



Weekly Newsletter

28th October, 2017

We experienced a typical Melbourne spring day last Saturday. Cool, with a sprinkling of rain. And of course the sun came out in the afternoon when we were finished! Another good attendance last week, the trial is over for many of our athletes, and the payments are trickling in. Please organise payment for your child if you intend to stay at the club - if you do it by this evening, there will be a bib in the team folder for your child on Saturday. Don't forget that if you are new to the club and haven't presented your child's birth certificate, could you please bring it to the Registration desk in the Cottage on a Saturday morning. And a reminder to those new to the club, once registration fees are paid, your child will receive a registration pack, which can be collected inside the Cottage.

Thanks again to all those parents who completed duties last week. This week we have the **U7 boys & U12 girls on set up, the U12 boys and U7 girls on the BBQ and the U9 boys and U10 girls on pack up**. Please remember that no one should spend more than 45 minutes helping out at the BBQ. We need help cooking, and inside serving, a minimum of 4 people at any one time.

We are still on the lookout for athletic shoes donations. The second hand stall is quite popular with the shoes only \$20 a pair, but we'd like some more stock if possible. Hand in donations to Karen in the Cottage between 8.30-9.30am. She will be there to sell shoes during this time too, and will be available towards the end of the morning as well. All money goes back to the club, and if you donate a pair of shoes, you will receive a voucher to purchase another pair for only \$10 at any time over the season.

We had a minor medical incident last week. A girl on her 2 week trial had to be treated by our First Aid Officer Dr Leesa Huguenin. She wasn't registered with the club so we couldn't look up her contact details. Luckily she was able to tell us her mother's phone number and her mother was able to come and collect her. This brought up a number of issues. We'd like all our parents to be present each week for this exact reason - she had come along with a friend, and we don't think the friend's parent was there either. If you bring along a friend for a trial, could you please ask them to register online with us via our website - at the end of the process hit the Submit Application Only button so the child is registered but not paid. This allows us to contact parents if we need to. Could everyone please ensure all your details are up to date in the registration portal each season. The incident also highlighted that we have a good First Aid response in place. If anyone ever needs any first aid, come to the Cottage and we will contact Leesa to come and attend. If it is an emergency, go to either the timing tent at the end of the front straight or the Cottage - whichever is closer. We have radios that we use to contact Leesa to send her where she is needed.

The first of our weekly banana donations from Coles arrived and were very popular. They will be available again this week from the BBQ.

Our first training session of the season was well attended. Training will be on again this Tuesday the 31st of October from 5-6pm at Mornington Secondary College. This is open to all our U8 and older athletes and is not compulsory. If the session is cancelled, the club will email all our members.

We would like to have more parent help in our timing tent this season. If you would like to learn how it all works, please [email the club](#) and head on over to the timing tent on Saturday morning for training.

It's time to sign up for Regional Relays in November! Regional and State Relays are open to any athlete in the U9-U15 age groups. We ask that you only register your child if they are available for **both days of Regionals (25th of November) and States (16th of December)**. We do intend to submit teams for the Mentone Relay Open Day too, but this is not compulsory. If your child is unable to

attend Regionals/Stages, they will still be eligible to attend Mentone on the 12th of November. The teams are chosen from times recorded at the club during Saturday competitions. Please read our Relay Selection Policy document on our website - it's on our [Policies](#) page - before signing your child up. It is heartbreaking for kids to have a team scratched due to one child having to pull out for whatever reason. To register your child's interest, please email us on mlacrelayteam@morningtonlittleasths.org Please include your child's name and age group. Families need only send one email with all their children's information. Registrations will close on Saturday the 4th of November so we have time to put the teams together and submit them to SMR by the 9th of November.

Club records are falling each week which is great to see.

7th of October:

Grace Green broke the girls U13 High Jump club record with a height of 1.37m.

14th October:

Taj Westworth broke the boys U16 200m club record with a time of 26.25s.

21st October:

Sarai Hughes broke the girls U11 Triple Jump club record with a jump of 9.04m.

Josie Reichelt broke the girls U14 Javelin club record with a distance of 25.18m.

