

## CAULFIELD LITTLE ATHLETICS

### Newsletter No. 1

### September 2005

Welcome back to our many familiar faces and a very warm welcome to our new families, we hope you all have a great time at CLAC. Remember Little Athletics is all about

**FUN-FITNESS-FAMILY**

Each week around 60 volunteers are required to get our program running efficiently. Just setting up takes a lot of work, so it is important that we have help from 7.45am.

The committee put in a great deal of work behind the scenes, with some also being involved during the week with training, and most volunteering each week to assist with the running of the program. A lot of hours are put in by each of them, remembering they too are just volunteer parents. So this year we invite parents to become

**“PART OF THE TEAM, RATHER THAN OUTSIDE CRITICS”.**

We will all be supportive of each other for we are involved for the children...

A duty roster will be organised by each club each week, it is imperative that those “rostered on” perform their duty. If you cannot attend we ask that you swap with someone else and inform the club of this change.

Some of you may prefer to help out **each week**, rather than watch things from behind the fence. If you are one of these people, please contact your club table, where you will be graciously received, and a job offered to you which you can attend on a weekly basis or as frequently as you wish.

.....Kay Rimbaldo—Secretary ([bubbleskaye@optusnet.com.au](mailto:bubbleskaye@optusnet.com.au))

## Web Site:

[www.caulfieldlittleaths.org.au](http://www.caulfieldlittleaths.org.au)

will be the most "hit-on" LAC Website this season. (my prediction) Thanks to the dedication of one of our dads **Matt Baker** and the generosity of the **National Australia Bank.**

**THIS SITE HAS BEEN ORGANISED IN LESS THAN 6 WEEKS.**

Each week the results will be updated to the site with regular photo's of our Athletes in action appearing.

Other Centre Open Day Registration Forms will be available to download. Our newsletter will also be available to download, saving the club a lot of money on Photo-copying. This alone will help us maintain our fees at the present rate.

If you **DO NOT** want your child's photo to appear on the website during the season, please let your club table know. If you take photographs yourselves you can forward them to me who will pass them on to our Webmaster for use at some time.

**Get the kids to check out the site each week...**



## **RAINED OUT!!**

Disappointment was apparent when last Saturday mornings competition had to be cancelled.

As a committee our main concern is for the safety of our athletes, and "Duty of Care" rules our decisions..

As it happened it did not clear up to well after lunch, so the call was deemed correct!!

Naturally a decision will not be made until 9.00am, we are always prepared for a break in the weather, so unless it is absolutely ghastly weather, the committee will be in attendance and start to get things organized for a commencement.

### Competition Day 8th October

Due to a track booking CLAC will not have the use of the track on this day.

However, on the Friday evening 7th October, those that would like to do Relay training please come along . Details will be posted on the website and notice board regarding times.

All other registered members can go along to Oakleigh Little Athletics or Mentone Little Athletics as a visitor.

We apologise for this but it provides an opportunity to have a morning off or to experience competition from another centre.

### **Pacific School Games**

One the weekend 3/4 September a number of CLAC athletes competed in the trials for the **Pacific School Games**.

Whilst not all children made it through to the Games, we **congratulate all those that participated** as it was a wonderful experience being there at such an elite level.

#### **CLAC (Registered 2005/06)Competitors:**

Natalie Leontaridis, Nina Leontaridis, Kristene Rimbaldo, Claire Cuttler, Alexandra Churchward, Keana Tour-May, Laura Eades, Sophie Lichoudaris, Tyne Zenner, Jessica Kaufman, Sasha Watson, Dylan Calleja,

**I apologise if I have omitted to include any athlete who competed!!**

#### **Going to the Games:**

Keana Tour-May, Dylan Calleja, Jessica Kaufman,  
Tyne Zenner,

### **Pentathlon Day**

**Mark your diaries**—our **Pentathlon Day** will be held on **Saturday 29th October**. Each age group will participate in 5 events. (see page 21 of your handbook).

We would like children to go into this event with a positive attitude and try and **better their PB**.

Medals will be awarded for 1st, 2nd and 3rd place in each age group and will be presented at the Christmas breakup.

Remember, even if you miss out on a medal you are still a **“Winner”** for just competing!!

A few vacancies exist on **Club Committees** and a **Social/Fundraising Position** is available on the **Caulfield Committee**, we would love to hear from anyone that may like to be involved. The only qualification you need to be on a committee is a little enthusiasm !!

### **DIARY DATES**

7th Oct—Relay Training

21st Oct—1st Twilight

29th Oct—Pentathlon Day

4th Nov—Fun Twilight  
proceeds to Royal Children's  
Hospital.

6th Nov—Mentone Relay Open  
Day

20th Nov—SMR Regional  
Relays at Springvale

20th Nov—Glen Eira  
Commonwealth Games Lead Up  
Fun Day

27th Nov **Seaford** open Day #

4th Dec—**U6-8 SMR Carnival**  
#

4th Dec—**Waverley** Open Day #

17th Dec—**Doncaster** Open Day  
#

11th Dec—State Relays at  
Olympic Park

18th Dec—Xmas Break-Up

**# denotes registrations  
forms can be  
downloaded from  
website or available at  
club tables**

**CLAC** ARE INVITING PARENTS TO COME FORWARD AND HELP ORGANISE TWO DEMONSTRATIONS TO DISPLAY THE TALENTS OF OUR YOUNG ATHLETES.

**THE GLEN EIRA COUNCIL HAVE ORGANISED TWO (2) WARMING UP THE GAMES DAYS.**

**SUNDAY 20TH November—Caulfield Park**

**This day would ideally suit our younger athletes as the Region Relays are also on and a lot of the older athletes will be performing in these.**

**Something colorful showing the fun and enjoyment Little Athletics brings to our younger athletes...**

**SUNDAY 19TH February—Packer Park**

**A COMMONWEALTH CELEBRATION DAY—CELEBRATING THE RICH DIVERSITY OF THE CULTURES AND COUNTRIES THAT COMPRISE THE COMMONWEALTH. THE PROGRAM WILL INCLUDE FOOD AND INFORMATION STALLS, MUSIC AND THEATRICAL ENTERTAINMENT AND SPORTING PRESENTATIONS.**

**Any athlete who is not involved in the State Multi Events would be eligible to participate in this demonstration**

**WE WOULD LOVE TO HEAR FROM ANY PARENTS THAT MAY BE ABLE TO COME UP WITH SOME IDEAS TO HELP US ORGANISE THESE EVENTS WITH OUR ATHLETES.**

## **TRAINING**

**TUESDAY AND THURSDAY EVENINGS FROM AROUND**

**4.30—6.00PM**

Any changes regarding training will be highlighted on the notice board and on our website.

Relay training will take precedence when teams are selected and we may, depending on availability of coaches, need to limit track and field coaching. If anyone can assist with coaching on any day, we would dearly love to hear from you. Contact Jeff 95636404

**Coaching Courses are available from time to time -**

**Orientation to Coaching Course—Frankston**

Level 0—Sunday 2nd October—8.30—5.30 \$90.00

On Track Leaders Workshop - Sunday 16th October

9-30—12.30 Free (suitable for any parents wanting to know a little more about athletics, and anyone that may wish to assist with the Under 6 On Track Program)

More details regarding these contact Jill Taylor 96763644 VLAA

OR GO TO <http://www.littleathletics.com.au>, click on Calendar and download Registration Form.