



### Weekly Newsletter

**27<sup>th</sup> October, 2018**

Unfortunately we were washed out last week, however safety considerations must always be our first priority. Forecast for Saturday looks ok, albeit a bit cool.

For those that enjoy the early morning caffeine fix, **Café Gringo** will be back on Saturday.

Most important thing to point out this week is Regional Relays.

### Regional Relay Carnival

Nominations for relay teams have been very light on, if you haven't advised of your interest in competing, please do ASAP. Cut off for nominations is this Sunday.

Could you please email Todd Martin ([tmartin@morningtonlittleathletics.org](mailto:tmartin@morningtonlittleathletics.org)) if your child is interested in competing at Regional Relays. Alternatively, we will speak with all age groups on Saturday.

This year's Regional Relay Carnival will be held on Saturday 17<sup>th</sup> November at Caulfield L.A.C. Duncan MacKinnon Reserve, Cnr North Rd and Murrumbeena Rd, Murrumbeena. There will be no competition at Mornington Secondary College on this day.

There are 5 different relay event types as follows:

Event Type	Age Group	Team Composition
4 x 100m	U9 – U15 B & G	4
4 x 200m	U9 – U15 B & G	4
Medley (2 x 100m, 1 x 200m, 1 x 400m)	U9 – U16 B & G	4
Mixed Sex 4 x 100m	U9 – U16 MS	2 x Boys, 2 x Girls
Mixed Sex 4 x 200m	U9 – U16 MS	2 x Boys, 2 x Girls

Teams are selected based on times achieved over the first few weeks of the season.

Please note, athletes must be registered and financial in order to compete. There is no cost to athletes for participation in Regional Relays.

We encourage all eligible athletes to take part in Regional Relays and will do our very best to ensure that everyone who is keen to run, gets placed in a team.

During any carnival/championship event, there is a requirement for parents/guardians of competing athletes to assist with general duties to ensure that the event runs smoothly. We will endeavour to structure duties around child event times, such that you will be able to see your child compete and any duties will be reasonably timed around events, on a best endeavours basis.

There is also a warm up event at Mentone on the prior Sunday 11<sup>th</sup> November, we will also be seeking interest to attend this event. This can be a great opportunity to prepare for Regionals the week after.

The key points from previous weeks have been reiterated below:

- Duty Roster
- What happens on the Day?
- Athletes Bibs
- Uniforms/Merchandise
- Results HQ

- Parking
- Dog policy
- First Aid
- Wet Weather
- Website
- Team App
- Facebook
- Weekly Program

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### **Duty Roster for Saturday 27th October 2018**

The following Age Groups are rostered on this weekend:

**Setup:**            **Under 7 Boys and Under 12 Girls** (please arrive by 7 .30am)

**BBQ:**             **Under 12 Boys and Under 7 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)

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. 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 helping out. So if your age group is rostered on, please work out a schedule with the other parents and make sure people are relieved as the morning goes on. We all want to watch our kids compete, and those kids want a sausage at the end of the session!

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### **What happens on the day?**

Try to arrive well before 8.45am, as this is when we start the warm up. Most age groups are finished well before Middyay.

#### **Your First Priority**

The first order of business should be to get your child to their relevant age group area. When you first arrive head for the age group trolleys that should be lined up on the track near the Cottage. These will be in chronological order from U6 Boys & Girls up to the Open Boys and Girls. Head to your relevant age group and sign in with the age group team manager(s). Age group managers should be wearing a Team Managers cap. If you are still unsure, head into the Cottage, and someone there can direct you where to go. All you need to bring on the day is a hat and drink bottle. Those without a uniform and those who are trialling only need to wear a t-shirt, shorts and runners. Please note that this year, some age groups don't have an assigned age group/team manager yet. We would appreciate some parents stepping in to these roles if possible. There is some information about the role on our [website](#).

#### **Registered vs Unregistered Athlete**

If you have registered and paid by Thursday this week, there should be an athlete's Subway bib assigned to your child which must be pinned to the front of their uniform. If you have paid and there is no bib, please let your team manager know and we will ensure that there will be one for your child next week. The bib is used to electronically record times. If there is no bib there for your child do not

worry, the team managers will hand write the results from the day and we will manually record. This bib must be returned at the end of each morning to the team manager. If you accidentally take it home, please remember to bring it back next week, and try not to put it through the wash! Once your registration payment has been made, all manual results will be uploaded to Results HQ and a bib will be printed for your child.

### **Registration, Uniforms and Merchandise in the Cottage**

Registration enquiries, payments and merchandise sales all happen in the Cottage. This can be the craziest spot of all over the first few sessions, please be patient and our volunteers will ensure that you are on your way as soon as possible.

Little Athletics Victoria have moved the registration process completely online. You should have received a registration email from Little Athletics Victoria with your login and password if you are a returning member. Please log in to the system if you are a past member, don't create a new profile. If you are having trouble logging in, please email us and we'll sort you out. If you have access to a computer and are willing to pay by credit card there is no real need to head to the Registration desk to register or pay. Even if you haven't paid when you registered online and wish to pay, the system allows you to re-enter and pay. If you do not have a credit/debit card, we can take cash payments at the Registration tent, but you must register online first.

If this is your child's first time at Little Athletics, confirmation of date of birth needs to be shown to the club. This can be done by bringing in your child's birth certificate or passport to the Cottage. Uniforms and other club merchandise will be available for sale 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 have introduced a small number of Size 10 and 12 t-shirts. Additionally we will also be offering ceramic running spikes. T-shirts - \$45, Singlets - \$45, Crop Tops - \$50, LA Vic shorts - \$25, Ceramic Spikes (bag of 14) - \$10.

Our second hand athletics shoe stall has kicked off, if you have any old spikes and waffles that no longer fit your children, we would appreciate you donating them to the club. We then plan to resell them for \$20, with all money going to the club. For every pair of shoes you donate, you will receive a \$10 off voucher that can be used at any time over the season (stock dependant) to buy a pair of second hand athletics shoes. We are hopeful that we can help people clear out their old shoes, and allow people to snap up some bargains! Donations and sales will occur in the Cottage from 8.30-9.30am each Saturday morning.

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### **Getting Involved**

There are many opportunities for parents to get involved in the successful running of the club/competition. This could include the following:

- Team Manager
- Coaching (Introduction to Coaching training courses available)
- Starting (Final training course for the season is 31/10/18 at Box Hill)
- Officiating (Officials training course available)
- Southern Metropolitan Region Committee

We are always looking for additional help and please reach out to any of our committee should you be interested in getting involved. There will be no cost to individuals for attending the above courses, except the Introduction to Coaching Course. The club will reimburse this cost once you have completed this course if you are willing to help out with an age group each week.

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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. 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. We have been asked to advise that there is to be **STRICTLY NO PARKING ALONG NEPEAN HWY!!**

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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 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. 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 by 8:00 am:

Website [www.morningtonlittleaths.org](http://www.morningtonlittleaths.org)

Facebook [www.facebook.com/mlac82](https://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.

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## Website

[www.morningtonlittleleaths.org](http://www.morningtonlittleleaths.org)

Most club information can be found here - if there is anything important missing, please let us know.

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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.



## 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@morningtonlittleleaths.org](mailto:jfischer@morningtonlittleleaths.org). She will endeavour to ensure your child's photos are never published.



## Weekly Program

This week's program is Program 3 and can be downloaded by clicking [here](#).

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We hope that you enjoy the day.

Regards,

**Mornington Little Athletics Centre**

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[www.morningtonlittleleaths.org](http://www.morningtonlittleleaths.org)