Taj Westworth broke the boys U16 70m club record with a time of 8.88s.

There will be a few more records announced over the next few weeks as athletes pay their registration fees. Records can't be recognised until they have been authorised by a member of the Executive Committee at the time the record is broken (come find one of us to sign off on it), and the athlete needs to be financial.

The key points to note this week are:

- Duty Roster
- Seaford LAC Nitro Challenge
- U6-8 State Carnival
- Uniforms/Merchandise
- Results HQ
- Parking
- **Dog policy - please read**
- Wet Weather
- Website
- Team App
- Facebook
- Weekly Program

And finally, just a reminder to everyone - when crossing the track, please remember to check if there is a race in progress, and cross safely and quickly. Also, keep young children close to you so they don't get barrellled over by kids running, or hit by a discus or shot put!

Duty Roster for Saturday 28th October 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** : **Under 7 Boys** and **Under 12 Girls** (*please arrive by 7.30am*)
- BBQ** : **U12 Boys** and **U7 Girls** (*from set up of the BBQ at 8.00am to pack-up and clean at the day's end*)
- Pack Up** : **Under 9 Boys** and **Under 10 Girls** (*concludes once the containers are locked up*)
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Seaford LAC Nitro Challenge

Seaford Little Athletics Centre have invited us to attend their inaugural Nitro Challenge on Saturday the 18th of November, starting around 4pm. We are hoping to field one or two teams to participate in this exciting new event. The teams will consist of 1 athlete from each of the age groups from U6-U15 (sorry U16's, they are not including you). Each team will have 5 boys and 5 girls, with the U15 athlete the Team Captain. If you wish to nominate your child for this event, please come to the Cottage and add your child's details to the sign in sheets. We need to submit teams by November 9th, and we'll need time to select the teams, so the cut off for signing up will be Saturday the 4th of November. We are hoping that even if your child isn't selected to compete that we will have a large MLAC cheer squad present on the day to cheer on our athletes. GO MLAC!!

U6-8 State Carnival

This year's annual U6-8 State Carnival is being held at the Tom Kelly Athletics Track, Doncaster, on Sunday the 3rd of December. All fully registered U6-8 athletes are able to attend this event. Registrations open Monday the 30th of October, and all eligible athletes will be notified by email when this opens. They are limiting numbers to the first 120 registrants for each age group, so if you intend to participate, register quickly. This is a state wide clinic, and not a state wide championship, so there will be no scores or results. The day is focused on development of technique, skills and having fun. Parents will be involved on the day and are encouraged to follow their children to each event. There will be carnival rides, face painting, show bags and the LA Vic mascots Vicky and Victor. The cost is \$25 (+admin fee).

Uniforms/Merchandise

Uniforms and other club merchandise will be available for sale only at Mornington Secondary College on each competition day in the Cottage. Club t-shirts/singlets/crop tops, MLAC hoodies, and LA Vic branded shorts are all available for purchase. This year we are also selling orange compression socks. There are only limited numbers available, so if you are interested, come take a look. T-shirts - \$45, Singlets - \$45, Crop Tops - \$50, LA Vic shorts - \$25, Compression socks (small/large) - \$20.

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 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 keep. We endeavour to have the results available by Sunday evening.

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

If you have any problems logging in, please contact Lisa Henry lhenny@morningtonlittleaths.org

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



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 HWY!!**

Dog Policy

****We again noticed a couple of dogs at the track last Saturday. If you have family or friends that come to watch, can you please communicate this to them as well.**** 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.

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.morningtonlittleaths.org
Facebook www.facebook.com/mlac82
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.

Website

Our [website](http://www.morningtonlittleaths.org) was updated last season and has had a lot of wonderful feedback. Most club information can be found here - if there is anything important missing, please let us know.

Team App

As with previous years, we will be utilising [Team App](http://www.teamapp.com) 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](http://www.facebook.com/mlac82) 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@morningtonlittleaths.org. She will endeavour to ensure your child's photos are never published.



Weekly Program

This week's program is Program 4 and can be downloaded by clicking [here](#) or find it on the club [website](http://www.morningtonlittleaths.org).

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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mornington@lavic.com.au

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