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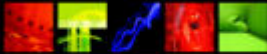
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CAULFIELD CUP OPEN DAY 2008

Our Open Day has come and gone for yet another year, and it was a very successful event.

We would like to take this opportunity of thanking the following for their assistance with Medal Presentations:

Mr. Rob Hudson MP—Member for Bentleigh
Cr. Steven Tang—Glen Eira Mayor
Cr. Margaret Esakoff—Glen Eira Deputy Mayor
Mr. Adam Wallish—CEO for Australian Little Athletics

Four (4) very busy people, who gave up their time to assist us with our open Day.

A day such as this takes a lot of organising, and whilst it was organised brilliantly, it was very tiring for the small few involved.

A minor hiccup out of our control probably highlighted the fact that things **can go wrong**, even when months of work has gone into something—this hiccup being delivery of Medals. Caulfield LAC are known for providing very good quality medals for their Open Day, but in this instance despite us ordering these medals very early in the season, they did not arrive until 1 week after the event. We tried to utilize the medals we had in stock, but eventually these ran out and we had to advise athletes that their medals would be forthcoming.

The great thing about running **our own Open Day**, is for our athletes to be the “hosts” of this event. It is always great to see athletes from many centres, come together, and run under the banner of Victorian Little Athletics. 28 Centres joined us this year including athletes from as far as Bendigo and Shepparton.

391 Athletes in total before late entries, so we envisage something in the order of 440 athletes competing in approximately 5 events each.

Being the host centre gives us a chance of showcasing our track but most of all giving many many children a chance of competing against other athletes.

Many athletes go to as many as 5 or 6 Open Days in the season, but some do not get the chance. Running our own Open Day gives these children a chance to experience this type of event.

But we need more help to be able to run this event next year. A small organising Committee, **working with the Centre Committee**, plus lot of additional volunteers, is required.

Think about taking the next step in your child's Little Athletics experience....give a few hours of your time to assist in organising next years Caulfield LAC Open Day. Committee are more than happy to answer any questions you may have....

Well done Caulfield—thanks to our athletes, our volunteer parents, a very tired Committee and those that did that little bit extra duty to get us through the day.

A great team effort.....!!!

**CONGRATULATIONS TO
KNOX FOR TAKING OUT THE
“Caulfield Cup”
FOR THE SECOND YEAR RUNNING**



We have fabulous sponsors this season, and we will Highlight each throughout the season in this Newsletter. Our Major Sponsor for the year is the **Murrumbidgee Community Bank** and we welcome and thank them for their sponsorship. Our Handbook Sponsors are all listed in the left hand column of pages 1 and 2 of our Newsletters and more information about these Sponsors can be found on the Sponsor link of our Website.

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Force Industries another fabulous sponsor offers the best gear for Skate, Snow, Ski and Surf. Go to their website to have a look or you can buy on-line.

<http://force.net.au/>

Equipment Rental is also available.

Caulfield LAC thanks Force Industries for their continued support of our Club.

*Little Athletics -
a foundation for all sports.*

ON TRACK INFORMATION..

Under 6 - 8 Little Athletics Carnival

A fantastic event for the U6-U8 kids. It provides them with an opportunity to meet kids from other centres, to participate in a whole lot of different events and to take part in the dragon races.

When: Sunday 7th December 2008

Where: Casey Little Athletics Centre, Edwin Flack Reserve, Manuka Road Berwick...Melways 111 H07

Info & Entry form: Available at CLUB TABLES

Entry fee: \$7.00 per athlete

McDonald's U6-U10 On

Track Clinic

U6-U10 Athletes are invited to attend a free clinic being held at Doncaster. Places are limited to 225 participants.

Coaching will be on a rotational basis, with 7 events for the U9-U10 and 6 events for the U6-U8. The U6-U8 will be involved in an On-Track session.

There is a possibility that some elite athletes will be in attendance, so here may be a chance to meet your heroes of Australian Athletics.

Keep an eye on the noticeboard at the Centre for more information.

When: Wednesday 14 January

Where: Doncaster



The emphasis in Little Athletics is on fun, developing skills, coordination and improving fitness levels.



Official Partner 2008 - 2012



This young guy seems to know what he is doing....

McDonald's U11 Skills Clinics

U11 Athletes are invited to participate in a one of two skills clinics. The clinics are free of charge, although places are limited to 150 participants. The coaching will be on a rotational basis, with participants being coached in all U11 disciplines.

