



Weekly Newsletter

2nd November, 2019

If you haven't heard already, the new track at Civic Reserve has been completed and we will start competition there next Saturday 9th November. We will get a couple of weeks competition at the new venue before the official opening which will be held during our competition morning of 30th November.

The weather last week wasn't very kind to us, however good numbers braved the strong winds and a bit of rain to get through the vast majority of the program. Safety always comes first, so the decision was made on Saturday morning to not run hurdles or high jump. Please understand that these decisions are solely made with the safety of our children in mind.

With this Saturday's weather looking worse than last week, please ensure you keep an eye out on Facebook, Team App, our website and Instagram should we have to cancel. We will again monitor relevant events should the ground be wet and safety concerns arise with any particular events.

Our age-group managers are doing a wonderful job guiding our athletes during the morning's session and we now welcome U9 Girls AGM Danny Topp and U11 Girls AGM Brent Pullar to the role. As always, please help out our AGMs during the morning's session and ensure you actively supervise your own child.

SPIKES CAN BE WEAPONS!!

A reminder about spikes: our U11 age groups and above can wear spikes for their races however, they MUST take off their spikes after the race and change back into their regular running shoes. Spikes are NOT to be worn around the track, between events, to the BBQ/toilets or Cottage; not only can they be dangerous (those spikes are sharp!) but 'heel walking' can contribute to muscle and joint stress and fatigue.

A final call out for our Regional Relay Carnival which is to be held on 23rd November for U/9 – U/16 athletes. There will be no regular competition at Mornington on this day. This year's carnival will be held at Springvale LAC, Ross Reserve, Noble Park. Please email Todd Martin (tmartin@morningtonlittleleaths.org) no later than Tuesday 5th November should your child be interested in participating. Teams will be selected based on our [Relay Selection Policy](#). Every endeavour will be made to ensure athletes who are interested in participating will be placed into a team. We will also offer relay specific training in the coming weeks.

For those new to MLAC, each week we issue a weekly email. For those not so new to MLAC, the following will act as a great reminder. This email will cover the "hot topics" of the moment and some not so hot topics such as duty rosters on the day.

The key points to note this week are:

- Duty Roster
- What happens on the Day?
- Athletes Bibs
- Uniforms/Merchandise
- Results HQ

- Parking
- Dog policy
- First Aid
- Wet Weather
- Website
- Team App
- Facebook
- Weekly Program
- BBQ

Duty Roster for Saturday 2nd November, 2019

We've changed the way we set the duty roster this season; now, duties are no longer assigned according to age group but assigned as a family (based on your athlete's surname). The change has been made so that duties can be assigned more fairly, especially for families with multiple children across multiple age-groups. Families are expected to undertake duty six times across the season. Our duty roster for the season is also available for viewing on our website [here](#).

Duties for this SATURDAY have been rostered as follows:

Set Up: **Child's surname Li - Mo** (please arrive by 7.30am)

BBQ: **Child's surname A - Bo** (from set up of the BBQ at 8am to pack-up and clean at the day's end)

Pack Up: **Child's surname E - Ha** (concludes once the containers are locked up)

Set up takes more than an hour and we really do need those rostered on to be there as required. Committee members are always on hand but as we all know many hands make light work and it makes a world of difference to how the whole day runs when we can set-up on time for the program to start, especially on the first morning of the season! The BBQ is our major fundraiser for the club and we need 3-4 people there at all times over the morning to have it run smoothly – please come to the BBQ area while the athletes are warming up to select your timeslot. We don't expect parents to spend longer than 45-60 minutes helping out. We all want to watch our kids compete, and those kids want a sausage at the end of the session!

What happens on the day?

Try to arrive well before 8.45am, as this is when we start the warm-up. Most age groups are finished well before Middy.

Your First Priority

The first order of business should be to get your child to their relevant age group area. When you first arrive head for the age group trolleys that should be lined up on the track near the Cottage. These will be in chronological order from U6 Boys & Girls up to the Open Boys and Girls. Head to your relevant age group and sign in with the age group team manager(s). Age group managers should be wearing a red 'volunteer' vest. If you are still unsure, head into the Cottage, and someone there can direct you where to go. All you need to bring on the day is a hat and drink bottle. Those without a uniform and those who are trialing only need to wear a t-shirt, shorts and runners. Please note that this year, U6 Boys do not have an assigned age group/team manager yet: we would

appreciate some parents stepping in to these roles if possible (training and support is available). There is some information about the role on our [website](#).

Athletes bibs - registered vs unregistered athlete

If you have registered and paid by Thursday this week, there should be an athlete's Subway bib assigned to your child (kept in the age-group folder) which must be pinned to the front of their uniform. If you have paid and there is no bib, please let your age group manager know and we will ensure that there will be one for your child by the following week. The bib is used to electronically record times. If there is no bib there for your child do not worry, the age-group manager will handwrite the results from the day and we will manually record. This bib must be returned at the end of each morning to the age group manager. If you accidentally take it home, please remember to bring it back next week, and try not to put it through the wash! Once your registration payment has been made, all manual results will be uploaded to Results HQ and a bib will be printed for your child.

Uniforms/merchandise/registration

Registration enquiries, payments and merchandise sales all happen in the Cottage. This can be the craziest spot of all over the first few sessions. Please be patient and our volunteers will ensure that you are on your way as soon as possible.

Little Athletics Victoria has moved the registration process completely online. You should have received a registration email from Little Athletics Victoria with your login and password if you are a returning member. Please log in to the system if you are a past member, don't create a new profile. If you are having trouble logging in, please email us and we'll sort you out. If you have access to a computer and are willing to pay by credit card there is no real need to head to the Registration desk to register or pay. Even if you haven't paid when you registered online and wish to pay, the system allows you to re-enter and pay. If you do not have a credit/debit card, we can take cash payments at the Registration tent, but you must register online first.

