



### Weekly Newsletter

**29th October, 2016**

We made the tough decision to cancel last week's competition later than we normally would, but it was the right decision. A huge thank you to all those hardy souls who arrived for set up - we appreciate your commitment to the smooth running of the club. By 8.30am it was sunny for a time - freezing cold but sunny. We had to cancel on Chris Crewther and Greg Hunt which was disappointing. Chris has agreed to try again on Saturday the 12th of November. We'll keep you posted.

Regional relays is coming up, and we need those U9-U15's who wish to compete to sign up by 11.59pm this Saturday, the 29th of October. This gives us Sunday to work out how many teams we will have so we can register them with SMR by Monday. If you are new to the club and don't know what all the fuss is about, the Relay Championships are our only chance in the season to compete as a team. It is a really wonderful day for all those involved. Please read on in the Relay section below, and if you need more information, don't hesitate to ask/contact one of the committee. Only those who are financial by October 31st are eligible to compete.

Kate Pratt is again taking photos on competition days for us. Her images are amazing and have been heavily used by us to promote the club. If you would like high resolution copies of any of the photos, these can be ordered each week for a gold coin donation from the Registration/Merchandise tent.

Please don't forget to pay your registration fees if you haven't already, especially if your child wishes to compete at Relays. You can log back in to Little Aths Victoria and pay online, or pay us Saturday morning at the Registration/Merchandise tent. We take cash and cards.

**On Saturday the 8th and 15th of October we had 3 club records broken by U16 Corey Hough. Corey has returned to MLAC after 8 years and has already broken these 3 records:**

- **100m - 12.72s**
- **200m - 26.39s**
- **Shot Put - 10.54m**

**Congratulations Corey and welcome back!**

The key points to note this week are:

- Duty Roster
- Subway Regional Relays
- Jetstar U6-U8 State Carnival
- Uniforms
- Results HQ
- Parking
- **Dog policy** - please read
- Wet Weather
- Team App
- Facebook
- Weekly Program

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### **Duty Roster for Saturday 29th October, 2016**

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** : **U7 Girls** and **U12 Boys** (*from set up of the BBQ at 8.45 to pack-up and clean at the day's end*)

**Pack Up** : **Under 10 Girls** and **Under 9 Boys** (*concludes once the containers are locked up*)

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### **Subway Regional Relays**

This is the only team event in the season for our U9-U15's. An email went out on the weekend asking if your child(ren) wish to compete. Please respond ASAP as registrations close at 11.59pm on Saturday the 29th of October as our teams need to be submitted by October 31st! **Only those athletes who have paid their registration fees by October 31st are eligible to compete.** Training sessions will be Tuesday evenings, but as next Tuesday is Cup Day, we are training next week on Thursday the 3rd of November from 6-7pm. Regional Relays is being held at Duncan McKinnon Reserve in Murrumbena this year on Saturday the 19th of November. The State Relay event is at Lakeside Stadium on December 17th. Please only put your child's name down if you can be present on **BOTH** of these dates. If one member of a team pulls out, the whole team is scratched.

Teams will be chosen based on times recorded this season only. We will endeavour to place all those who register their interest in at least 1 race on the day.

As per all Regional and State events our centre is allocated a number of duties to be completed over the day which we divide up between the parents of those children competing. Parents are required to either complete the duty allocated themselves or to find an alternative and let the club know who the alternative is.

We will also be entering teams into the Mentone Relay Open Day on Sunday the 13th of November. This is open for U8-U15's and is not compulsory. If any U8 children wish to have a crack, sign them up via the survey as well. The survey to register for either Regionals, Mentone or both can be accessed via the email sent out last weekend, or via our website [here](#).

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### **Jetstar U6-U8 State Carnival**

The Jetstar U6-U8 State Carnival is being held on the 21th of November at the Tom Kelly Athletics Track, Doncaster. It's the only State-wide event for our Under 6 to Under 8 athletes. It's a fun day with a carnival atmosphere which includes face painting, jumping castles and giveaways. Athletes will enjoy an educational experience with a focus on skills and technique development under the guidance of LAVic coaches. **Parents are encouraged to follow their children to each event. Places are restricted to 50 children in each age group and gender.** If you wish to register your child, or find out more information, click [here](#). Registrations close on November 21st at 11.59pm.

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### **Uniforms**

Uniforms and other club merchandise will be available for sale only at Mace Oval on each competition day at the big orange Registration/Merchandise tent. This year we are also selling Little Aths Victoria branded shorts. These will be compulsory for all athletes competing at Regional and State events from next season. With this in mind, we have limited sizes in stock for those athletes in the U9+ age groups. Tshirts - \$45, Singlets - \$45, Crop Tops - \$50, LA Vic shorts - \$25.

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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 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 tent.**

If you have any problems logging in, please contact Lisa Henry [lhenry@morningtonlittleleaths.org](mailto:lhenry@morningtonlittleleaths.org)

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



### **Parking**

The beginning of the season is hectic and we would advise members to plan ahead and get to Mace well in advance of the 8:45am event start in order to find suitable parking.

Please note the following parking and drop-off guidelines which we have put in place for safety reasons:

- If you are dropping your child(ren) off in the car park, please **do not** stop just inside the gates. Drive around the car park circuit back towards the entrance and drop off on the car park side closest to the road. This avoids congestion at the entrance to Mace.
- **Do not park on Nepean Highway outside the entrance to Mace Oval.** It is a safety issue for cars turning out of the car park.
- The grass areas in the car park can be used for parking. If you have a 4WD vehicle, we ask you to park on the grass if possible to leave parks available for non 4WD cars.
- Once the Mace car park is full, please park up the hill, off street, beside Balcombe Grammar School. There is a pathway from there down the steps to the oval.

### **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.

### **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](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.

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



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## **Weekly Program**

This week's program is Program 3 and can be downloaded by clicking [here](#) or find it on the club website.

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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](mailto:mornington@lavic.com.au)

PO Box 544

Mornington, Victoria, 3931

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