



**30<sup>th</sup> September 2011  
Program T3**



Store  
Plenty Valley



**The Athlete's Foot**

Plenty Valley & Greensborough

Welcome to week 2 of competition. This week we are following **Program T3** commencing at 6pm. Thank you to all families last Saturday for your patience, the first couple of weeks can be hectic as we get organised and help out our new families. **Set Up & Pack Up: All clubs. Fundraising: MG/L.**

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.

From time to time we have difficulties with the PA system, whereby calls cannot be heard. If you are on twitter the events that are being called are being tweeted. The account to follow in WCLAC.

**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.

**CONGRATULATIONS TO MADDISON COWEN (U11G) AND LEAH WRIGHT (U12G) FOR REPRESENTING VICTORIA AT THE AUSTRALIAN SCHOOL SPORTS CHAMPIONSHIPS WHICH WERE HELD AT DARWIN THIS MONTH.**



Maddison WON **GOLD** in the 10yr old girls' High Jump event!!!

Leah achieved 10<sup>th</sup> place in the 11yr old girls' Discus event!!!



**WELL DONE GIRLS!  
WE ARE ALL VERY PROUD OF YOU.**

## IMPORTANT DATES:

**NMR MULTI EVENT CHAMPIONSHIPS, HUME LAC**

**06 NOV. 2011**

**Entries Close: Sat 22 Oct. 2011 (Cost: \$5 per athlete)**

**STATE MULTI EVENT CHAMPIONSHIPS, ALBERT PARK**

**19-20 NOV. 2011**

**Online Entries (via LAVic Website) Close: Fri 04 Nov. 2011 (Cost: \$15 per athlete)**



- Athletes can compete in a Multi Event Championships that comprises of set events.  
U/7 & U/8 age groups compete in 4 events: 70m, Long Jump, Shot Put & 300m.  
U/9 - U/13 age groups compete in 5 events: 100m, 80mHurdle, Long Jump, Discus & 800m  
U/14G compete in 5 events: 100m, 80mHurdle, Long Jump, Discus & 800m.  
U/14B compete in 5 events: 100m, 90mHurdle, Long Jump, Discus & 800m.  
U/15G & U/16G compete in 5 events: 100m, 90mHurdle, Long Jump, Discus & 800m.  
U/15B & U/16B compete in 5 events: 100m, 100mHurdle, Long Jump, Discus and 800m.
- Athletes are awarded points for their placing in each event and at the end of the day the 3 highest point scores from each age group are awarded medals.
- Athletes competing in Region and State Multis are required to wear a centre uniform; these are available for purchase from Cheryl Duff, located in the clubrooms.
- Entry form along with your fee must be handed in to your registered club by the closing date. Forms can be printed from the Centre web site.
- Any athlete in the U9 to U16 age group can compete in the State Multi Event; you do not have to qualify. Events are the same as the Region Multi. This is a chance for an Athlete to compete against Athletes from all over Victoria. If there are less than 8 entries @ State Multis that event will not be run.
- For further information you can contact the Centre Team Manager, Anthony Valle.

**Please note that parents of athletes attending these events will be required to assist at our designated event when requested, a roster will be drawn up.**

**NMR & State Championships are not available for U6 athletes.**

**Information and Entry forms can now be located on the WCLAC website or the LAVic 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. Enquiries to Anthony Valle, Centre Team Manager, who 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.

**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 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.**

**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.

**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.

## **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. Competition will commence on Saturday 15<sup>th</sup> October from 1.30pm at Meadowglen International Athletics Stadium. If you want to come and see what it's all about and have a trial competition, you are welcome to compete on the 15<sup>th</sup> as an invitation. It's the perfect time to stay behind after little aths and check it out. You only compete in the events you want to compete in.

### **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)**

### **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.**

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

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

### **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)

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)



**THANK YOU TO OUR SPONSORS**

