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WCLAC

*"Supporting the local community"*

Shop 120 Westfield Shopping Centre Plenty Valley  
Ph: 03 9437 8650

**NEWSLETTER**  
**Sat 22nd Oct – Program T1**

Welcome to week 5 of competition. Our Official Opening Ceremony will be held this morning. This week we are following a **Modified Program T1** with all athletes competing in 3 events only, commencing at 8.30am. **Set Up, Pack Up & Clean Up: All clubs. Fundraising: Northern Stars.**

The **Centre Handbook** can be found on our website [www.whittleseacitylac.org.au](http://www.whittleseacitylac.org.au) so please ensure you take the time to read the information, especially the Codes of Behaviour which must be strictly adhered to.

**WCLAC OPEN DAY – 4th DECEMBER 2011**  
**ENTRY FORMS ARE AVAILABLE ON THE WCLAC WEB SITE.**

Our Annual Open Day is fast approaching. For those new to little athletics open day is a chance for your kids to get in a little extra practice and have a lot of fun. For a small fee per event, athletes are given the opportunity to compete in their favourite events against entrants from other Centres and they also compete for medals. This is a major fundraiser for the Centre and funds raised is put into trophies and equipment – please support the Centre if you are available on this day. Whittlesea parents will be required to assist in some capacity on the day. If you have any queries you can speak to your club or see Vanessa Henderson in Metro area. **Entry forms and money payable should be handed into your club who will issue you with a receipt.**

Individual Clubs are responsible for keeping their surrounding club areas clear of litter/rubbish.



**REGION MULTIS - ENTRY FORMS ARE DUE TODAY!!!**

**CONGRATULATIONS TO THESE ATHLETES FOR ACHIEVING THE  
FOLLOWING CENTRE RECORDS:**

U14 Girls - New Shot put - 3 Kg - Miranda Magnisalis - 10.12m  
U15 Girls - New Shot put - 3 Kg - Brittney Knight - 7.56m  
U16 Girls - New Shot put - 3 Kg - Navdeep Rai - 8.34m



## IMPORTANT DATES:

<b>NMR MULTI EVENT CHAMPIONSHIPS, HUME LAC</b>	<b>06 NOV. 2011</b>
<b><u>Entries Close: Sat 22 Oct. 2011 (Cost: \$5 per athlete)</u></b>	
<b>STATE MULTI EVENT CHAMPIONSHIPS, ALBERT PARK</b>	<b>19-20 NOV. 2011</b>
<b><u>Online Entries (via LAVic Website) Close: Fri 04 Nov. 2011 (Cost: \$15 per athlete)</u></b>	
<b>NMR RELAY CHAMPIONSHIPS, WHITTLESEA CITY LAC</b>	<b>11 DEC. 2011</b>
<b><u>Entries Close: Sat. 12 Nov. 2011</u></b>	
<b>STATE RELAY CHAMPIONSHIPS, ALBERT PARK</b>	<b>28 JAN. 2012</b>
<b><u>(For those teams who qualify at Region Relay Championships.)</u></b>	



For those athletes interested in representing the Centre in Region Relays this season, the Centre will be paying the entry fees. Please get your entry forms in as soon as possible and **TRAINING will commence on Monday 24<sup>th</sup> October from 5pm – 6.30pm at the track.**

Enquiries: Anthony Valle, Centre Team Manager, can be found in the MPSM area.

The Relay Championships is our main team competition for the season. This is the only championship where boys and girls can run against each other and also be on the same team. Athletes carry a baton, which they pass onto the next member of their team. Athletes can compete in a maximum of three (3) team events.

These three events can be in a 'combination' of any of the following:

- 4 x 100m (Male/Female and/or Mixed)
- 4 x 200m (Male/Female and/or Mixed)
- Medley (Mixed Age, Male/Female)

Athletes can compete in single sex teams, mixed sex teams or mixed aged teams. A Mixed sex team is made up of 2 girls and 2 boys.

The mixed aged team is made up of one athlete from each age group. The age break up for this event is:

- Under 9 - Under 12
- Under 13 - Under 15 - A second U13 is chosen to make up the team of four (4).

