



### Weekly Newsletter

**10th November, 2018**

We hope everyone had a great Cup Day weekend, managed to stay dry and backed a winner! Unfortunately our coffee providers Café Gringo will not be available this Saturday due to a previous booking, so please make sure you have your caffeine hit before leaving home.

### **Regional Relay Carnival/No Club Competition on Saturday November 17<sup>th</sup>!!!!**

We have 42 teams competing next weekend at the Regional Relay Carnival; there will be **NO club competition at Mornington Secondary College on Saturday, November 17**. Regional Relays are being held at Caulfield LAC, Duncan MacKinnon Reserve, cnr North Rd and Murrumbeena Rd, Murrumbeena. Team lists and the event timetable have been emailed to all relay runners.

Please ensure that your child has arrived and reported to the Mornington Team Manager **at least 60 minutes before your first event**, which gives your child enough time to find their team-mates, warm up and settle their nerves. We will have our orange tents there, so you shouldn't miss us.

All athletes are required to wear the Mornington orange club uniform with plain black shorts (**no** pockets or logos – including Nike Pro elasticated waste bands - are allowed). Please also ensure that the Coles logo patch is sewn (not pinned) correctly on your club top. If your child's club singlet doesn't have a Coles patch on it, please come and collect one from the Registration/Merchandise desk in The Cottage this Saturday morning.

A second relay training session is being held next Wednesday, November 14, 5-6pm. If your child has signed up, please endeavour to get them to this training session.

If team managers want something to do in between events this Saturday, we'll include practice batons in this week's trolleys so relay runners can practice this baton changes.

Also, Good luck to our Under 12 Girls relay teams who are competing at Mentone Relays this weekend!

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### **Duty Roster for Saturday, 10<sup>th</sup> November, 2018**

The following Age Groups are rostered on this weekend:

**Set Up:**            **U6 Boys and Open Girls** (please arrive by 7.30am)

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

**Pack Up:**        **U7 Boys and U12 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!

## **BBQ Update**

We are pleased to welcome Roanna Mears as our new BBQ Coordinator and a big thank you to outgoing BBQ Coordinator Danni Williams (whose son has decided not to continue with little aths). Please support Roanna in her role by helping out with BBQ duty when your age-group is rostered on; please head to the Cottage while the athletes are warming up to add your name to the roster.

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

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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## **Use of running spikes**

This is a reminder for those new to wearing running spikes (those in the U11+ age groups). Please talk to your athletes about safe practices whilst wearing spikes. They should only be worn for the duration of an event. They shouldn't be worn whilst going to the toilet or coming to the Cottage. Apart from the spikes being worn down if walking on a hard surface, there is more opportunity to injure yourself or another person. One of our U11's injured himself last season while jumping around on the high jump mats. He put a nasty gash on his own leg. And remember – there are no handstands or cartwheels to be performed whilst wearing spikes!!

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## **Safety around the track**

One of our committee members witnessed some parents in a discus cage last Saturday just before the discus was about to be thrown. Can all parents who are helping with discus please be aware that for safety reasons, no one but the athlete should be in the discus area whilst the discus is being thrown. Team managers or parents can be present before a throw to help with technique, but should leave the ring just before the throw. It can easily slip out of the back of a child's hand during a throw – it's not fun being hit by a discus!

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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@morningtonlittleaths.org](mailto:swelsh@morningtonlittleaths.org)

## **Ritchies Supermarkets Community Benefits**

We are registered with Ritchies/IGA Supermarkets for their Community Benefits program. If you shop at a Ritchies or IGA store ([listed on our website](#)) and present your Community Benefits card linked to our club, we will receive 0.5% of all sales once the monthly combined spend reaches \$2000. We have a few pre-linked cards left for collection at the Registration/Merchandise desk in The Cottage, or pick one up in store and link it to our club. Money has been trickling in to our club for the past 2 1/2 years thanks to those who regularly use their linked card.



## **Rebel Sports**

As with the Ritchies program, [Rebel](#) also run a Community Kickbacks scheme. Sign up in store and link your card to our club. 5% of all sales come back to us each quarter! We use the money to buy prizes for our raffles and vouchers.



## **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 by 8:00 am:

**Website**      [www.morningtonlittleleaths.org](http://www.morningtonlittleleaths.org)  
**Facebook**     [www.facebook.com/mlac82](http://www.facebook.com/mlac82)  
**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.

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



### **Weekly Program**

This week's program is Program 5 and can be downloaded by clicking [here](#).

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,

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