



Weekly Newsletter

30th November, 2019

This week sees the official opening of the Civic Reserve Athletics Track and Soccer Fields on Saturday morning. We will conduct our normal competition day until around 11a.m. when we will pause to enable the formalities of the opening to take place. Once complete, we can finish the day's program. The soccer club will also be in attendance and I believe they will be playing some parents vs. children games on the soccer pitches. Parking is likely to be at a premium, so please ensure you allow plenty of time to make your way to the track. We will be putting on a free sausage sizzle for all attendees on the day. Thank you very much to Sue Cook and team for taking on this task.

Last week our MLAC relay team admirably represented the club at the SMR Regional Relay Carnival with some fantastic performances across the day and many teams making finals. From the athletes perspective, a special shout out to the Under 13 Girls and Under 10 Boys teams who came away with 3 Gold and 1 Gold/1 Bronze medals respectively. A big thank you to all of the parents that assisted with duties on the day, especially those that completed multiple duties. Thank you also to Mark Henry who officiated as Meet Manager on the day, as well as being the key organizer for the entire Carnival. Last, but by no means least thank you to Nerissa Crombie, Sue Cook and Graeme Still who assisted greatly on the day with Team Manager and Key Official duties. We look forward to seeing the progressions to the State Relay Championships which are expected to be published by this Saturday.

A reminder about our Christmas raffle. Some fantastic prizes have been put together this season and tickets will be available for purchase right up until Saturday 21st December at our Christmas Handicap event, when the raffle will be drawn. Tickets are \$2 each or 3 for \$5. See the brochure at the end of this newsletter for all our awesome raffle prizes.

Please note, entries for both State Combined Event and Regional Track & Field Carnivals are now open. Information and registration portal can be found at the following links:

[State Combined Event](#) to be held on February 1–2, 2020 at Lakeside Stadium. Entries close Tuesday, January 14, 2020.

[Regional Track & Field Carnival](#) to be held on February 15-16, 2020 at Caulfield. Entries close Tuesday, January 28, 2020. **Please note: to compete at Regionals, athletes need to have competed in four club competitions before the cut-off date.**



PHOTOGRAPHING ATHLETES

During the season there may be athletes at the Centre who are unable to be photographed: please ensure that you are only photographing and/or sharing images of your own children and or those where they have parent permission.

The safety of children is paramount, and we appreciate you respecting and understanding this request.

*Our Club Photographer Eliza Arias is identified by her red Volunteer jacket: if you do not wish your child to be photographed, please email Little Athletics Victoria:
office@lavic.com.au
and they will notify us.*

Local Coaching Courses – expressions of interest

Our senior club - Mornington Peninsula Athletics Club - has been contacted by Athletics Victoria, who are considering conducting courses closer to our area (Frankston or Casey Fields). If anyone is interested in doing a Level 1 or Level 2 coaching course (or any other AV course) a little closer to home, please email MLAC Secretary Jo Fischer: jfischer@morningtonlitttleaths.org or come and speak with Jo in the portable during Saturday's session.

For those new to MLAC, each week we issue a weekly email. For those not so new to MLAC, the following will act as a great reminder. This email will cover the "hot topics" of the moment and some not so hot topics such as duty rosters on the day.

The key points to note this week are:

- Duty Roster
- What happens on the Day?
- Athletes Bibs
- Uniforms/Merchandise
- Results HQ
- Parking
- Dog policy
- First Aid
- Wet Weather
- Website
- Team App
- Facebook
- Weekly Program
- BBQ

Duty Roster for Saturday 30th November, 2019

Families are expected to undertake duty six times across the season. Our duty roster for the season is also available for viewing on our website [here](#).

Duties for this SATURDAY have been rostered as follows:

Set Up: **Child's surname To - Z** (please arrive by 7.30am)

BBQ: **Child's surname He - Le** (from set up of the BBQ at 8am to pack-up and clean at the day's end)

Pack Up: **Child's surname Mu - Ro** (concludes once the containers are locked up)

Set up takes more than an hour and we really do need those rostered on to be there as required. Committee members are always on hand but as we all know many hands make light work and it makes a world of difference to how the whole day runs when we can set-up on time for the program to start, especially on the first morning of the season! The BBQ is our major fundraiser for the club

and we need 3-4 people there at all times over the morning to have it run smoothly – please come to the BBQ area while the athletes are warming up to select your timeslot. We don't expect parents to spend longer than 45-60 minutes helping out. We all want to watch our kids compete, and those kids want a sausage at the end of the session!

