

Kew LAC Newsletter

Kew LAC turns 40 and winning gold relay medals is still a piece of cake!



Kew LAC really knows how to put on a performance – whether it is handing out 40th birthday cake or handing on relay batons in winning style!

The Summer Season got off to a good start with a party to celebrate the club's 40th year and 16 of our Kew teams (including our U/14 girls in 2 EMR teams) are through to compete at the State Relay Championships at Olympic Park this Sunday, December 16.

Our Kew athletes were often found on the podium and by then their club uniforms usually sported more gold than maroon!

Two Kew teams (pictured) – U/10 Mixed Sex 4x100m (Gabriella Morgan, Isabella Dalla Costa, Chris Gheresi, Jack Owen) and U/9-U/12 Mixed Age Medley (Olivia Carah, Caroline Lane, Isabella Dalla Costa, Natalie Rule, Cassandra Dalla Costa) _ won Gold medals at EMR Region Relays and automatically qualified to run at State this weekend. Our other 14 teams have progressed, on their times, to the State championships.

Congratulations to all our athletes who represented Kew LAC at EMR Region Relays at Doncaster on Sunday, November 18. They did their best, but best of all, had lots of fun in the sun ... or was that rain as well! (More photos and results Page 2.) A huge thank you to our club relay coach Garry Connell (nice vest!)

Another 2007/08 Summer season highlight to date has been the club's 40th birthday celebrations during normal competition on Saturday, October 20.

Many Life Members (pictured below) and former Kew athletes joined us for a fun day and Olympic marathon runner Rod De Highden (who once ran for Kew) dropped by for a trackside chat with our young athletes. (More 40th birthday news and photos Page 2.)



Other exciting club news is that to date 240 athletes have registered for the 2007/08 season, compared to 215 athletes this time last year.

Get out the diaries and note that this Saturday, December 15 is our Christmas break-up barbecue and also the last Saturday morning competition for 2007. All athletes are entitled to a free sausage and icy pole (after they finish running!) and drinks will be on sale.

Any U/9-U/15 athletes wanting to compete at EMR Track and Field Championships at Knox on the weekend of Feb 16-17, must hand their entry forms and money to Nick Carah or Kylie Italiano this Saturday morning, December 15.

Cost is \$5 an event, maximum 4 events. Kew LAC will pay each athlete's first event. Put your entry form and cash inside an envelope, clearly marked EMR Track & Field entries, with your name and age group on it. The competition runs over two days so use last year's State T&F timetable as a guide when choosing your events.

Kew LAC Saturday competition will resume on Saturday, January 26 at 8.45am.

We wish all our Kew athletes and their families a Merry Christmas and Happy New Year, and a safe and fun holiday break.

Please continue to support our club sponsors – Maria's Pasta (Platinum Sponsor) and Bendigo Community Bank East Kew (Gold sponsor), as well as Colombo's Family Restaurant Balwyn, Runners World, Plants On High and Bob Stewart. Special thanks to Snap Printing Collingwood (newsletter) and to Leo's Fine Food & Wine for providing the sausages in 2007.



DIARY DATES

Saturday, December 15: Competition
Christmas BBQ break-up

Sunday, December 16:
State Relay Championships, Olympic Park.

Saturday, January 26:
Knox T&F Twilight Open Day.

Sunday, Feb 10:
Collingwood T&F Open Day.

**Sat, Feb 16, 2008-
Sun, Feb 17, 2008:**
EMR Track and Field Championships
Knox Athletics Track (Melways 73D7)

**Sat, March 1, 2008-
Sun, March 2, 2008:**
State Multi-Event
Albury.

**Sat, March 15, 2008-
Sun, March 16, 2008:**
State Track and Field Championships,
Bendigo.

Sunday, June 22:
EMR Cross Country.

Sunday, July 27:
State Cross Country,
Warragul.

To keep track of all club events and results, log onto our user-friendly website www.kewlac.org.au

which is regularly updated by our Registrar Janine Antcliffe. (Janine also compiled this year's handbook which is a special tribute to Kew LAC's 40-year history.

Happy 40th birthday Kew LAC

Kew LAC held a special competition day on Saturday, October 20 to celebrate its 40th birthday.

President Jenny McCausland welcomed many former Kew LAC athletes and their families back to the club, including those who are now Life Members and some who still hold longstanding club records – though not for much longer according to some of our rising young stars!

After the regular Saturday morning competition events were run, the birthday fun continued with the cutting of a huge cake, and then sack races and parent/athlete relays. And those parents and siblings who couldn't face up to the novelty races just got their faces painted instead!

Olympic marathon runner Rod De Highden dropped by for a trackside chat about his international athletics career and fondly recalled his time as a Little Athlete with Kew.

The weather was great, there was a great club atmosphere and as EMR President and special guest Graham Lucas said, Kew LAC's 40th birthday party was a great day!



Kew kids really are great relay runners!

Sixty-three Kew athletes contested the EMR Regional Relay Championships at Doncaster on Sunday, November 18.

Two Kew teams _ U/10 Mixed Sex 4x100 and U/9-U/12 Girls Mixed Age Sex Medley won their finals and automatically qualified for the State Relay Championships at Olympic Park this Sunday, December 16.

A further 14 teams comprising Kew athletes (two of these are EMR composite teams) have since progressed, on times, to also run at the State Relay Championships this weekend.