If this is your child's first time at Little Athletics, confirmation of date of birth needs to be shown to the club. This can be done by bringing in your child's birth certificate or passport to the Cottage. Uniforms and other club merchandise will be available for sale on each competition day in the Cottage. Club t-shirts/singlets/crop tops, MLAC hoodies, and LA Vic branded shorts are all available for purchase. Additionally, we also offer ceramic running spikes and shoe bags. T-shirts - \$45, Singlets - \$45, Crop Tops - \$50, LA Vic shorts - \$25, Ceramic Spikes (bag of 14) - \$10, Shoe Bags \$20

We will again be offering a second-hand athletics shoe stall. If you have any old spikes and waffles that no longer fit your children, we would appreciate you donating them to the club. We then resell them for \$20, with all money going to the club. For every pair of shoes you donate, you will receive a \$10 off voucher that can be used at any time over the season (stock dependent) to buy a pair of second hand athletics shoes. We are hopeful that we can help people clear out their old shoes, and allow people to snap up some bargains! Donations and sales will occur in the Cottage from 8.30-9.30am each Saturday morning.

Getting involved

There are many opportunities for parents to get involved in the successful running of the club/competition. This could include the following:

Age Group Manager – [find out more](#)

Starting – next course Sunday, November 10 at Geelong: [find out more](#)

Southern Metropolitan Region Committee – email Mark Henry: smrpresident@lavic.com.au

We are always looking for additional help and please reach out to any of our committee should you be interested in getting involved. There will be no cost to individuals for attending the above courses, except the Introduction to Coaching Course. The club will reimburse this cost once you have completed this course if you are willing to help out with an age group each week.

Results HQ

To view your child's results, you will need to log in to Results HQ. You will need to have paid the club registration fee to have access.

The login details are as follows:



Website: [Results HQ](#)

Username: Your family username is the email address you used to register your primary member with (usually your oldest child)

Password: Your password is the Login ID of your primary member when you log in to LA Vic.

You can view your whole family's results on one page, and also view all MLAC results. Tickets can be printed out to keep. We endeavour to have the results available by Sunday evening.

Parking

Please note: do not enter Mornington Secondary College via the main gates opposite Bunnings. There is **NO PARKING** available for us in the basketball stadium car park, as this area is for the exclusive use of those attending the basketball stadium. We have also been asked not to park near the swim centre. We are to use the land at the north end of the school for parking. Access to this land is from **Eagle Street**, which is at the set of traffic lights at the Bata intersection with Nepean Hwy. If this area fills up, there is minimal parking within the school grounds – along the driveway at the front of the school, the fenced basketball courts just past the bus bays and the staff car park. We have been asked to advise that there is to be **STRICTLY NO PARKING ALONG NEPEAN HIGHWAY!!**

Dog Policy

Please note that we have a strict **NO DOGS** policy on competition days. There have been a number of incidents and near misses over the past few years, plus we have a few athletes with dog allergies and those who are scared of dogs. We would greatly appreciate if you left your dogs at home. Can you please communicate this to any extended family members or friends who come down to watch during the morning.

First Aid

We are fortunate this season to have Nerissa Crombie overseeing our First Aid program. Any first aiders that are willing to assist Nerissa (for those times when she can't be at little aths) would be greatly appreciated. Please make contact with a committee member who will introduce you to Nerissa.

What happens in the event of Wet Weather/Extreme Heat

When the weather forecast does not look great, the committee makes a decision by 8:00 a.m. on the morning of competition whether the competition day will go ahead or be cancelled. In the event of cancellation a notice will be posted on the following sites:

Website www.morningtonlittleleaths.org
Facebook www.facebook.com/mlac82

Instagram www.instagram.com/morningtonlac
Twitter [@mlac82](https://twitter.com/mlac82)
Team App www.teamapp.com/

We communicate with our members almost exclusively via electronic means. We will always email you important information, but it is also distributed via our Facebook page and Team App.

Website

www.morningtonlittleleaths.org

Most club information can be found here - if there is anything important missing, please let us know.

Team App

As with previous years, we will be utilising Team App to get information out to our members and their families about news and events around the centre.

Download Team App (it's free!) from iTunes or the Play Store and search for Mornington Little Athletics.



Facebook

We also have a Facebook page filled with news and photos of our athletes. Make sure you "Like" it to see posts in your Newsfeed. If you do not wish to have your child's photo published, please email Little Athletics Victoria to notify them, and send an email to our secretary Jo Fischer jfischer@morningtonlittleleaths.org. She will endeavour to ensure your child's photos are never published



Weekly Program

This week's program is Program 5 and can be downloaded by clicking [here](#).

BBQ / Coffee Van

Our BBQ raises much needed funds for the club. Thank you to Sue Cook for taking on the role of BBQ Co-ordinator this season - it's a big role and the club appreciates you taking it on. Sausages in Bread, Egg & Bacon rolls and maybe another special surprise will be available.

Brew Up Bar will be providing our coffee needs on a Saturday morning this season; for your morning coffee fix, come and say hi to Bernadette.

We hope that you enjoy the day and the season ahead. Remember that if you have any questions or problems, please don't hesitate to approach one of our committee members (we are the ones wearing the orange polo shirts).

Regards,

Mornington Little Athletics Centre

mornington@lavic.com.au

PO Box 544

Mornington, Victoria 3931

<http://www.morningtonlittleleaths.org>

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