



Weekly Newsletter

2nd December, 2017

Regional Relays are done for another year. We have had 12 teams qualify for States. Read on further for a detailed report.

The weather doesn't look great for Saturday. If we have to cancel the morning due to rain/track condition, we will let everyone know by 8am Saturday via our website (a pop up window will appear a few seconds after it loads up), Facebook, Team App, Twitter and Instagram. We don't like to cancel, but sometimes the conditions are so poor, we have no choice.

The Seaford Nitro Challenge on November 18th was an interesting event. After a late start, and a half hour halt during a thunderstorm, the club came second in the inaugural Seaford Nitro Challenge. Our Team Captains were Kate Henry (competing up an age group as our U15 athlete) and Teddy Banks, who both did a fantastic job organising the younger kids, encouraging them and working out the 4x100 relay teams. Teddy went above and beyond with the younger kids during the 1 and 2 minute runs, then ran his own 2 minutes!! The last race of the day was a cracker. Reece took the lead from the start, running for 2 minutes non-stop and finished with at least a 120m lead. Hamish kept that lead as did Teddy. By the time it was Josie's turn (Josie and Kate had to run 3 minutes!), the lead was around 200m!! Josie just held on to first (what a run), and by the time Kate had finished (she is a sprinter you know, distance just isn't her thing), we had come third. Amazing effort by our U11-U15 athletes. Once the points from all the events had been tallied, our team had come second!! 2 of our athletes had had to leave by this stage, so 8 very smiley, happy kids jumped up on the podium to collect their medals. We also had an extra athlete, U11 Bruce who competed in the Allstars team. That team just missed out on a medal placing 4th. Well done to all our athletes. Massive thank-yous to the parents for bringing your kids along on the day and helping out at the events. And big thanks to Seaford Little Athletics for hosting the event.

The U6-8 State Carnival scheduled for this Saturday the 3rd of December has been postponed due to the weather forecast. When the new date has been worked out, we will communicate that to you.

We will attempt to hold a combined relays/event training session this Tuesday the 5th of December from 5-6pm. Those who have qualified for State Relays, we ask you attend the relay training. The event training is open to anyone from the U8 age group and older who wishes to attend. This will be our last event training session for the season. We aim to recommence event training on Tuesday the 9th of January, depending on the availability of our coaches.

Saturday the 9th of December is our last day of competition before we break for Christmas. This is the day we hold our Christmas Handicap, an event similar to the Stawell Gift. If you **CANNOT** attend on the 9th, and haven't already done so, [please notify the club via email](#) that your child will not be attending. Read on further for more information.

If we are competing this Saturday, please don't forget to come and buy your Christmas Raffle tickets - you've got to be in it to win it!! This will be your second last chance to secure tickets. See the flyer at the end of the newsletter. **If anyone is prepared to sell tickets outside the club over the next week, please [contact Lisa Henry ASAP](#)** so she can get tickets to you. The prizes were purchased with credit we have accumulated from our members buying goods at the Mornington Amart Sports/Rebel store, so thank you all. All money raised will go towards our club being able to financially contribute to facilities at Civic Reserve once the track has been built - facilities that aren't included in the \$2 million from the Federal Government. Tickets are \$2 each or 3 for \$5 and are available to purchase in the Cottage on Saturdays. The raffle will be drawn at the Christmas Handicap on December 9th.

Please mark the 21st of January on your calendars - we will be holding our first ever Open Day. More information hopefully next week.

4 club records were broken on Saturday the 18th of November at our Multi Event:

- **Sarai Hughes broke the U11 girls Long Jump club record with a jump of 4.34m**
- **Josie Reichelt broke the U14 girls Javelin club record with a throw of 29.37m**
- **Ellie Jenkins-Perry broke the U15 girls High Jump club record with a jump of 1.45m, and**
- **Ellie Jenkins-Perry also broke the U15 girls 800m club record with a time of 2:44.43mins.**

The key points to note this week are:

- Duty Roster
- Wet Weather
- Regional/State Relays
- Christmas Handicap
- State Multi Event
- Uniforms/Merchandise
- Results HQ
- Parking
- Dog policy
- Website
- Team App
- Facebook
- Weekly Program

Duty Roster for Saturday 2nd December, 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 : **U8 Boys and U11 Girls** (*please arrive by 7.30am*)

BBQ : **U11 Boys and 8 Girls** (*from set up of the BBQ at 8.00am to pack-up and clean at the day's end*)

Pack Up : **U6 Boys and Open Girls** (*concludes once the containers are locked up*)

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
Instagram : www.instagram.com/morningtonlac/

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.

