



### Weekly Newsletter

**25th February, 2017**

The club has had another successful Regional Track & Field competition. We had 55 athletes competing over the 2 days in very trying conditions. Sunday had 3 seasons in 1 day, and none of them were summer! Our athletes walked away with 44 medals, 5 more than last season - 14 gold, 14 silver and 16 bronze. Heaps of PB's were obtained, and a whopping 13 Club Records were broken! (See below for the list). The [Qualifier and Progression list for States](#) has been published - 39 of our athletes will be representing MLAC and themselves at the State Track & Field Championships during the Labour Day weekend in March - good luck to all. There is a more detailed breakdown of Regionals on our website.

This coming Saturday is our final day of competition this season, and it coincides with the Subway PB round. Every time our athletes break their PB in an event, they will be awarded a ribbon. Don't forget that each PB contributes 3 points to the final points tally that determines the season's age group champions. Saturday the 4th of March is our Championship Day where all the hard work our athletes have put in over the season is awarded with trophies, medals and PB certificates. We ask that you email the club to let us know if you **cannot** attend on the 4th of March for catering purposes. ([mornington@lavic.com.au](mailto:mornington@lavic.com.au))

The Mt Eliza Rotary Kid's Fun Run with K163 is on again this year on Sunday the 19th of March. This is a chance for kids to race against the Tourist train at Moorooduc Railway Station, Moorooduc Highway, Moorooduc. Runners are encouraged to gain sponsorship for their run efforts to help raise money for the Paediatric department at Frankston Hospital. Kids running for kids! We had a number of MLAC athletes attend this event last year in uniform, and they had a great time. Registration is \$22 and is open to all children aged from 3-12. Distances are from 150m-1200m. There are showbags for all registered runners, and there will be train rides, food and other activities on the day. Online registrations close Friday the 17th of March, and you can register at the event on the day. More information is available on the website [here](#).

**Finally, to club records. On Saturday the 11th of February, 3 club records were broken:**

- Sarai Hughes broke the U10 girls Long Jump club record with a jump of 4.03m
- Josie Reichelt broke her previous U13 girls Javelin club record with a throw of 23.63m
- Connor Yates broke his previous U15 boys Triple Jump club record with a jump of 12.34m.

**At Regional Track & Field last weekend at Ballam Park, Frankston, we had the following 13 club records fall:**

- Declyn Tanner broke 3 U10 girls records: 200m - 31.56s; 400m - 1:09.80 mins; and 800m - 2:38.30 mins
- Sebastian Farrelly broke 4 U10 boys records: 100m - 14.23s; 200m - 29.16s; 400m - 1:04.30 mins; and 800m - 2:27.90 mins
- Ella Fischer broke the U13 girls 800m record with a time of 2:23.30 mins
- Josh Cottier broke 2 U15 boys records: 100m - 12.13s; and 200m - 24.13s
- Ky Davies broke the U15 boys 400m record with a time of 52.82s
- Joseph Rickard broke the U15 boys 1500m Race Walk record with a time of 7:51.10 mins
- and Connor Yates broke the U15 boys Long Jump record with a jump of 5.62m.

**Phew!! Well done to everyone!!**

We have a few new points of interest below, so please read on:

- Duty Roster
- Cross Country Season

- Stawell Gift
- Ritchies
- Parking
- Results HQ
- Wet Weather
- Team App
- Facebook
- Weekly Program

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## **Duty Roster for Saturday 25th February, 2017**

Please note that we have 2 age groups rostered on to ensure that each duty is suitably attended.

Set up takes more than an hour and we really do need those rostered on to be there as required. The committee 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 following Age Groups are rostered on this weekend:

**Setup** : **U7 Girls** and **U12 Boys** (*please arrive by 7.30am*)

**BBQ** : **U10 Girls** and **U9 Boys** (*from set up of the BBQ at 8.30 to pack-up and clean at the day's end*)

**Pack Up** : **U6 Girls** and **Open Boys** (*concludes once the containers are locked up*)

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## **Cross Country**

The 2017 Cross Country season will commence at some stage in April and continue through until September. Please be aware that your registration payment for the 2016/17 athletics season covers your child for the 2017 season. If you know of a child who wishes to participate in Cross Country this season, but hasn't done Little Aths over the summer, they can sign up for just the Cross Country season for around \$65 (which covers the Little Athletics Victoria insurances). There is also a \$2 payment each time your child runs to cover end of season medals. More information to come.