What happens on the day?

Try to arrive well before 8.45am, as this is when we start the warm-up. Most age groups are finished well before Middy.

Your First Priority

The first order of business should be to get your child to their relevant age group area. When you first arrive head for the age group trolleys that should be lined up on the track near the finish line. These will be in chronological order from U6 Boys & Girls up to the Open Boys and Girls. Head to your relevant age group and sign in with the age group team manager(s). Age group managers should be wearing a red 'volunteer' vest. If you are still unsure, head into the portable closest to the finish line, and someone there can direct you where to go. All you need to bring on the day is a hat and drink bottle. Those without a uniform and those who are trialing only need to wear a t-shirt, shorts and runners.

Athletes bibs - registered vs unregistered athlete

If you have registered and paid by Thursday this week, there should be an athlete's Subway bib assigned to your child (kept in the age-group folder) which must be pinned to the front of their uniform. If you have paid and there is no bib, please let your age group manager know and we will ensure that there will be one for your child by the following week. The bib is used to electronically record times. If there is no bib there for your child do not worry, the age-group manager will handwrite the results from the day and we will manually record. This bib must be returned at the end of each morning to the age group manager. If you accidentally take it home, please remember to bring it back next week, and try not to put it through the wash! Once your registration payment has been made, all manual results will be uploaded to Results HQ and a bib will be printed for your child.

Uniforms/merchandise/registration

Registration enquiries, payments and merchandise sales all happen in the portable closest to the finish line. Please be patient and our volunteers will ensure that you are on your way as soon as possible.

If this is your child's first time at Little Athletics, confirmation of date of birth needs to be shown to the club. This can be done by bringing in your child's birth certificate or passport to the portable. Uniforms and other club merchandise will be available for sale on each competition day in the Portable. Club t-shirts/singlets/crop tops, MLAC hoodies, and LA Vic branded shorts are all available for purchase. Additionally, we also offer ceramic running spikes and shoe bags. T-shirts - \$45, Singlets - \$45, Crop Tops - \$50, LA Vic shorts - \$25, Ceramic Spikes (bag of 14) - \$10, Shoe Bags \$20

We will again be offering a second-hand athletics shoe stall. If you have any old spikes and waffles that no longer fit your children, we would appreciate you donating them to the club. We then resell them for \$20, with all money going to the club. For every pair of shoes you donate, you will receive a \$10 off voucher that can be used at any time over the season (stock dependent) to buy a pair of second hand athletics shoes. We are hopeful that we can help people clear out their old shoes, and allow people to snap up some bargains! Donations and sales will occur in the portable from 8.30-9.30am each Saturday morning.

Getting involved

There are many opportunities for parents to get involved in the successful running of the club/competition. This could include the following:

Age Group Manager – [find out more](#)

Starting – [find out more](#)

Southern Metropolitan Region Committee – email Mark Henry: smrpresident@lavic.com.au

We are always looking for additional help and please reach out to any of our committee should you be interested in getting involved. There will be no cost to individuals for attending the above courses, except the Introduction to Coaching Course. The club will reimburse this cost once you have completed this course if you are willing to help out with an age group each week.

Results HQ

To view your child's results, you will need to log in to Results HQ. You will need to have paid the club registration fee to have access.

The login details are as follows:



Website: [Results HQ](#)

Username: Your family username is the email address you used to register your primary member with (usually your oldest child)

Password: Your password is the Login ID of your primary member when you log in to LA Vic.

You can view your whole family's results on one page, and also view all MLAC results. Tickets can be printed out to keep. We endeavour to have the results available by Sunday evening.

Dog Policy

Please note that we have a strict **NO DOGS** policy on competition days. There have been a number of incidents and near misses over the past few years, plus we have a few athletes with dog allergies and those who are scared of dogs. We would greatly appreciate if you left your dogs at home. Can you please communicate this to any extended family members or friends who come down to watch during the morning.

First Aid

We are fortunate this season to have Nerissa Crombie overseeing our First Aid program. Any first aiders that are willing to assist Nerissa (for those times when she can't be at little aths) would be greatly appreciated. Please make contact with a committee member who will introduce you to Nerissa.