Regional/State Relay Championships

Regional Relays are over for another year. Of the 32 teams we had entered, we collected 15 medals. Compared to last year when we had more teams entered (51 teams) and won 19 medals, our kids did a great job! We won 2 gold, 5 silver and 8 bronze. There were also a number of 4th and 5th placings. It's Melbourne in the spring, so the weather was trying. For most of the day it was a steamy Brisbane heat, only bearable when the clouds were covering the sun. Then in the afternoon we were slammed by a powerful storm front - strong winds that only lasted about 5 minutes but destroyed at least 6 tents, then torrential rain and lightning for about 20 minutes. The program was halted during this time, and couldn't recommence until 30 minutes after the last lightning strike. We finished the day late, but there were many smiley faces, and it was lovely to see kids who'd never won a medal before go home with 1 or 2. As always there are a number of people to thank. **Todd Martin** for putting the teams together, with changes occurring right up until Friday due to injuries, and for also being a Key Official for the entire day. **Mark Henry** for organising the whole event with SMR and for being Meet Manager on the day - things were going smoothly until the storm. To our wonderful Team Managers **Julie Burton** and **Jodie Fischer**, thanks for overseeing the chaos on the day. To **Beck Constantinou**, who was our Jury Convenor, and also helped out all day with the computers in the timing tent. To all the parents who completed your assigned duties - the day wouldn't run at all without your help. And finally to the parents who did 2 or 3 duties to cover for those who couldn't/wouldn't do their duties - thank you so very much!!! Relays is a long day, but very rewarding. Seeing our kids encourage and cheer on each other is wonderful.

The State Qualifiers and Progressions list is out and we've had 12 teams qualify so far. Those in teams going to States should have received an email already from the club. There is a chance 1 or 2 more teams might get through, but we won't know that until Tuesday. States is on December 16th at Lakeside Stadium in Albert Park. It's an amazing day - good luck to all our athletes. GO MLAC!!



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 9th, and haven't already done so, please [notify the club](#).

Please be aware that only **registered and financial athletes can compete**. We still have 77 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 Mark Henry to make other arrangements (mhenry@morningtonlittleleaths.org).

State Multi Event Championships

Registrations for this season's State Multi's are now open. This year it is being held at Casey Fields in Cranbourne East - much closer than Bendigo! It is on the weekend of the 27th and 28th of January, and is open to all U9-U15 athletes. The U15 competitors for the Victorian team heading to ALAC's in April are chosen at this meet. Register [here](#). The cost is \$30 (+ processing fee) and registrations close on January 11th at 11.59pm.



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. **All club tops now need to have a Coles patch sewn on just above the Little Aths Victoria logo. These can be collected from your team manager or from the Registration desk in the Cottage.**

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 lhenry@morningtonlittleleaths.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

**** 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.

Website

Our [website](#) 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](#) 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@morningtonlittleaths.org. She will endeavour to ensure your child's photos are never published.



Weekly Program

This week's program is Program 7 and can be downloaded by clicking [here](#) or find it 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,

Mornington Little Athletics Centre

mornington@lavic.com.au

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Mornington, Victoria, 3931

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Scroll to the next page for the Christmas Raffle flyer!



CHRISTMAS RAFFLE

Mornington Little Athletics Centre are again running a Christmas Raffle to raise money towards facilities to be built with the new track at Civic Reserve. To be drawn at the Christmas Handicap on **December 9th**. (All prizes have been purchased from Rebel Sport using credit accumulated from member's purchases)



Prizes are:



Fitbit Charge 2

- Black, size Small (can be changed if required)
- PurePulse heart rate monitoring
- All-day activity and sleep tracking with Connected GPS
- Display provides activity data, time and smart phone notifications

Valued at \$248



Rebel Sport Gift Card

Valued at \$250

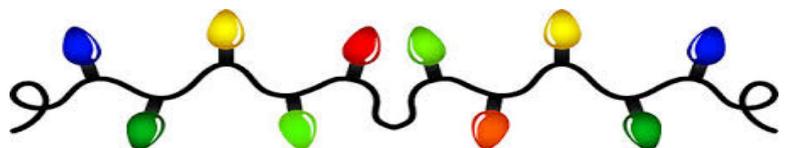
rebel



Wilson Tennis Package

- Wilson Tour BLX 103 racquet and cover
- Wilson Match II bag
- 24 x Wilson Tour Comp All Court Tennis Balls

Valued at \$259



Tickets are \$2 each or 3 for \$5

Tickets can be bought from the Registration/Merchandise desk until the 9th of December

