5.00pm to 6.00pm
- 18 Competition Morning  
Bring a Friend Day

Entries close for Relays

- 21 Coaching  
5.00pm to 6.00pm
- 25 Competition Morning
- 28 Coaching  
5.00pm to 6.00pm
- Committee Meeting

### November

- 1 Competition Morning
- 8 Competition Morning  
Change for Kids
- 11 Coaching  
5.00pm to 6.00pm
- 12 **Twilight Competition**  
**5.30pm start**
- 15 Region Relay Qualifying  
Heats, Duncan  
McKinnon Reserve
- 18 Coaching  
5.00pm to 6.00pm
- 21-23 Southern Metro Skills  
Camp, Merricks
- 22 **Twilight Competition**  
**4.00pm start includes a**  
**Crazy Olympics Meet**
- 25 Coaching  
5.00pm to 6.00pm
- Committee Meeting

## A GOOD START TO THE SEASON

Thank you to everyone for the wonderful cooperation last weekend on our first day of the season. Despite some threatening clouds we were able to complete the program as planned.

It was great to walk around and see the children making new friends and catching up with old ones.

Many thanks to the parents who stepped in and began learning at an event. Please remember to ask questions if you are unsure on anything that happens at the Centre.

At our 'competition' mornings we try to refrain from talking about 1st, 2nd 3rd or last. All athletes are encouraged to strive for their best on the morning. If they achieve a new personal best, where their new result is better than the previous result then we congratulate them on the achievement. If an athlete does not obtain a new PB then we offer encouragement and support.

We encourage parents to

cheer for their children but try to spread your good will to all the athletes in race or at the field event.

Real competition and winning can be saved for Region and State events but again participation, personal bests and trying your hardest should never be overlooked.

We would ask all parents and grandparents to support this philosophy as they assist and watch the children compete at each event.

Earlier this year, the Centre changed its logo to truly represent an athletics club. To assist families who have purchased or who are currently purchasing tops with the old logo, the Committee has purchased cloth badges with the new logo. Each registered member will receive one cloth badge which can be sewn over the old logo. We hope you will wear your tops and the new logo with pride.

Our morning programs cannot run without the wonderful

assistance of parents and grandparents. To help the Program Manager and other Committee members, parents who are assisting at either track or field events are asked to wear a fluoro vest at all times. This is for safety reasons and to ensure the athletes know who the officials are at the event.

Parents who have chosen not to volunteer for a role are asked to remain behind the fence at all times.

If you have a toddler and would like to assist, please choose an appropriate event or job to ensure that the toddler is safe at all times. Children under 5 are the responsibility of the parents.

Toddlers who are with parents at the On Track program can join in with the activities but again are the responsibility of the parent and will not be covered by insurance in the event of an injury.

Any questions should be referred to the Committee.



## MCDONALD'S BRING A FRIEND DAY

On Saturday 18th October, all of our athletes are encouraged to bring a friend along to Little Athletics to share in the fun.

On the same day, we are asking everyone to celebrate their favourite footy team. You might wear a pair of footy socks, colour your hair in your team colours or simply wear a scarf or badge.

Each friend will join the registered athlete in their age group even if they would not normally be together. They will be able to participate in the track and field events on offer during the morning. The results will be recorded separately so they can be taken home at the end of the morning.

We will provide a show bag for the friends at the end of the morning and shortly after

the weekend each participant will receive a McDonald's voucher from the State office.

We look forward to meeting your friends.

Note: Athlete's who bring along a friend who then joins our Centre will receive an entry into the draw for a Nintendo Wii Sports Pack. This competition is being run by the State Association.

Coaching is held at our Centre on Tuesday with Jody and Thursday with Gordon.

Any athlete may attend one or both evenings from 5.00pm to 6.00pm. Training for Relays will be the focus for the next few weeks. As the teams are set the athletes will find these sessions helpful in learning to be part of the team and fine tuning their skills.

**The Centre fully supports the V.L.A.A. policies on Sun smart, Healthy Food, No Smoking & No Alcohol. Please ensure you abide by the policies.**



Centre Committee meetings are held on the 4th Tuesday of each month except in December. Please ask a Committee member for the venue address.

## Region Relay Qualifying Championship

Relays are a team event for any registered athlete in Under 9 to 16. They are fun, friendly and great way to get some experience in a competitive environment.

Athletes do not have to qualify at centre level to be part of a team. If you love to run and have a desire to be part of a team then Relays are for you.

We will place all interested athletes in teams either in mixed gender or same gender teams. Each athlete can compete in a maximum of three teams on the day and all must be in the same age

group. Depending on the number of athletes interested we may need to offer some athletes the option of running in an older age group.

This year the Region event will be run as a twilight competition with the first event starting at 10.00am and the last event between 7.00 & 8.00pm subject to the number of entries. You will need to be available on Saturday November 15th and Sunday December 14th if your team qualifies for the State Championships.

We would appreciate

athletes attending the nominated training dates in October and November as listed in the calendar.

If any athlete wishes to be included in the Relay Teams for the upcoming Region Qualifying event, please complete the attached Relay form and return it to the Secretary's Communication box on or before Saturday 18th October with your \$5.00 per athlete payment. We have had to introduce this fee due to an increase in the Region levy over the last two years. The Committee can no longer meet the entire entry fee cost.

## Little Athletics is For the Whole Family

Did you know that every person involved in Little Athletics at the Centre, Region and State level is a volunteer? The Association only has seven paid employees.

With this fact in mind parents and grandparents are extremely important to the ongoing success of Little Athletics especially at the local Centre.

Each week we need more than 30 volunteers to act as officials, starters, age group

leaders, On Track leaders and recorders. These positions are extremely easy to learn through hands on experience and asking questions.

Parents can also expand their knowledge by completing the Level One officials test. The test is in the rear of the Officials booklet handed to you as part of the parent pack at the time of registration. This test only takes 20mins and is aimed at new parents just starting with Little

Athletics.

For the more experienced parent there is the Level Two officials test which is can be done on line at [www.littleathletics.com.au](http://www.littleathletics.com.au). Both tests are free, beneficial for parents but more importantly helpful to the Centre and the children who are learning athletic skills and the correct rules.

We would encourage parents to look at these tests as a way of assisting the Centre.

## Around '65'

*The U6-8 Southern Metro Little Athletic Carnival will be held at Casey (Berwick) Little Athletic Centre on Sunday 7th December 2008. This is a fantastic family day so ensure it is marked in your calendar.*

After one day of competition, we have already started our lost property collection. Items left will be placed in a basket at the Controller of Officials table. Any items of clothing remaining at the end of the

season are donated to the local Op shop.

*It is great to hear that a number of our U14 and 15 athletes will be attending the Multi Event clinic.*

The Family Files will be in place this weekend. As each family registration is completed, a file will be established. Where there are duplicate surnames, the child's initial will be used as well.

The files are used to ensure

each family receives a fortnightly newsletter, entry forms, receipts, awards etc. Please ensure you check your file each week.

*Information on the notice board is there for families to read and take. Open Days, special event days and courses outside our Centre will be promoted via the board and in the newsletter.*

Congratulations to Courtney (U7 leader) who has just passed her Level 1 and Level 2 (theory) Officials tests.