What happens in the event of Wet Weather/Extreme Heat

When the weather forecast does not look great, the committee makes a decision by 8:00 a.m. on the morning of competition whether the competition day will go ahead or be cancelled. In the event of cancellation a notice will be posted on the following sites:

Website www.morningtonlittleaths.org

Facebook www.facebook.com/mlac82

Instagram www.instagram.com/morningtonlac
Twitter [@mlac82](https://twitter.com/mlac82)
Team App www.teamapp.com/

We communicate with our members almost exclusively via electronic means. We will always email you important information, but it is also distributed via our Facebook page and Team App.

Website

www.morningtonlittleleaths.org

Most club information can be found here - if there is anything important missing, please let us know.

Team App

As with previous years, we will be utilising Team App to get information out to our members and their families about news and events around the centre. Download Team App (it's free!) from iTunes or the Play Store and search for Mornington Little Athletics.



Facebook

We also have a Facebook page filled with news and photos of our athletes. Make sure you "Like" it to see posts in your Newsfeed. If you do not wish to have your child's photo published, please email Little Athletics Victoria to notify them, and send an email to our secretary Jo Fischer jfischer@morningtonlittleleaths.org. She will endeavour to ensure your child's photos are never published



Weekly Program

This week's program is Program 7 and can be downloaded by clicking [link](#).

BBQ / Coffee Van

Our BBQ raises much needed funds for the club. Thank you to Sue Cook for taking on the role of BBQ Co-ordinator this season - it's a big role and the club appreciates you taking it on. Sausages in Bread, Egg & Bacon rolls and maybe another special surprise will be available.

Brew Up Bar will be providing our coffee needs on a Saturday morning this season; for your morning coffee fix, come and say hi to Bernadette.

We hope that you enjoy the day and the season ahead. Remember that if you have any questions or problems, please don't hesitate to approach one of our committee members (we are the ones wearing the orange polo shirts).

Regards,

Mornington Little Athletics Centre

mornington@lavic.com.au

PO Box 544

Mornington, Victoria 3931

<http://www.morningtonlittleleaths.org>



Prizes are:

CHRISTMAS RAFFLE

Mornington Little Athletics Centre are again running a Christmas Raffle to raise money towards new equipment for use at our new home at Civic Reserve. To be drawn at the Christmas Handicap on **December 21st.**

(Prizes have been purchased from Rebel using credit accumulated from member's purchases, or been generously donated by members and businesses in the community)



Inverloch Luxury Retreat

Luxury Inverloch Accommodation

- For up to 6 people
- Stay for 2 nights on a Friday and Saturday, or 3 nights mid-week (Sunday to Thursday)
- Fully self-contained, recently renovated property close to the beach
- Valid from 10th March – 29th October 2019 (excluding school & public holidays!!)
- Generously donated by the Mayhew-Sharp family

Valued at \$620

Rebel Sport Gift Card

Valued at \$250



Be Fit Food voucher

- For meals/protein balls

Valued at \$200



Raw Audio True Wireless Ear Buds

- Bluetooth connectivity with convenient wireless design for hands-free use
- Plays up to 5 hours of tunes or calls and recharges via USB cable
- Built-in controls allows you to take calls and control music

Valued at \$129

Belgravia Leisure Gym Package

- 3 month Premier membership access* across 3 sites: Somerville Recreation Centre, Civic Reserve Recreation Centre, Crib Point pool.
- Unlimited access to gym
- Group Exercise classes
- Aquatic areas – pool, spa, steam room

*membership terms and conditions apply

Valued at \$344.50

Braven HD Bluetooth Speaker

- Completely waterproof
- Shockproof exterior made of durable rubber that seals all ports
- Included Action Mount accessory is compatible with Go-Pro mounting systems
- 12 hours of playtime
- Built-in 2200mAh power bank to charge USB-enabled devices

Valued at \$159



X-Shot Bubble Ball x 2

- Inflates to 1.2m to absorb impact as you roll, crash and smash
- Safety straps and handles for easy manoeuvrability
- Easy-fill system to inflate the Bubble Ball air chambers
- Generously donated by the Fischer family

Valued at \$120



Nike Sports Bag

Valued at \$45



Nut Hamper

- From the Peninsula Nut Co

Valued at \$40

PENINSULA NUT CO



Morf Board

- Combines the fun of a scooter and skateboard
- Easily change between the 2 with Lock and Release Technology
- Soft 53mm wheels and ABEC-5 bearings for a smooth ride
- Pressure foot brake on scooter for quick breaking

Valued at \$65

Plus many more prizes!



Tickets are \$2 each or 3 for \$5

Tickets can be bought from the Merchandise desk/BBQ until the 21st of December 2019