Athletes will receive coaching from the same coaches who run both the Junior Development Squad (JDS) and U13 Australian Little Athletic Championships (ALAC) programs.

Athletes of all abilities are invited. Information and brochures will be provided for all athletes to take the next step into JDS and beyond.

When: Saturday 10th January 2009

Where: Waverley

When: Sunday 11 January 2009

Where: Knox

Info & Entry form: available from Club tables soon....



CLAC HOSTS SMR REGION RELAY COMPETITION

On Saturday 15th November approximately 1500 athletes attended the SMR Relay Qualifying rounds at Duncan McKinnon.

A fabulous day weather wise greeted us, and the Caulfield Centre looked forward to hosting their 2nd event in as many weeks.

Everything ran very smoothly with the SMR officials taking over the running of the relays, with the Caulfield Centre taking over the BBQ and making sure everyone was comfortable.



The athletes, most of all, had a wonderful time...perhaps a bit long for some, but a great event where athletes get to participate as a team, not as an individual. This is the best part of the relays..

New friendships are made on and off the track, within your own club and among other clubs.

Congratulations to the organising Committee who once again provided a great event for athletes from the Under 9 age groups through to the Under 15's.

We wish all those that progressed from the SMR Region all the best of luck at State.

Duncan McKinnon looked at its best with so many people....



State Relays will be held at Olympic Park on Sunday 14th December

PLEASE NOTE that these Championships are being held on the same weekend as the Wiggles Concert, and the Dance Sport Championships in the Melbourne Sports Precinct. Parking will be VERY limited, and we ask that you plan your trip into Melbourne very carefully and accurately.

It might be a good idea to consider car pooling or catching a train on the day if possible.



Congratulations to the 27
Caulfield Teams
That have made it to the
State Relay Championships

Boys U9 4x100m "A" Q
Boys U10 4x200m "A" P
Boys U11 4x200m "A" Q
Boys U11 Medley "A" Q
Boys U12 4x100m "A" Q
Boys U12 4x200m "A" Q
Boys U13 4x100m "A" Q
Boys U13 4x200m "A" Q
Boys U14 4x100m "A" Q
Boys U14 4x200m "A" Q
Boys U9-U12 Medley "A" Q
Girls U9 4x100m "A" P
Girls U10 Medley "A" Q
Girls U11 4x100m "A" P
Girls U12 4x100m "A" Q
Girls U12 4x200m "A" P
Girls U13 4x100m "A" Q
Girls U13 4x200m "A" Q
Girls U13 Medley "A" Q
Girls U14 4x100m "A" Q
Girls U14 4x100m "B" P
Girls U14 4x200m "A" Q
Girls U14 4x200m "B" P
Girls U14 Medley "A" Q
Mixed U11 4x100m "A" P
Mixed U13 4x200m "A" Q
Mixed U15 4x200m "A" Q

GOOD LUCK!!!!!!!!!!



Good Sports in ACTION

The Pacific School Games (PSG) is an international sporting event for primary and secondary school students aged ten to nineteen. It is the flagship event of [School Sport Australia](http://SchoolSportAustralia.com) and will be held in Canberra in 2008. CLAC are delighted to announce that 8 of our athletes will be heading to Canberra and we wish them the very best of luck. Braden Carothers, Callum Carothers, Dylan Calleja, Simone James, Henry Smith, Nicholas Rayson, Oliver Kelaart, Bridget Brammer,



Good Luck Guys.....

Pentathlon Day - 6th DECEMBER

A FUN DAY FOR ALL OUR ATHLETES

5 events

Hurdles, 100m, 800m, LJ, Discus

Modified program for younger age groups. To include shot and another sprint instead of hurdles

Performances are scored using the Alberta youth points scoring system (again modified for the littlies)

Certificates for all children and medals for 1st 2nd and 3rd overall (each age group) awarded at Xmas break up.

