

# **ESSENDON LITTLE ATHLETICS CENTRE**

## **RELAYS 2007-2008**

Welcome to another season 2007-2008 at ELAC. Essendon Little Athletics Centre has a long and proud history of participating in relay events, and we would like to continue this tradition, by inviting your son/daughter to participate in our Relay Championships. Please read the information below giving you the details of training times, cost, dates of championships and open days, before making a commitment to enter.

Late withdrawals disadvantage other team members, so please be sure of your commitment.

Being part of a relay team is exciting and lots of fun, it teaches children about commitment, working together as a team, incorporating team spirit and helps build self esteem and confidence.

Parents also get to learn about working together as a group by participating in the required duty, which in turn shows interest and encouragement to their children, in their child's chosen sport.

**Team Manager: Samantha Davidson (h)9744 5770 (m)0425 865 514**

**Training:** Commencing Sunday Sept 16<sup>th</sup>, & every Sunday thereafter  
U7- U10 1.30pm- 2.30pm  
U11-U15 2.30pm-3.30pm  
**Training is compulsory**

**Entry Fees:** \$2.50 per athlete per event  
Box Hill Open Day(Optional) TBA closer to event

**Selection:** The Team Manager & Coach will decide selection.  
U7-8 Athletes can compete in up to two events.  
U9-15 Athletes can compete in up to three events.

**Events & Dates:** Essendon Relay Day **Sat 20 Oct 2007**  
Box Hill Invitational Day **Sun 21 Oct 2007 (Optional)**  
NM Region Relay Championships **Sun 18 Nov 2007**  
State Relay Championships **Sun 16 Dec 2007**

**Uniforms:** The Essendon Centre red and black singlet must be worn, with plain black shorts, bike shorts or bum huggers. They must not have any logos or other stripes, marks or patterns. The Essendon singlets can be purchased for \$30.

**Duty:** It is a requirement for all parents whose children are competing in the relays to act as an Official on the day of competition. It is your responsibility to ensure that you make yourself known to our Chief of Officials, Kylie Devine, to familiarise yourself with what is expected of you on the day. Without our parent helpers these events cannot be run.

If you are interested in participating please fill out the attached form and mail to Mrs Gwen Timmins, Secretary, ELAC P.O Box 454 Moonee Ponds 3039

# RELAY ENTRY FORM 2007

Athletes in the under 7-15 age groups wishing to participate in the relays must fill out this form and post to Gwen Timmins. Please note that only under 9-15 will go on to compete at State level, if they qualify at Region.

**Dates:** Essendon Relay Day - Sat 20<sup>th</sup> Oct  
Box Hill Relay Invitational Open Day -Sun 21<sup>th</sup> Oct (optional)  
NM Region Relay Day – Sun 18<sup>th</sup> Nov  
State Relay Championships\* - Sun 16<sup>th</sup> Dec

- Only teams that qualify at Region, compete in the State Championships

**Entry Fees:** \$2.50 per event entered per athlete. No refunds for late withdrawals.

**Parental Assistance:** Parents are required to participate in relay training, learning what is involved with their duty, also gaining an understanding of how relays are run. Parents will be required to assist in the relay day, Region and State relays.

**Training:** Jim Currell and Paul Bray will be the co-ordinating coaches, combined with the assistance of parents. Training is compulsory for all athletes wanting to participate in Relays.

**Events:** U9-15 Athletes can compete in up to 3 events .U7-8 Athletes can compete in up to two events. The Team Manager and Coaches will select the teams.

**Uniforms:** The Essendon uniform consists of a plain black bike pants, shorts or bum huggers and must be worn with the Essendon singlet. The singlet can be purchased for \$30 from the Centre.

For further information please contact **Samantha Davidson**,  
Team Manager, 0425865514 or email [davidson123@optusnet.com.au](mailto:davidson123@optusnet.com.au)

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**Name**.....Age Group U.....G/B

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**Parental/Guardian consent**

I consent for my child/children to compete in the relays and training on Sundays. I understand that officiating duty and duty training are compulsory for parents/guardians of competing athletes.

**Parent/Guardian Signature**.....

**Phone Number**.....**Mobile**.....

**Email**.....