The Medley event, consist of the following legs:

- 2 x 100m
- 1 x 200m
- 1 x 400m

**Please note: NMR Relay Championships are not available for U6 athletes. Under 7 & 8 athletes compete for medals and do not progress through to State Championships.**

### THE CENTRE UNIFORM MUST BE WORN AT ALL REGION AND STATE EVENTS.

The **NEW Centre Uniform** singlets and crop tops are available @ \$30 each from Cheryl Duff in the clubrooms until 11am on Saturday. These must be worn with plain black shorts or bike pants.

**Centre Jackets/Polos:** If anyone is interested in purchasing a Centre Jacket or Polo there will be an order going in at the end of October. Order forms are available through Cheryl Duff in the clubrooms until 11am.

### **UNDER 6 ATHLETES:**

This is the last week that the Under 6 athletes will be required to meet their age group team managers under the tent at the start of the front straight, when their events are called. Their team manager will then escort them to their events in a safe manner. After this week, they can go directly to their events.

It is very important to note that Little Athletics is organised all by volunteers. Committees are made up entirely of parents, they work tirelessly behind the scenes to try and ensure that things run smoothly. There can be times when things don't always go to plan and the program can sometimes fall behind be it weather, technical issues or just not enough assistance. Please be patient and remember that everyone out on the field is giving up seeing their children to help everyone else's and we are all human. It is requested that if you are unhappy about something please speak to your club Team Manager in an orderly manner – DO NOT abuse any of our judges, chiefs or helpers and especially other children. Let's keep Little Athletics fun for our kids and encourage them to get out there and be their best.

We also remind families that assistance is required on a weekly basis, failure to assist with your clubs duties this season may result in your child / children be excluded from competing in the Centre's Championship Weekend and quite possibly Region and State events.

### Reminders:

- Unless you are officiating or competing at an event, you must NOT be inside the arena. Athletes MUST cross the track at the witch's hats – this is for their safety and the safety of those running on the track.
- The Skate Park, sheds and trees behind the grandstand are out of bounds. Scooters, bikes, animals and ball games are not permitted in any part of the track.
- Little Athletics has a NO SMOKING and NO ALCOHOL Policy; breaches of this have serious consequences. Smokers are permitted to smoke outside the track in the back car park. Please dispose of butts appropriately.

### REGISTRATION TAGS:

The registration tag must be worn each week, so you need to securely attach them on to the athlete's uniform. If you require a replacement tag at any time during the season, please see Cheryl Duff in the clubrooms and the cost will be \$5.00, with all monies being donated to the Royal Children's Hospital.

### Working with Children Checks (WWC):

It is now compulsory for anyone officiating when their child is not competing to have a WWC Check. Other roles within the Centre that require the checks are as follows: All Club/Centre Executive Committee Members, All Centre/Club Team Managers, All Age Group Team Managers, First Aid Officer, Chiefs of Events and anyone who officiates but does not have a child competing. It is the responsibility of all clubs to ensure that the appropriate people have these checks in place, a register MUST be kept and a copy is to be handed to the Centre Secretary.

When completing a WWC Check please put in the following details:

Little Athletics Victoria – Whittlesea City 112,  
Address: Locked Bag 1011, Port Melbourne, Vic. 3207  
Phone No. 03 9676 3600



### **COMPETITION CANCELLATIONS:**

In the event that Athletics is cancelled due to weather conditions, we ask that you check the Whittlesea City Website before ringing your Club's Committee Members. Any cancellation decisions will not be made until approx. 1 hour prior to competition.

### **SPIKES:**

Please remind all U12 – U16 athletes that wish to wear spikes during the season to register their spikes with Cheryl Duff at the window of the clubrooms. Also, please remove spikes at the completion of your event – they are not to be worn on the outside of the track.

### **UNIFORM:**

Please ensure all children are wearing the correct club uniform. Please remind the children to remove pants and/or jackets when competing as only their uniform must be worn. Please make sure that shorts are 10cm above the knee. To support our Sun Smart Policy, hats can be worn while competing.