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## **Stawell Gift**

As part of the 2017 Stawell Gift Carnival, Little Athletics Victoria in conjunction with their new partner Telstra, will return to Central Park for their 7th consecutive year and will be conducting five handicap events. Little Athletes will again be provided with the opportunity to run at the home of the historic Stawell Gift Carnival, Central Park during the 100m Semi's and final events. This is an excellent opportunity for our athletes to get up close to some of the best professional runners on the circuit. The event is the inspiration for our own Christmas Handicap.

Events for our Little Athletes this year include:

- **100m Boys** (Heats SUNDAY 16th APRIL) and Semis / Finals MONDAY 17th APRIL)
- **100m Girls** (Heats SUNDAY 16th APRIL) and Semis / Finals MONDAY 17th APRIL)
- **400m** (Heats SUNDAY 16th APRIL / Final MONDAY 17th APRIL)
- **800m** (Heats & Finals SATURDAY 15th APRIL)
- **1600m U11 - U15 athletes ONLY** (MONDAY 17th APRIL)

Registrations and more information can be found [here](#). Please read all the Entry Requirements and Finer Details before signing up.



## **Ritchies Community Benefits Card**

For those new to the club, we still have some Ritchies Community Benefits cards pre-linked to our club for members to use at Ritchies and IGA stores that run the Community Benefits program. Once our monthly spend reaches \$2000, Ritchies will donate to the club 0.5% of all subsequent sales. We really need to inject as much money into the club as possible over the next couple of years so we can contribute financially to the new track. The more money we contribute will hopefully help speed the process along. So if you shop regularly at the Mt Eliza, Towerhill Frankston, Somerville, Hastings, Rosebud and Dromana IGA and/or Ritchies stores (there is a full list of all participating stores at the Rego/Merchandise in The Cottage, but please note the Mt Martha store IS NOT on the list), please stop by The Cottage this Saturday and pick up a card. There is nothing to fill in, the cards are already linked to us and ready to use. Or you can pick a card up from any store and link it to Mornington Little Athletics. Our CB number is **91989**. Please ask extended family members who shop at these stores to consider helping us with this too. In the past year, we have received a total of \$91.10. This is money we didn't have that is going straight towards the new club rooms at Civic Reserve!!

**RITCHIES**  
Where the Community Benefits

## **Parking**

**Please Note:** There is **NO PARKING** available for us in the basketball stadium car park. This car park is for the exclusive use of those attending the basketball stadium.

We are to use the land at the north end of the school for parking. Access to this land is from Eagle Street, which is at the set of traffic lights at the Bata intersection with Nepean Hwy. There will be people directing the traffic first thing in the morning as not all of this land is suitable for parking. If this area fills up, there is minimal parking within the school grounds - along the driveway at the front of the school, the fenced basketball courts just past the bus bays, and the staff car park. Please try to leave parking near the swimming pool for those attending swim classes. We have been asked to advise that there is to be **STRICTLY NO PARKING ALONG NEPEAN HWY!!**

## **Results HQ**

To view results this year, 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 a little confusing:

**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 paste into the Achievement book that comes with your registration pack when the registration fee has been paid. James is still tweaking the results portal, so if a feature isn't present yet, it will be there in time.

**If you have registered and paid by Thursday evening and there is no bib for your child, please talk to someone in The Cottage.**

If you have any problems logging in, please contact Lisa Henry [lhenny@morningtonlittleaths.org](mailto:lhenny@morningtonlittleaths.org)

<https://www.resultshq.com.au/login>



## **What happens in the event of extreme weather**

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 by 8:00 am:

**Website**        [www.morningtonlittleaths.org](http://www.morningtonlittleaths.org)  
**Facebook**      [www.facebook.com/mlac82](http://www.facebook.com/mlac82)  
**Twitter**        [@mlac82](https://twitter.com/mlac82)  
**Team App**      [www.teamapp.com](http://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.

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### **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.



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### **Facebook**

We 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 send an email to our secretary Lisa Henry [lhenny@morningtonlittleaths.org](mailto:lhenny@morningtonlittleaths.org). She will endeavour to ensure your child's photos are never published.



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### **Weekly Program**

This week's program is Program 12 and can be downloaded by clicking [here](#) or on the [club website](#).

If unsure of what to do on the day, or if you have any questions, please do not hesitate to contact us via email or by speaking to one of the committee members on Saturday mornings. They are easily identified in their bright orange polo shirts

Regards,

**Mornington Little Athletics Centre**

[mornington@lavic.com.au](mailto:mornington@lavic.com.au)

PO Box 544

Mornington, Victoria, 3931

[www.morningtonlittleaths.org](http://www.morningtonlittleaths.org)