



Weekly Newsletter

11th February, 2017

The Relaython is over for another year. We travelled 46.8 km this year (117 laps), beating last year's effort of 43.6 km (109 laps)! Well done to everyone who participated. Mentions need to go to Harry Argus, Mikaeli Wharton and Hamish Terris for doing multiple ½ laps on the day. I think Harry might have run the most with 15... Donations to our [online site](#) can still be made until March 31st. We will also have the tin at the BBQ table until our last day of competition which is coming up quickly. As of writing, our club is currently sitting on the top of the [Top Fundraisers](#) page!!

How AWESOME was Nitro Aths last Saturday? A number of our athlete families attended the night and reported how electric the atmosphere was and how much fun it was to watch. At least 1 orange club singlet was spotted on the telecast (Hi Grace L!!!). It will be live on 7Mate tonight from 7pm, Thursday the 9th of Feb and delayed again this Saturday the 11th on Channel 7 at 9.45pm. This exciting event is already raising the profile of athletics in this country and around the world - maybe once the new track is built at Civic Reserve, we can host our own Nitro Open Day!

There is **NO COMPETITION** at Mornington Secondary College next Saturday the 18th of February. The Regional Track & Field Championships are on over the weekend of the 18th and 19th at Ballam Park, Frankston. We have 53 athletes competing this year and most of the committee will be in attendance. Can we suggest to any families who don't know what Regionals is about and might be interested in it next year (U8's especially), to come up to Frankston at any time over the weekend and watch the athletes in action. The winner of each event automatically qualifies for the State Track & Field Championships, which are held in March at Lakeside Stadium, the home of Nitro and athletics in Victoria!!

Once again we have to grumble about the lack of help at the BBQ. We can't have the same people helping out each week. We all want to be able to watch our kids compete. So please, can we make sure that this week, parents from the U10 boys and U9 girls tag team each other from 8.30am (when the BBQ needs to be set up) to finish. We need a minimum of 3 people helping at the one time, and no one should spend more than 45 minutes helping out. All monies raised at the BBQ go to the club to help buy equipment, and we want to make a substantial donation towards the new club rooms at Civic Reserve when the time comes.

Finally, there was 1 club record broken last week:

- **Sarai Hughes broke the U10 girls Triple Jump club record with a jump of 8.99m.**

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

- Duty Roster
 - Starter's Course
 - Cross Country Season
 - Stawell Gift
 - Ritchies
 - Parking
 - Regional Track & Field
 - Results HQ
 - Wet Weather
 - Team App
 - Facebook
 - Weekly Program
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Duty Roster for Saturday 11th 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 : **Open Girls** and **U6 Boys** (*please arrive by 7.30am*)

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

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

Starter's Course

The club would love a few more starter's in our stable for next season. LA Vic in conjunction with Athletics Victoria are running another Practical Starters Seminar on Tuesday the 21st of February at 6.30pm at the Edwin Flack Reserve, Manuka Road, Berwick. To attend this session, participants must first complete the Level 1 Online Starting Component, and send through a copy of the completed certificate to [Andrea Hallett](#) of Athletics Victoria - she will then forward you a link to enable you to register for the seminar. This process needs to be done by next **Thursday the 16th of February**. Click [here](#) for more information. If you decide to attend this session, please also let Lisa Henry know when you have completed the course.

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.

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!!



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 lhenry@morningtonlittleleaths.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
Facebook www.facebook.com/mlac82
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.

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 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. She will endeavour to ensure your child's photos are never published.



Weekly Program

This week's program is Program 11 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,

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