



**24<sup>th</sup> September 2011  
Program A**



Store  
Plenty Valley



**The Athlete's Foot.**

Plenty Valley & Greensborough

Welcome back to a new season of little aths with a special welcome to our new athletes who are giving it a go for the first time. Let's hope we have better luck with the weather this season. We are starting a week early this season due to the AFL Grand Final next Saturday so there will be 19 weeks of competition. This week we are following **Program A** and next Friday night 30/9 we will be following Program T3. Every Saturday competition will commence at 8.30am and Friday nights will commence at 6pm. We suggest you arrive at least 15 mins to the start of competition so everyone is organised and ready for the first call of events.

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.

**CONGRATULATIONS TO THE ATHLETES WHO COMPETED AT THE STATE TRACK & FIELD CHAMPIONSHIPS ON 19-20 MARCH 2011. WE ACHIEVED FANTASTIC RESULTS WITH A TOTAL OF 16 MEDALS. WELL DONE TO THE FOLLOWING ATHLETES:**

**GOLD:**

Angus Wiseman U14B Triple Jump & Long Jump  
Jake DiPalma U13B Triple Jump  
Felix Niutili-Schmidt U9B 60mHurdles

**SILVER:**

Angus Wiseman U14B 90mHurdles  
Jake DiPalma U13B 80mHurdles  
Thomas Wilson U13B Long Jump  
Taylah-Rose DeBono U13G Shot Put  
Nathan Andersen U10B Triple Jump  
Maddison Cowen U10G High Jump  
Kruz Niutili-Schmidt U9B Shot Put

**BRONZE:**

Taylah-Rose DeBono U13G Javelin & Discus  
Natarsha Inchincoli U13G 80mHurdles  
Caitlyn Rozario U12G Shot Put  
Ethan Wright U10B 1100mWalk



Under 10 boys – Jake, Ethan, Luke & Nathan



Under 10 girls – Tiarna & Maddison

**Congratulations also to all of our Athletes who competed in Cross Country during the cooler months, we had some great results and there are some photos up on the website. Well done to Bradley Purcell-Fitt in U7 boys for achieving a SILVER medal at the State Cross Country Championships!!**

If you have something you would like to contribute or mention in the Centre Newsletter please email Narelle Cullen, Assistant Centre Secretary on [narellechr1@bigpond.com](mailto:narellechr1@bigpond.com). OR Cheryl Duff, Centre Secretary on [Cheryl.duff@bigpond.com](mailto:Cheryl.duff@bigpond.com)

### IMPORTANT DATES DURING THE SEASON:

NMR MULTI EVENT CHAMPIONSHIPS, HUME	06 NOV. 2011
STATE MULTI EVENT CHAMPIONSHIPS, ALBERT PARK	19-20 NOV. 2011
WCLAC OPEN DAY, WHITTLESEA CITY	04 DEC. 2011
NMR RELAY CHAMPIONSHIPS, WHITTLESEA CITY	11 DEC. 2011
STATE RELAY CHAMPIONSHIPS, ALBERT PARK	28 JAN. 2012
NMR TRACK & FIELD C'SHIPS, DIAMOND VALLEY	19-19 FEB. 2012
WCLAC CHAMPIONSHIPS, WHITTLESEA CITY	17-18 MAR. 2012
STATE TRACK & FIELD C'SHIPS, BENDIGO	24-25 MAR. 2012



NMR & State Championships are not available for U6 athletes. To compete at State Relay or State Track & Field Championships, you must qualify at the Region Championships. Information and Entry forms, when available, can be located on the WCLAC web site or the LA Vic website.

For those athletes interested in representing the Centre in Region Relays this season, the Centre will be paying the entry fees and training will commence on Monday 24<sup>th</sup> October from 5pm – 6.30pm at the track. Anthony Valle is the Centre Team Manager this season and would love some assistance at training, so please approach Anthony if you are able to help out. He can be located in the Mill Park/South Morang area.

### 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. 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.

### 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.**

### **UNDER 6 ATHLETES:**

For the time being 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.

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



### **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.

### **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.

### **Working with Children Checks (WWC):**

On 1<sup>st</sup> July 2005 the Victorian Government through the Department of Justice introduced the WWC Check, which is covered under an Act of Parliament. 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..

Applications can be obtained from any Post Office and it is free. 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.

### **JDS is for U12 – U15 Athletes:**

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

The Junior Development Squad (JDS) gives athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational, and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills, and improving existing ones, is in a friendly and supportive environment. The program consists of numerous activities including coaching days, education sessions, role model sessions with elite athletes, invites to attend National & international level events and a highlight for the year is the JDS coaching camp. There are qualifying standards that must be met and there is a small fee involved.

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

We are very excited to announce that Whittlesea City has formed a Senior body, which will allow our older athletes to make the transition into seniors. Senior competition is also open to parent /adults. Age groups available to compete in will be U14, U16, U18, U20, Open Age Group and Over40s. Seniors is a team-based competition, where clubs compete against each other in age groups. Competition will commence on Saturday 15<sup>th</sup> October from 1.30pm at Meadowglen International Athletics Stadium.

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

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

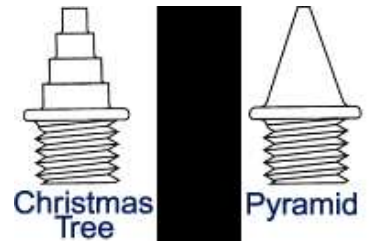
For more information please contact: **Caroline Peachey** on 0430 474 281 (after 4.30pm) email: [peacheyc@tpg.com.au](mailto:peacheyc@tpg.com.au) or **Nick Magnisalis** on 0417 383 191 email: [nick.magnisalis@bigpond.com](mailto:nick.magnisalis@bigpond.com)

**BRING A FRIEND MONTH - OCTOBER 2011**

On any weekend in October, athletes are encouraged to bring along a friend that they think would be interested in Little Aths. The friends will be allowed to compete in their age group for free on the day and if they are interested they can register at the end of the day or the following week. There are prizes to be won from LA Vic.

**SPIKES:**

- U12 – U16 may wear runners OR spikes. Spikes are only permitted in laned track events, Long Jump, High Jump, Triple Jump, and Javelin.
- The only acceptable spike for Little Athletics is either pyramid (Christmas tree) or conical – Needles are NOT permitted. The maximum length is 7mm, all spike positions must be filled with a spike or a blank.
- Spikes may only be put on at the marshalling area of each event and must be removed at the completion of the event. Athletes must NOT walk around in their spikes.
- Team managers and officials will make spot checks. Any misuse of spikes will result in the withdrawal of permission to compete in spikes.
- Spikes must be registered at the start of the season. Spike registration forms are available on the WCLAC web site and MUST be taken at the club room windows to be formalized by the Centre
- Secretary along with your spikes for inspection. Spikes must be removed at the end of your event. They are not permitted to worn outside of the track.



**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.

**PB GO!**

PB Go allows iPod and iPhone users to measure and keep track of their performances across all of their events, store associated photos, receive notification of personal bests and share that news with friends and family. For more information, which can be purchased for \$2.49 at <http://itunes.com/apps/pbgo>



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