



## TIGER TALK

WEEKLY NEWSLETTER OF MENTONE LAC

Website: [www.mentonelittleathletics.com.au](http://www.mentonelittleathletics.com.au)

### **Volume 3, Saturday 22 November 2008**

The last couple of weeks have been a hive of activity for the older children, but this week will see all ages back into competition at Dolamore Reserve.

We have been host to Mentone Relay Day, with it probably being the most successful year ever held and was a great lead into the Region Relays held last Saturday at Caulfield. Thank you to all officials and parents for completing a duty to make this day a success.

Many teams have now automatically qualified from Region to compete at the State Relay Championships at Olympic Park on Sunday 14 December and I'm sure there will be more teams that will progress through on times. Our Region Relay Results are now on the website and you will find most teams that made it into finals all improved on their times. Congratulations to all athletes who competed to the best of their ability and also looked splendid in tracksuits and hoodies and carrying our bags everywhere. Don't forget to keep training if you need to.

Round 6 will be this Saturday 22 November. On this day all U6-U8 athletes will have a normal programme, with U9-U16 having a Multi Event Day, covering events – Hurdles, 100m, Discus, Long Jump and 800m. Due to the difficulty in collating points quickly, the medals for this event are awarded in conjunction with our end of season presentations.

This gives any athlete the opportunity to see if they like the Multi Event and they can then decide to enter the State Multi Championships to be held on 31/1/09 – 1/2/09 at Warrnambool. Entry for this event closes on 6 December 2008, so see inside the clubroom for an entry form if interested.

#### **Chest Patches**

Don't forget to wear them.....

#### **Dates coming up**

Saturday 29 November	Round 7 Competition
Sunday 30 November	U14-U15 Multi Event Coaching Day (Entries close Wednesday 26 November 2008)
Sunday 30 November	Waverley Open Day (Entry form available on our website)
Thursday 18 December	Mentone Little Aths Santa Sprint and Christmas Party

**Please note that any U11 child interested in attending the skills clinic in January, it would be advisable to complete your form you received with your registration, as places are filling fast.**

### **SMR Camp**

Southern Metro Region hold a camp over the weekend of 21-23 November at Merricks. The children are provided with coaching and the best part of all is to make friends with others from different centres. The form for this can be found on our website if you are interested

### **SMR Carnival (U6 – U8)**

For all you younger children who are enjoying Little Aths and want to do more, here is your chance. The carnival is fun, interactive and a great day for all. It will be held at Casey Oval on 7 December. Entry forms are also available on the website, so why not grab a group from your age group and join in the fun.

### **Date Change**

Please note your calendars that the State Track and Field Championships for U9 – U15 will now be held on the weekend of 21 & 22 March 2009, due to Olympic Park being unavailable. This will mean the competition on the 21 March of PB/Ribbon Day we had planned will need to be brought forward to Saturday 14 March 2009.

### **Photos**

We would love to have some more photos on the website, so if you have been snapping away could you please email Marinus at [marinus@oosthuizen.id.au](mailto:marinus@oosthuizen.id.au) with a date or the event the photo was taken and we can upload them.



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