Pentathlon Day Program of events

Program						On Track	Program	On Track	Program	On Track	Program
U6 BOYS						On Track	Program	On Track	Program	On Track	Program
U6 GIRLS						On Track	Program	On Track	Program	On Track	Program
U7 BOYS	50M	SP1/LJ			100M	LJ/SP1	400M				
U7 GIRLS	50M	LJ			100M	SP1	400M				
U8 BOYS	80H		SP2/LJ		100M		400M		LJ/SP2		
U8 GIRLS	80H		LJ		100M		400M		SP1		
U9 BOYS	80H			DIS2	100M		LJ	800M			
U9 GIRLS	80H			DIS1	100M		LJ	800M			
U10 BOYS	80H	DIS1			100M			800M	LJ		
U10 GIRLS	80H	DIS2			100M			800M	LJ		
U11 BOYS	80H	LJ			100M	DIS1		800M			
U11 GIRLS	80H	LJ			100M	DIS 2		800M			
U12 BOYS	LJ		80H		100M			800M			DIS2
U12 GIRLS	LJ		80H		100M			800M			DIS1
U13 BOYS			80H		100M		LJ		DIS 2		800M
U13 GIRLS	DIS1		80H		LJ	100M				800M	
U14 BOYS			90H		100M		LJ		DIS 2		800M
U14 GIRLS	DIS1		80H		LJ	100M				800M	
U15 BOYS			100H		100M		LJ		DIS 2		800M
U15 GIRLS	DIS1		90H		LJ	100M				800M	

All athletes must be at the track at 7:45am

The first round of events begins at 8:00am Sharp

If you miss or do not compete in an event you are ineligible to be considered for the overall awards

SUPERVISION OF



CHILDREN

Little Aths is not a babysitting service.

We DO NOT recommend you leave your children unattended whilst you go and do your shopping, go to work or anything else on a Saturday morning. It is not the responsibility of the age group team leaders to "look after" your child. We cannot predict the time when all events will finish nor can we predict when your child may need his/her parent.

We have had instances in recent weeks when very young children have been left unsupervised following completion of all their events and had to wait quite some time for parents to pick them up.

2008/09 COACHING..

At the recent Region relays Caulfield Athletes achieved excellent results with 29 teams qualifying for the VLAA State relay championships. All the hard work put in at training by athletes has contributed to that success. For those athletes that are in teams competing at the state champs, relay training is on Thursday nights and extra sessions with your team will be carried out by your age group managers.

A big thank you to all the parents that volunteered to help at training and assist in coaching the athletes as well as the age group team managers, without your help we would not have achieved such good results.

Now that relays are nearly finished for the season, a new training program will commence with coaching available for athletes on Tuesday and Thursdays with a 5pm warm up and specialized event training available from 5.15pm to 6.15pm. This new training program will rotate through all events and a timetable will be up on the Caulfield LAC website very soon. It is a great opportunity for athletes to not only improve their technique for their favored events but to also get professional coaching for the events that they need improvement in.

The new training program will consist of 4 sections - sprints, distance, jumps and throws, for athletes to select from. All events will be catered for in each section and will rotate on a weekly timetable.

We have just acquired the services of a new coach Kevin Prendergast who is a middle distance and sprint specialist coach. Kevin has many years of experience as a top level coach for Olympians as well as junior athletics development. We look forward to having Kevin coach our athletes in sprints and distance running.



Regional Track & Field Championships

Qualifying rounds for the State Track and Field Championships. An opportunity to pit your skills against other athletes from within our region.

More information available shortly.

When: Sat. 14th & 15th February 2009

Where: Frankston Little Athletics Centre, Ballam Park, Benanee Rd Frankston...Melways 103 B3

Region Track & Field Championship Qualification Criteria

Believe it or not we are quickly approaching the half way mark of our season. It is therefore important that all clubs, athletes and families are aware of the qualification criteria that applies so that athletes are able to ensure they meet this criteria.

- Athletes **MUST** have participated in at least 50% of the available normal competition meetings since their date of registration.
- the minimum number of competition meetings competed in shall be **NOT** less than two (2) prior to the closing date of entries

State Track and Field Championships

Will be held at Olympic Park on the weekend 21st/22nd March 2009



State Multi Event Championships

All athletes compete in five athletic disciplines: 100m, Hurdles, 800m, Long Jump and Discus. Points are allocated according to the level of performance achieved in each of the five events. For the kids, it gives you an opportunity to make some friends from across the state.

When: 31 Jan 2009 - 01 Feb 2009

Where: Brauerander Park, Karamut Rd, Warrnambool

Please see the VLAA website for more information. Athletes must enter online at the VLAA website.



STATE MULTI-EVENT
CHAMPIONSHIPS 2009



Bakers Delight –thanks!!

The festive season is not complete without the much-loved (and Christmas-saving) fruit mince tart. And Bakers Delight should know. Each Christmas more than 2.5 million of these luscious pastry parcels are baked by their dedicated bakers to ensure the highest quality fruit mince tart to tempt even the most discerning taste buds.