### **Junior Development Squad for U12 – U15 Athletes:**

For more information go to [www.lavic.org.au](http://www.lavic.org.au)

### **WHITTLESEA CITY ATHLETICS CLUB – SENIORS COMPETITION**

Competition commenced on Saturday 15<sup>th</sup> October here at Meadowglen Stadium and it was great to see so many past and present athletes of little aths competing and having a fun time. If you want to come and see what it's all about and have a trial competition, you are welcome to compete next week. Competition will commence at 1.30pm at Aberfeldie Athletics Track, Essendon. You only compete in the events you want to compete in. Information and the weekly newsletter are available on the Whittlesea City website.

### **Training for Seniors will be available as follows:**

Monday 5pm – 6.30pm, Tuesday 6.30pm – 8pm and Thursday 6.30pm – 8pm.

For more information please contact: Caroline Peachey on 0430 474 281 (after 4.30pm) email: [peachey@tpg.com.au](mailto:peachey@tpg.com.au) or Nick Magnisalis on 0417 383 191 email: [nick.magnisalis@bigpond.com](mailto:nick.magnisalis@bigpond.com)

If you have something you would like to contribute or mention in the Centre Newsletter please email Narelle Cullen, Assistant Centre Secretary on [narellechris1@bigpond.com](mailto:narellechris1@bigpond.com). OR Cheryl Duff, Centre Secretary on [Cheryl.duff@bigpond.com](mailto:Cheryl.duff@bigpond.com)

### **OPEN DAYS:**

From time to time other Centres within Little Athletics Victoria hold open days. All registered athletes are invited to compete, usually for a fee. Whittlesea City Uniform OR Club Uniform must be worn to open days. Entry forms will be available from the Centres websites OR sometimes they will be available on the LA Vic web site. Some venue rules may be different to Whittlesea so please familiarise yourself with the event rules.

#### Upcoming open days in November/December:

Sunday 6<sup>th</sup> Nov. – Bairnsdale LAC or Portland LAC

Sunday 13<sup>th</sup> Nov. – Rochester LAC or Chelsea LAC

Sunday 27<sup>th</sup> Nov. – Albury LAC or Cohuna LAC

Sunday 4<sup>th</sup> Dec. – Whittlesea City LAC

Saturday 17<sup>th</sup> Dec. – Doncaster LAC (twilight)

## *Carrangall Carnival*

*Calling the next Cathy Freeman and Kyle Vander Kuyp*

If you are not competing at Region Multis then you may want to enjoy a day of *athletics* and *cultural celebration* on Sunday 6<sup>th</sup> November 2011 at Coburg athletics track.

*Carrangall is from the language of the Wurundjeri meaning 'athletics'.*

The Carrangall carnival will bring together Indigenous young people from across Victoria to take part in an athletics and cultural activity day. Athletes aged between 11 and 18 are invited to participate in a range of events while children under 11 will have a chance to do other fun activities such as traditional games. There will also be a Hip Hop workshop hosted by the Indigenous Hip Hop Project group. All will get to meet athlete greats such as Kyle Vander Kuyp and other athletes fresh from the World Championships recently held in Korea.

**WHERE: Harold Stevens Athletic Track Coburg**  
**DATE: 6<sup>th</sup> November 2011, Time: 9.00am – 12.00pm, Cost: FREE**

**Welcome to Country**

**Traditional Games**

**Hip Hop Workshop**

**Spot prizes for participating athletes.**

So come along and meet some of our athletic greats.

All you need to do is contact sally for a registration form, and email back to Sally McGrady!

**“The Carrangall Carnival seeks to support the strength of our youth through sport”**

For information contact Sally McGrady at Athletics Australia Phone (03) 9869 5019 or email [sally.mcgrady@athletics.org.au](mailto:sally.mcgrady@athletics.org.au)

## **RYE JUNIOR GIFT**

Saturday 14<sup>th</sup> January 2012 @ R.J. Rowley Reserve, Rye

To be run in conjunction with the RYE GIFT.

Open to all registered LAVic/AV athletes in U11 U12 U13 U14 U15 U16 Age Groups

Boys & Girls' races, with heats at 10am and finals at lunch time.

Sashes presented to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places with Certificates to all competitors.

Athletes are to marshal by 9.30am and must wear their club or centre uniform.

Entry fee: \$5 per athlete

Entry forms with additional information can be found on our website [www.whittleseacitylac.org.au](http://www.whittleseacitylac.org.au)



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