



Weekly Newsletter

8th December, 2018

The warm weather has finally arrived just in time for Santa.

This week is our Christmas Handicap (more below). We will also be presenting the trophies for those who came 1st, 2nd and 3rd at our Multi Event two weeks ago. Santa will be arriving around 10.30am courtesy of the Mt Martha CFA - a big thanks to our local fireys!! Parents, please make sure your child is actively supervised at this time as the children get very excited and run towards the fire truck when they see it. We'll be selling raffle tickets up until 11am. We'll draw the raffle just before the Handicap finals, so make sure you get your tickets!

This will be our last competition day before Christmas, with our season re-commencing on Saturday 5th January with our twilight meet at Frankston. We will provide further details closer to the date.

Good luck to our athletes competing at the State Relay Championships at Lakeside on Saturday 15th December. Thanks to Sue Cook for taking on the role of Team Manager for the day. All details, including parent duty roster will be provided shortly. Go MLAC!

On behalf of the entire MLAC committee I would like to wish all families a very Merry Christmas and Happy New Year and we look forward to seeing you all on the 5th January.

Christmas Handicap

This Saturday sees us again running our annual Christmas Handicap race. The heats will kick off around 9am and to compete you will need to be registered and financial. Athletes will be competing against each other in a handicapped 100m race, similar to the Stawell Gift. As we did last year, we will again run a Junior Christmas Handicap for U6 to U8 athletes and our traditional Christmas Handicap will be for athletes from U9 and above. There will be up to 20 heats to begin with then the semi-finals. The winner of each semi-final both junior and the handicap will run in separate final races of 9.

Try to arrive by 8.45am. Find your child's age group manager - they will have a list with them with your child's heat and lane number. The heat number will be written on your child's left hand, the lane number on the right hand. We'll call kids to marshal at the top of the front straight in groups of 10 heats.

Bring along a chair, set yourself up along the front straight and watch all our athletes run their hearts out! Santa will be making an appearance around 10.30am, so make sure you've been good! There are also prizes available to win on the morning, plus we will be drawing our Christmas Raffle just before the finals. Tickets will still be available to buy up until 11.00am. \$2 each or 3 for \$5. Prizes are a Garmin Forerunner 235, a \$250 Rebel Sport voucher, or 2 x Garmin Vivofit 4 Bundles.

For those athletes who competed at our Multi Event day on November 24th, 1st, 2nd and 3rd place trophies will be awarded for each age group after the heats have been run. The Handicap is a great day - when we get the handicaps right, the athletes all finish the race around the same time. We couldn't do it without the timing gates!!



We had a huge 6 club records broken on Saturday the 1st December:

- **Lachlan Bryce broke the U16 boys 300m Hurdles record with a time of 46.93 seconds;**
- **Ben Barrett broke the U15 boys 300m Hurdles record with a time of 46.40 seconds;**
- **Josie Reichelt broke the U15 girls Javelin record with a throw of 27.00 metres;**
- **Ella Fischer broke the U15 girls Triple Jump record with a jump of 10.14 metres;**
- **Eleanor Rooke broke the U13 girls 200m Hurdles record with a time of 35.52 seconds;**
- **Dean Browne broke the U10 boys Scissor Jump record with a jump of 1.15 metres.**

Well done to all.

Duty Roster for Saturday, 8th December, 2018

The following Age Groups are rostered on this weekend:

Set Up: **U10 Boys and U9 Girls** (please arrive by 7.30am)

BBQ: **U7 Boys and U12 Girls** (from set up of the BBQ at 8am to pack-up and clean at the day's end)

Pack Up: **U12 Boys and U7 Girls** (concludes once the containers are locked up)

Please note: 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. 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. We don't expect parents to spend longer than 45-60 minutes help out. Please head to the Cottage while the athletes are warming up to add your name to the roster. We all want to watch our kids compete and those kids want a sausage at the end of the session!

NEW BBQ – THANKS BUNNINGS AND THANKS

ANDREW WILLIAMS!

