



NEWSLETTER
Fri. 4th Nov. – Program T2



"Supporting the local community"

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

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WCLAC**

Welcome to week 7 of competition.
This week we are following **Program T2**, commencing at 6.00pm.
Set Up, Pack Up & Clean Up: All clubs. Fundraising: MPSM.

**Congratulations to Mill Park/South Morang
for winning the 2010/2011 Perpetual Shield.**



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.

WCLAC OPEN DAY – 4th DECEMBER 2011
ENTRIES CLOSE 18TH NOVEMBER 2011
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. 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.



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.

**GOOD LUCK TO OUR ATHLETES COMPETING AT THE NMR MULTI EVENT
CHAMPIONSHIPS BEING HELD AT HUME LAC ON SUNDAY 6TH NOVEMBER.**



IMPORTANT DATES:

STATE MULTI EVENT CHAMPIONSHIPS, ALBERT PARK 19-20 NOV. 2011
Online Entries Closed midnight Thu. 3 Nov. 2011 (Late entries cost: \$30)

NMR RELAY CHAMPIONSHIPS, WHITTLESEA CITY LAC 11 DEC. 2011
Entries Close: Sat. 12 Nov. 2011

STATE RELAY CHAMPIONSHIPS, ALBERT PARK 28 JAN. 2012
(For those teams who qualify at Region Relay Championships.)

NMR TRACK & FIELD CHAMPIONSHIPS, DIAMOND VALLEY 18-19 FEB. 2012
Entries close: Fri. 16 Dec. 2011

STATE TRACK & FIELD CHAMPIONSHIPS, BENDIGO 24-25 MAR. 2012
(For those athletes who qualify at Region Track & Field Championships.)



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 be on Monday nights commencing from 5pm – 6.30pm at the track.**

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

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:

As of this week, all under 6 athletes can now 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.

Working with Children Checks (WWC):

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 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.

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. 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 5TH November from 1.30pm at Essendon. 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: peacheyc@tpg.com.au or Nick Magnisalis on 0417 383 191 email: nick.magnisalis@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.

Upcoming open days in November/December:

Sunday 13th Nov. – Rochester LAC or Chelsea LAC

Sunday 27th Nov. – Albury LAC or Cohuna LAC

Sunday 4th Dec. – Whittlesea City LAC

Saturday 17th 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 6th November 2011 at Coburg athletics track.

WHERE: Harold Stevens Athletic Track Coburg

DATE: 6th November 2011, Time: 9.00am – 12.00pm, Cost: FREE

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

For information contact Sally McGrady at Athletics Australia Phone (03) 9869 5019

or email sally.mcgrady@athletics.org.au

The following seminars still have positions available for anyone interested. Information and registrations are through the online system, www.lavic.com.au / Education & Training:

Sun. 13/11/11	On Track Workshop	Venue: Whittlesea City
Sun. 13/11/11	C Grade Starters Seminar	Venue: Whittlesea City
Sun. 13/11/11	U14-U16 Multi Event Clinic	Venue: Whittlesea City
Sun. 13/11/11	Introduction to Coaching	Venue: Altona or Kerang
Sun. 27/11/11	Officials Seminar	Venue: Knox

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