These teams are:

Mixed U/9 4x100 Kew A

Mixed U/9 4x100 Kew B

Mixed U/11 4x100 Kew A

Mixed U/13 4x100 Kew A

U/9 Boys 4x100 Kew A

U/9 Girls 4x100 Kew A

U/11B 4x100 Kew A

U/11G 4x100 Kew A

U/12B 4x100 Kew A

U/12G 4x100 Kew A

U/13G 4x100 Kew A

U/12B 4x200 Kew A

U/14G 4x100 EMR Composite Team

U/14G 4x200 EMR Composite Team

Congratulations to **ALL** our Kew relay runners for great performances at EMR Region Relays. **Well done!**

A huge thank you to relay coach and Chief Track Official Garry Connell, President Jenny McCausland, Team Manager Nick Carah, Assistant Team Manager Kylie Italiano, and also to Manuela Dalla Costa.



Kew EMR Region relay runners:

U/9 Girls: Ally Gayfer, Hannah Heathcote, Olivia Carah and Olivia Slifirski.

U/9 Boys: Christopher York, Dominic Tesoriero, Marcus Guardabascio, Matthew Bennett, Matthew O' Connell, Maximilian Hanna, Maxwell Lazarus, Nicholas Humphris.

U/10G: Chloe Stranger, Gabriella Morgan, Isabella Dalla Costa, Megan Pengelly.

U/10B: Christopher Gheri, Christopher Kazantzidis, Dale Taylor, Ethan Brown, Jack Owen, Jayden Bravo, Reuben Wilmott, Riley May.

U/11G: Anna Wilton, Caroline Lane, Grace Lewis, Kate Tesoriero, Mia Italiano.

U/11B: Andrew Holloway, Damon Zethoven, Harry Hunter, Henry Kiellerup, Hugh Slifurski, Nicholas Lam, Sean Gauci.

U/12G: Bianca Galjar, Cassandra Dalla Costa, Emma Calvert, Emma Heale, Erin Briscoe- Hough, Kimberley Bravo, Kisalka Wijethilake, Miranda Farrago, Natalie Rule.

U/12B: Adam Bennett, Callum Neideck, Christopher Arthur, Ian Liyanage, Morgan Cassar.

U/13G: Stefanie Galjar, Elizabeth Tower, Dominique Brown, Gabrielle Golds, Helen Tower, Lavanga Silva, Selina Wilmott, Sophie Hesse.

U/13B: Joshua Hesse, Jack Holden.

U/14G: Stephanie Larkin, Rose Smith, Josephine Arthur.



MEET *Andrew Holloway*



School and Year level: Camberwell Grammar

Favourite television show? The Simpsons

Favourite author? Roald Dahl

When did you start Little Athletics? U/10

Are any other family members involved at Kew LAC? Michael was last year. My mum Elizabeth is the U/11 Boys Age Manager.

What do you most like about Little Athletics? The bbq sausage afterwards.

What is your favourite event and why? 1500m and Cross-Country because I do really well in these events.

Main athletics sporting highlights? Coming 4th in the Associated Grammar Schools (AGS) U/11 Boys 1500m finals.

Do you play any other sports? Futsal (indoor soccer)

What do you eat for breakfast? Weetbix and toast.

What time do you go to bed before a major competition? 7.30pm.

Who is your favourite Australian runner and why? Craig Mottram because he runs long distances.

What is the most helpful athletics advice you have been given? Not to try and sprint in the long distance races.

Around the track ... Around the track ... Around the track ... Around the track

Saturday rosters

Please remember Kew LAC is run by VOLUNTEER mums and dads and we are not a babysitting service! Can all families please check the roster on our website and make sure you do your allocated duties. When you are not rostered for a duty, you can still offer to help your child's Age Manager measure and record your child's event. Your child will appreciate your help to get through their Saturday morning events on time!

Queue up for Kew jackets!

Order the latest fashion accessory for this Summer.

Yes, you can have your very own Kew jacket for just \$25. Choose from sizes 6K (kids) through to 14K, then sizes are S,M,L. To place your order (pay upfront), contact Manuela Dalla Costa on 9859 8838 or email dalla-costa@bigpond.com.

All Kew athletes competing in Open Days, at EMR Region and State events MUST wear the Kew LAC maroon and gold singlet and shorts. Inquiries: Manuela Dalla Costa.



JDS qualifying standards

Qualification standards have changed for the JDS (Junior Development Squad) program.

Officials have also now said that adjustments will be made to the qualifying standard for grass tracks and that if an athlete's performance is close to the qualifying standard, clubs should submit to VLAA for consideration.

If athletes attain qualifying standards at major events, the club gets advised directly.

However, at all other meets, including club competitions, the onus is on athletes U/11 and up to keep an eye on their results and notify Kew LAC if they are nearing these standards.

The shortcut to the JDS link is: http://www.littleathletics.com.au/site_content/pdf/100005279.pdf

Volunteers needed

Pavillion building works are expected to commence on January 15.

Kew LAC needs volunteers to help move our equipment into storage containers.

Please check the club website www.kewlac.org.au for more details.

Crossword Clues

Across:

- 1 Enjoy our Christmas break-up _____ this Saturday (December 15)
- 4 U/9-U/15 athletes should sign up for EMR Region _____ and field championships on the weekend of Feb 16-17.

Down:

- 1 Kew kids always try their _____
- 2 Good luck to our runners at State _____ this Sunday (December 16)
- 3 _____ LAC turns 40!

