



### Weekly Newsletter

**24th November, 2018**

The Regional Relay Carnival last Saturday was another great day for the club. In perfect conditions, we had 40 teams entered (we unfortunately had to scratch 2) and won 9 medals – 2 gold, 5 silver and 2 bronze, plus there were heaps of top 8 finishes. We are still awaiting the Qualifiers and Progressions list from LA Vic to know which teams have made it to States. We will let those families know as soon as we do. Thanks as always need to be made:

- Todd Martin, our trusty President was the Team Manager for this event. He put the teams together and looked after them on the day. It's a thankless task and Todd did a fantastic job!
- Bec Constantinou spent the day as a Key Official in the timing tent as Assistant Computer Operator, helping to upload all the results to the online platforms. We hope you saw Ocean run!
- Mark Henry, our main starter on a Saturday morning, is the SMR President and helped organise the event and was Meet Manager on the day. He put in countless hours in the weeks ahead of the event whilst working full time. Well done for another great event Mark!
- To all our parents who made the trek to Murrumbeena with their athletes – thank you. And thanks to those who completed duties on the day. Junior sport doesn't work without parental help.
- And finally to our athletes. You all conducted yourselves beautifully on and off the track. We hope you had a fun day and that your team has made States. Well done to you all!

This week is our Multi Event. All age groups are competing in the same 5 events for points. The points are tallied up at the end of competition and 1st, 2nd and 3rd trophies are awarded to those winners for each age group in a few weeks time at the Christmas Handicap (December 8th). If your child(ren) are NOT attending the Christmas Handicap on the 8th, [please email the club ASAP](#). This will help with sorting out heats and for catering purposes. More information about the Christmas Handicap can be found further on in the newsletter. The weather for this Saturday does look a little dicey – if we have to cancel, it will be announced on our website, Facebook page, Team App, Instagram and email by 8am. Look towards the end of this newsletter for the Wet Weather section.

Good luck to our three MLAC athletes competing this weekend at School Sport Australia's (Nationals) Track and Field Championships at Lakeside Stadium: Declyn Tanner (U12G), Sebastian Farrelly (U12B) and Lachlan Atta (U11B). To represent Victoria at this elite competition is an enormous achievement for these three athletes and, no matter the results, we are super-proud of each of you!

This year we will again run a raffle to raise money for the club. The prizes are yet to be finalised, but will be bought from Rebel Sports with credit accumulated from our members purchases throughout the year. We are hoping to have the prizes sorted for Saturday, so if you are interested in helping the club and perhaps winning some cool prizes in time for Christmas, come up to the Cottage and buy tickets. \$2 each or 3 for \$5. The raffle will be drawn at the Christmas Handicap on December the 8<sup>th</sup>, so there isn't much time left to get into the draw.

We have purchased some new MLAC branded shoe bags (pictured) to help your Little Athlete lug their belongings around the track. They are suitable for spikes too! They can be purchased for \$20 from the Cottage on Saturday mornings.

Read on for more information about what's going on and around the club, especially if you are a Telstra employee...



**1 club record was broken on Saturday the 10th of November:**

- **Ben Barrett broke the U15 boys Shot Put club record with a throw of 12.60m.**

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## **Duty Roster for Saturday, 24<sup>th</sup> November, 2018**

The following Age Groups are rostered on this weekend:

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

**BBQ:**             **U9 Boys and U10 Girls** (from set up of the BBQ at 8am to pack-up and clean at the day's end)

**Pack Up:**        **Open Boys and U6 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!

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## **NEW BBQ – THANKS BUNNINGS!**

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. 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!).



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## **U6-U8 Skills Clinic and Carnival**

**\*\* Only 3 days left to register for this event \*\***

Little Athletics Victoria is once again hold the U6-U8 Skills Clinic and Carnival, the only State-wide event for our U6-U8 athletes. It's a fun day with a carnival atmosphere that includes face painting, jumping castles and giveaways.

Athletes will enjoy an education experience with a focus on skill and technique development under the guidance of LA Vic coaches. This event is sponsored by Subway.

**Date:** Sunday 2<sup>nd</sup> December, 2018

**Entry Fee:** \$25 (+ processing fee) per athlete

**Venue:** Tom Kelly Athletics Track, 123 George St, Doncaster East

**Open to:** U6 to U8 Registered and Financial athletes

**Entries close:** 25<sup>th</sup> November at 11.59pm (unless sold out prior)



Parents are encouraged to follow their children to each event. Places are restricted to 100 children in each age group and sell out fast. For further information, click [here](#).

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## **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!

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### **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.

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### **Cranbourne Meteorite Gift**

Cranbourne LAC are again running their Cranbourne Meteorite Gift on January 5<sup>th</sup> 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 19<sup>th</sup>. This also coincides with our annual Twilight meet with Frankston and Seaford at Ballam Park. More details to come.

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### **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.

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### **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](mailto:swelsh@morningtonlittleleaths.org)

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### **Christmas Handicap**

For those new to the club, our Christmas Handicap day is our annual Christmas breakup event. It is run like the Stawell Gift. All children attending will run in handicapped 100m heats based on their fastest 100m time this season. As we introduced a couple of years ago, we have 2 separate finals occurring, the Christmas Handicap (U9-16's), and the Junior Christmas Handicap (U6-8's). The winner of the main race wins the Christmas Handicap Perpetual Trophy (pictured) to keep at home for the next year. It's a fun day, there are other prizes to be won and Santa might make an appearance on a fire truck...

A reminder that if you are unable to attend on December 8th, please [notify the club](#).



Please be aware that only **registered and financial athletes can compete**. We still have 54 athletes in our unpaid list. **Could you arrange to pay your registration fees ASAP** (either online or on Saturday morning at the Registration/Merchandise desk in the Cottage), or contact our Registrar Sharyn Welsh to make other arrangements ([swelsh@morningtonlittleaths.org](mailto:swelsh@morningtonlittleaths.org)).

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## **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.

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## **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!!**

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## **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.

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## **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.

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## **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](http://www.morningtonlittleaths.org)  
**Facebook** [www.facebook.com/mlac82](http://www.facebook.com/mlac82)  
**Instagram** [www.instagram.com/morningtonlac](http://www.instagram.com/morningtonlac)  
**Twitter** @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 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](mailto:Little Athletics Victoria) to notify them, and send an email to our secretary Jodie Fischer [jfischer@morningtonlittleaths.org](mailto:jfischer@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 the Multi Event and can be downloaded by clicking [here](#).

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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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