



NEWSLETTER
Sat. 26th Nov. – Program B



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 WCLAC**

“Supporting the local community”

Shop 120 Westfield Shopping Centre Plenty Valley
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Unfortunately the thunderstorms interrupted yet another week of competition. Thank you to all athletes and families for your patience this season. We haven't been very lucky with the weather and for the safety of our athletes, canceling competition has been the safest option. Thank you also to the parents who helped pack up the equipment in the rain.

Welcome to week 10 of competition and this week we are following **Program B**, commencing at 8.30am. With the washout last week, we're going to make another attempt at getting the 200m in for the U13-U16's. They will have the 200m instead of the 400m.

Set Up, Pack Up & Clean Up: All clubs. Fundraising: Epping.

The **Centre Handbook** can be found on our website 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 OUR ATHLETES WHO COMPETED AT THE STATE MULTI EVENT CHAMPIONSHIPS AT ALBERT PARK ON 19-20 NOV. 2011

<u>Age:</u>	<u>Name:</u>	<u>Result:</u>	<u>Points:</u>
U9G	Aleisha Wiseman	DNF	467
U10G	Chantelle Wiseman	29 th	607
U10G	Amber Paton	54 th	400
U12G	Bianca Paton	31 st	752
U12G	Tiffany Willemsen	DNF	253
U14G	Keely Henderson	6 th	1325
U15G	Carly Lesha	12 th	1168
U15G	Jessica Andersen	16 th	1023
U15G	Brittney Knight	23 rd	668
U16G	Sarah Cachia	5 th	1050
U9B	Aydin Bulent	41 st	675
U11B	Jackson Gregory	22 nd	1012
U11B	Jake Rizzi	25 th	999
U11B	Nathan Andersen	46 th	908
U11B	Maurice Valle	51 st	867
U12B	Joshua Valle	23 rd	1071
U13B	Thomas Hoogenraad	13 th	1225
U13B	Nicholas Scott	42 nd	600
U15B	Angus Wiseman	1 st	2007

A special congratulations to ANGUS WISEMAN for not only winning the GOLD MEDAL in the U15B, but for being selected in the LAVic U15 Squad. He will hopefully get to compete at the Australian Championships at Hobart in April 2012!!! Good Luck Angus!!!



IMPORTANT DATES:

WCLAC OPEN DAY, MEADOWGLEN ATHLETICS STADIUM	4 DEC. 2011
NMR RELAY CHAMPIONSHIPS, WHITTLESEA CITY LAC	11 DEC. 2011
STATE RELAY CHAMPIONSHIPS, ALBERT PARK	28 JAN. 2012
NMR TRACK & FIELD CHAMPIONSHIPS, DIAMOND VALLEY	18-19 FEB. 2012
<u>Entries close: Fri. 16 Dec. 2011</u>	
STATE TRACK & FIELD CHAMPIONSHIPS, BENDIGO	24-25 MAR. 2012
<u>(For athletes who qualify at Region Track & Field Championships.)</u>	

For those athletes who have entered Region Relays this season, **please remember TRAINING is on Monday nights from 5pm – 6.30pm at the track. It is important you attend as many sessions as possible.**
Enquiries: Anthony Valle, Centre Team Manager, can be found in the MPSM 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.

NORTHERN METRO REGION TRACK AND FIELD CHAMPIONSHIPS

18TH – 19TH FEBRUARY, 2012

DIAMOND VALLEY LAC, GREENSBOROUGH

ENTRY FORMS AVAILABLE ON OUR WEBSITE www.whittleseacitylac.org.au

Athletes U9 to U15 who enter high jump, walks or triple jump, must meet certain criteria.

PLEASE NOTE: U6s and U16'S DO NOT COMPETE FOR REGION OR STATE TRACK AND FIELD.

U7s and U8s compete for medals at Region and do not compete at State Championships.

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. Children will not be permitted to compete if they are not wearing their tag. 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.

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.

CENTRE FUNDRAISER - BUNNINGS BBQ @ EPPING

Our Centre will be holding a fundraiser at Bunnings Epping on Sunday 27th November. Please come down and buy a sausage and support Whittlesea City!!

Working with Children Checks (WVC):

When completing a WVC 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 and your Club's website before ringing your Club's Committee Members. Any cancellation decisions will not be made until approx. 1 hour prior to competition.

PLEASE NOTE: ADDITIONAL COMPETITION ON SATURDAY 4TH FEBRUARY

To catch up on some lost competition due to the washouts this season, we have scheduled extra competition on Saturday 4th February commencing at 8.30am. Competition on Friday night 3rd February will still go ahead with a reduced program of 3 events per athlete. Please mark it on your calendars!!

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.

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. The IGA patch should also be attached to the back of the uniform top. 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

WHITTLESEA CITY ATHLETICS CLUB – SENIORS COMPETITION

Competition this week will be held on Saturday 26TH November from 1.30pm at Williamstown. Information and the weekly newsletter are available on the Whittlesea City website.

Training for Seniors is 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 or Nick Magnisalis on 0417 383 191 email: 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. OR Cheryl Duff, Centre Secretary on Cheryl.duff@bigpond.com

