



**NEWSLETTER**  
**Fri. 9th Dec. – Program T2**



*“Supporting the local community”*

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

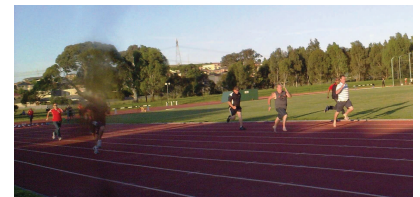
**FOLLOW THE  
CALLS ON  
TWITTER  
ACCOUNT  
WCLAC**

Welcome to week 12 of competition and this week we are following **Program T2**, commencing at 6pm.

**Set Up, Pack Up & Clean Up: All clubs. Fundraising: Metro.**

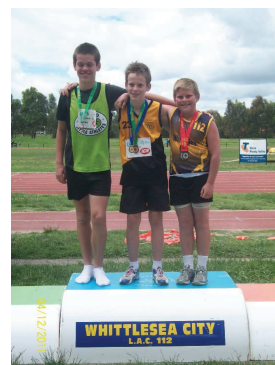
Please support each club’s weekly raffle regardless which club it is. In the end, it’s all for the benefit of our athletes. Thank you.

Thank you to all the families who made the effort to come to the make-up competition on Tuesday night. We understand it is a very busy time of year for everyone. It was a fun night had by all and finished up by 8pm. Even though competition wasn’t for points, the athletes had a chance to compete in as many events as they like, from 1 to 6 events and I’m sure a lot of pbs were achieved on the night. Thank you to the parents who officiated at events and thanks to the Whittlesea City Seniors Club for providing the BBQ on the night.



To finish off the night, some parents joined in the spirit of competition and challenged each other in a sprint. Congratulations to David Long for taking the honours in the Team Managers’ 100m Challenge!! Nick Magnisalis & Frank Peachey came in equal 2<sup>nd</sup> not far behind David.

Congratulations to all the athletes who competed at the Whittlesea City Open Day last Sunday. Thank you to everyone who made our 4<sup>th</sup> Open Day a success!! Results are now available on the Whittlesea City website and photos will be available soon. There were a total of 201 athletes entered and it was great to see so many athletes from other Centres around Victoria participate. Thank you to Vanessa Henderson for coordinating the day and all parents who officiated at events and assisted with recording in the clubrooms.



**GOOD LUCK TO ALL OUR ATHLETES COMPETING AT THE REGION RELAY  
CHAMPIONSHIPS ON SUNDAY 11<sup>TH</sup> DECEMBER 2011.**

**PLEASE NOTE: ADDITIONAL COMPETITION ON SATURDAY 4<sup>TH</sup> FEBRUARY**

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

**IMPORTANT DATES:**

<b>STATE RELAY CHAMPIONSHIPS, ALBERT PARK (For athletes who qualify at Region Relay Championships)</b>	<b>28 JAN. 2012</b>
<b>NMR TRACK &amp; FIELD CHAMPIONSHIPS, DIAMOND VALLEY <u>Entries close: Fri. 16 Dec. 2011</u></b>	<b>18-19 FEB. 2012</b>
<b>STATE TRACK &amp; FIELD CHAMPIONSHIPS, BENDIGO (For athletes who qualify at Region Track &amp; Field Championships.)</b>	<b>24-25 MAR. 2012</b>

For those athletes who qualify to compete at State Relay Championships, **please remember TRAINING will continue on Monday nights from 5pm – 6.30pm at the track.**

**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.

**CONGRATULATIONS TO THE FOLLOWING ATHLETES FOR ACHIEVING  
CENTRE RECORDS THIS SEASON:**

**U8G E. ODETAYO - HIGH JUMP 1.18m  
U12G MAVIS TINIELU – JAVELIN 23.95m**

**NORTHERN METRO REGION TRACK AND FIELD CHAMPIONSHIPS**

**18<sup>TH</sup> – 19<sup>TH</sup> FEBRUARY, 2012**

**DIAMOND VALLEY LAC, GREENSBOROUGH**

**ENTRY FORMS AVAILABLE ON OUR WEBSITE [www.whittleseacitylac.org.au](http://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.**

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.

**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.**

### 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.
- 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.

### 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.

### 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](http://www.lavic.org.au)

### WHITTLESEA CITY ATHLETICS CLUB – SENIORS COMPETITION

Competition this week will be held on Thursday night 8th December from 6.30pm at Essendon. 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](mailto:peacheyc@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)

