

Essendon News 2009-10

Edition 3

- Congratulations to all athletes who have represented the Essendon Centre at the recent Region Relay or Multi-Event Championships.
- **Region Relays** were held at Diamond Valley with the following Teams winning medals: GU7-10 Medley Gold, BU8 4x100m Silver, BU7 4x100m Bronze, BU7-10 Medley Bronze & U8 Mixed 4x100m Bronze. **24** U9-15 Relay Teams have either qualified or progressed to the **State Championships** to be held at Olympic Park on Sunday 10th December. Good luck to all athletes involved.
- 15 Essendon athletes ventured up to Kilmore last Sunday to compete in the **Region Multi-Event Championships**. Gold medallists were Ben Gray (BU7), Mitchell Burgess (BU11), Victoria Nekelo (GU8) and Liana Konjarski (GU12). Matthew Sholakis (BU15) won a Silver medal and Bronze medallists were Florence Elliot (GU10), Bridget Xuereb Graham (GU12) and Matilda Elliot (GU13).
- **2009 Christmas Raffle** is being organised by the Bombers Team with tickets costing \$1. We rely on donations for the prizes so if you or your business is able to donate a prize please drop it off at the Christmas table located near the Bombers Team. Money raised will go towards the purchase of new hurdles and timing gates.

NEW SPONSOR!



The ESSENDON LITTLE ATHLETICS CENTRE is excited to announce a new sponsor! **Aqua Source Natural Spring Water** will be providing their high quality Natural Spring Water for the remainder of this season for our Officials that are working at every meeting.

This new sponsorship will be a wonderful boost to our Centre especially as the weather warms up and ice cold drinks become more important to those looking after our children. **Aqua Source Natural Spring Water** will also be available to purchase in the canteen.

All **Aqua Source Natural Spring Water** bottles are designed to be compacted to make for easy recycling using light weight PET bottles. **Aqua Source Natural Spring Water** is available through *Campbells Cash and Carry*.

- Region Track & Field Championships will be held at Whittlesea City on 20-21st February 2010 for U7-15 athletes. Entry Forms were handed out last week and are available from your Team table or at www.elac.com.au and need to be returned by Saturday 19th December.
- Entries are now being accepted online (payment via credit card) at www.vlaa.com.au for the State Multi-Event Championships which are being held in Bendigo on 30-31st January 2010. These Championships are open to all U9-15 athletes. Entries close 13th January 2010 and must be done online.

- By now most parents/guardians should have officiated 3 times. Please remember that for your children to be eligible for trophies at the end of the season you must have helped on at least 6 weeks and they must have competed at 51% of competition weeks.
- **The 2nd and final Twilight meeting of the season will be held next Friday the 11th December starting at 6:00pm.**