Perfect for dessert or afternoon tea, Bakers Delight fruit mince tarts contain a moist, lightly spiced filling surrounded by sweet, golden shortcrust pastry. For the ultimate treat, warm the tarts slightly and enjoy them on their own, or dust them with icing sugar and serve them with a scoop of vanilla ice cream.

Get into Bakers delight Bentleigh or East Bentleigh Now and Get into a Great Mince Tart!

Bakers Delight Bentleigh and East Bentleigh supplies us with 15 loaves of bread each week for our BBQ. Thanks!!

GLEN ORME ATHLETE WINS VPS STATE TITLE

Congratulations to our Glen Orme U/13 athlete, Ally Brammer, for winning the Victorian Primary School State Title for the Girls 12/13 years 80m Hurdles.

Ally progressed through the District, Zone and Regional events to eventually come out winning at the State Track & Field Meeting held in Bendigo earlier this month. Ally ran a scorching PB of 12.97 seconds to win by 100th of a second!

Ally was representing her primary school, St Patrick's Murrumbidgee – some trivia for you, St Pat's currently has 31 athletes registered with Glen Orme.

...Ann Sweeney Glen Orme

Well Done Ally!!



South Caulfield LAC Report 27/11/08

South Caulfield is enjoying a fabulous season with a full committee and plenty of enthusiastic children. Most children are remembering to sign in and collect PB certificates from the club table and to view the PB board that our PB person, Brian Schepisi, has so enthusiastically graphed each week.

Thankyou to all the parents who have been contributing to the important duty roster. One South Caulfield parent, Michelle Tremigliozi, has been working very hard on the recording table every week.

She also put in a marathon effort upstairs at the Caulfield Open Day, enter-

ing data and remaining her usual calm self. Michelle's esteemed administrative skills have been recognized beyond the Caulfield centre- over the past 6 months she has been putting a handbook together for the Australian team heading to the 18th Maccabiah Games in Israel in 2009. Her efforts and admin skills have been rewarded with a trip to join the team as part of Team Management.

Good luck to all little athletes competing over the next few weeks, whether in relays, open days or Saturday competition.

Michelle's two sons Josh (under 10) and Paul (under 12) have been competing for South Caulfield for the past three seasons. Josh loves all the sprints while Paul is a keen walker.



Trivia Night



The Club has spoken about a Trivia Night for the past 5 years, and this year we would like to run one. (End January most likely)
 If anyone would like to donate an item suitable for a prize we would be most grateful.
 Sponsor thanks would be via this newsletter, on our website and at the Trivia Night.
 Find Kay at the Roster table each week for more information....

Mentone Relays

What an exciting day for our first timers!

As this is the first time for many of our U10 and U11 kids and definitely for our U9 kids the aim of the day for Caulfield Centre was to get out there, have a go, try our hardest to get the baton around that track and over the finish line as smoothly and quickly as we could without incident..... And we did it!

Our kids all had a great day, there were smiles all round and everyone was a winner! We even came home with some very proud winners of gold batons.

The day was a great success and was excellent practise for the SMR relays the very next weekend.

Well done to all those athletes that came, you did a great job

Please also keep in mind the amount of work behind the scenes for these type of events....many of the CLAC Committee work to early hours of the morning to organise teams !



FOOTWEAR

Athletes must compete in suitable shoes that provide good support.
 Spikes are allowed at CAULFIELD Centre and may be worn by U12 to U15 age groups only in laned track events and in jumps.

VLAA rules permit Under 14 and Under 15 athletes to wear spikes in middle distance (non-laned) events.

Spikes may only be worn during the event and must be carried to and from the event.

Misuse of spikes may cause disqualification.

Bare feet are not allowed at CLAC or for Regional and State events.

The Athlete's Foot is a Sponsor of Australian Little Athletics,. Pop into the Southland or Chadstone Store and a sales assistant will provide you with the best shoe for your needs.



CLAC "STAR" of the MONTH

The CLAC star of the month will be given to an athlete who we think has shown something special.

This months "Star" is a fabulous young lad by the name of Matthew Watson. Matthew is an Under 9 athlete who tries his hardest each and every week.

He has a lovely personality and a very cheeky grin. He is often seen assisting those at the Sth Caulfield table...whether it is carrying goods from the Storeroom or just minding the table.



The star quality that he is nominated for was on Relay day. A child pulled out at the last minute, so we gave Matthew a ring. Never ran a relay before, but he nervously said "no worries"...just so the other three boys wouldn't miss out. He not only competed in the 100m, but returned again in the afternoon to run the 4 x 200m.

Well done Matthew...you are our STAR!!!

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