BBQ duty has become even easier with Bunnings Mornington generously donating a new 6-burner BBQ to the club, thanks to the support of our U10 parent Andrew Williams. We would also like to thank Andrew for putting the BBQ together for us last Saturday, it was much appreciated. Come over to the BBQ during the morning to enjoy our tasty sausages or an egg and bacon roll (but be quick as they sell out fast!).



Running Spikes/Waffles Donations and Ceramic Spikes sales

We are still taking donations of running spikes and running waffles for our Secondhand Shoe stall. All money goes to the club. We haven't received any new donations in a few weeks, so if you have any old shoes at home not being used, please consider donating them to the club. We are selling them for \$20 a pair (\$10 if you donate a pair). We also sell Omni Lite ceramic spikes for \$10 for a pack of 14. These spikes are much lighter than normal steel spikes, and last just as long. Consider helping out the club by buying a pack and making your athlete's shoes a bit lighter!

Are you a Telstra employee?

The next round of the Telstra Kids cash grants open on November 26, with eligible* Telstra employees able to register their interest for a \$1200 cash grant on behalf of a local school, kinder, library or youth-focussed community group such as Mornington Little Athletics Centre.

Grants are randomly allocated to a selection of employees that have lodged their online registration by the deadline of December 2, 10.40am. The system then invites these employees to complete the grants process so that the Telstra Foundation can gift the Telstra Kids grants to the community group, on their behalf.

If you'd like to apply for a grant on MLAC's behalf, please speak to Lisa or Jo in the Cottage.

* Only permanent Australian-based Telstra employees who have not received a Telstra Kids grant in the last three years can register.

State Combined Event (formerly known as State Multi Event)

Registrations are now open for the State Combined Event, to be held at Lakeside Stadium, Albert Park over the weekend of 2nd and 3rd of February, 2019. Please refer the following link to register and for further details:

<https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=29835&OrgID=1370>

Region Track and Field Carnival

Registrations are also open for the Region Track and Field Event. Meet will be held at Caulfield Little Athletics Centre, Duncan Mackinnon Reserve, Murrumbeena over the weekend of 16th and 17th February, 2019. Athletes can enter a maximum of 4 events and the entry fee is \$10 per event. Please note entries close on Monday 28th January, 2019. Please refer the following link to register and for further details

<https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=30523&OrgID=3838>

Cranbourne Meteorite Gift

Cranbourne LAC are again running their Cranbourne Meteorite Gift on January 5th 2019. The registration portal is yet to open. There are handicapped races for the U6-U8's (100m and 200m), the U9-U16's (100m & 400m) and Multi Class (50m and 200m). [Keep an eye on their website](#) to register as registrations are set to close on December 19th. This also coincides with our annual Twilight meet with Frankston and Seaford at Ballam Park. More details to come.

Taking Photographs

During the season there may be athletes at the Centre who are unable to be photographed at their parents request, so please ensure that you are only photographing and/or sharing images of your own children and or those where you have parent permission. The safety of children is paramount and we appreciate you respecting and understanding this request.

Registration Fees Overdue

Please don't forget to pay your registration fees if you haven't already. There are over 50 athletes registered that are yet to pay. The 2 week trial period for most new members is now over. You can log back in to Little Aths Victoria and pay online, or pay us Saturday morning at the Registration/Merchandise desk in The Cottage. We take cash and cards. If you have decided not to return, please email the club to let us know. This will stop you from receiving emails from us each week. If you are having financial troubles, please don't hesitate to contact our Registrar Sharyn Welsh to work out payment. swelsh@morningtonlittleleaths.org

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.

Parking

Please note: there is NO PARKING available for us in the basketball stadium car park, as this area is for the exclusive use of those attending the basketball stadium, We have also been asked not to park near the swim centre. 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. 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. We have been asked to advise that there is to be **STRICTLY NO PARKING ALONG NEPEAN HIGHWAY!!**

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 Dr Alex Terris overseeing our First Aid program, ably supported by his wife Ruth, a nurse. Any first aiders that are willing to assist would be greatly appreciated. Please make contact with a committee member who will introduce you to Alex/Ruth.

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
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.

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 Jodie Fischer jfischer@morningtonlittleleaths.org. She will endeavour to ensure your child's photos are never published



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

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