

Whittlesea City Little Athletics Centre



Reg. No. A0061786G
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MEADOWGLEN INTERNATIONAL
ATHLETICS STADIUM
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NEWSLETTER - WEEK 10, SATURDAY 8TH DECEMBER, 2018

"Family, Fun & Fitness"

18/19-08

"Be Your Best"

Welcome: Welcome to all Athletes and Families to Week 10 of Competition. Today is our Combined Events (formerly Multi's) Round and first call of events is at 8.30am.

SunSmart: Please ensure you protect your child/ren, and yourselves, from the harsh effects of the weather. Encourage the kids to wear a Sun Smart hat, Club Jacket and sunglasses as well as putting on sunscreen. Note, there is sunscreen available at your Club tables. Finally, please ensure the kids have a drink bottle to keep themselves hydrated throughout the day and encourage them to sit under the gazebos/tents at events.

Sponsors: Located throughout the newsletter are our Sponsors. We encourage you to support these businesses as they have all generously supported our Centre.

Fundraising: The Tigers Club is rostered on for fundraising this week. Please support all Club's in their fundraising endeavours.

ResultsHQ Athletes Performances can be viewed on ResultsHQ – please see your Club for assistance in accessing this information.

TeamApp: Please don't forget to sign up to WCLAC Team App which is a wonderful communication tool to stay in touch with what is going on at the Centre. Please see flyer attached for details on how to join.

Northern Metro Region Combined Events Carnival

CONGRATULATIONS TEAM THUNDER WE HAVE YET AGAIN TAKEN OUT THE TROPHY FOR THE NMR COMBINED EVENTS CARNIVAL (previously known as Multi's)!!

Every single athlete contributed to this outstanding result you all made Lisa and Sammy very proud of you all walking around throughout the day you all had such determination and has all paid off 😊 and yet again a victory for Whittlesea City. All of those whom competed thank you this could not have happened without you.

Also a huge Thank you to every single parent on who supported the athletes you all did an amazing job helping and supporting where needed Lisa would yell out is any one able to help and there was always someone there to help couldn't be more happier you all are such amazing supportive people. A big shout out to Lisa my back bone without you I wouldn't of been able to do it. A massive Thank You to our discus and long jump Chief s Julie Sim and Vikki Johnson whom gave up the whole day to chief these events for our centre .😊 Also once again thank you Aaron and Sue from Diamond Valley whom transported our tent too and from the venue. Just one last thing Thank You Tony for everything you did for our centre Whittlesea City we all should be very proud of our president Tony was super supportive 😊

Final Results for the Bernadette Barnett Memorial Trophy:

1 st Place	Whittlesea City 112	163.5
2 nd Place	Essendon 73	125.0
3 rd Place	Keilor 46	124.5
4 th Place	Diamond Valley	98.5
5 th Place	Sunbury 83	67.0
6 th Place	Preston Reservoir 22	26.5
7 th Place	Craigieburn 121	23.0
8 th Place	Coburg 5	10.0
9 th Place	Hume 78	5.0
10 th Place	Kilmore & Districts 111	4.0
11 th Place	Lancefield/Romsey 127	3.0

TELSTRA STORE
PLENTY VALLEY



Northern Nitro Athletics Challenge

Unfortunately, due to inclement weather our first Nitro Event scheduled for Friday, 23rd November 2018 was cancelled.

More than 70 U/13 to U/16 athletes across the Region registered for this exciting event and we encourage WCLAC athletes to register for the next Northern Nitro event at Keilor LAC on Wednesday, 19th December 2018.



ENTRIES OPEN

Entries for the 2019 Region Track and Field Carnivals are now open. Follow the links through to your individual Region to enter today!

👉 <https://lav.lc/2E1s8OW>



Dates to Remember

13th Dec 2018 - 2018 Zatopek: 10 @ Lakeside Stadium

15th Dec 2018 - State Relay C'ships @ Lakeside Stadium

16th Dec 2018 - Dress Up Day at Weekly Competition

19th Dec 2018 - Northern Nitro Athletics Challenge @ Keilor LAC



Coles Patch - Club Uniforms

Please ensure your child's Club Competition has the Coles Patch affixed. Coles patches can be obtained from your Club Table.

Previous Jetstar patches are to be removed, or if sublimated, the Coles Patch is to cover it completely.

Whittlesea City - Combined Events Round

This weeks' competition is Combined Events Round (formerly Multi's). Athletes will earn points based on their athletic performances in each event and these points are tallied to determine the winner in each Age Group.

Point tallies will be posted in the Club Room windows throughout the competition. 1st, 2nd & 3rd Placegetters will be awarded Sashes. The Sashes will be presented throughout competition next Sunday, 16th December 2018.

The Combined Events Round program can be viewed in the following page.

AcademyCoach.com.au

QUALIFIED MASTER LEVEL HURDLES COACH
Coaching Whittlesea City Athletes

COMBINED EVENTS - 08th DECEMBER 2018

ON TRACK

GIRLS U6																						
BOYS U6																						
GIRLS U7		SP 2		100M - BS		LJ 2					LJ 2										300M	
BOYS U7		DISC 1		100M - BS		LJ 1					LJ 1										300M	
GIRLS U8		LJ 2		100M - BS		SP 1					SP 1										300M	
BOYS U8		LJ 1		100M - BS		DISC 1					DISC 1										300M	
GIRLS U9		100M - BS		LJ 2		60MH				45cm	60MH										SP 2	800M
BOYS U9		100M - BS		LJ 1		60MH				45cm	60MH										DISC 1	800M
GIRLS U10		100M - BS		SP 1		60MH				60cm	60MH										LJ 2	800M
BOYS U10		100M - BS		DISC 1		60MH				60cm	60MH										LJ 1	800M
GIRLS U11		SP 1		60MH		100M - BS				60cm	100M - BS										800M	LJ 2
BOYS U11		DISC 2		60MH		100M - BS				60cm	100M - BS										800M	LJ 1
GIRLS U12		LJ 4		80MH		SP 2				88cm	SP 2										100M - BS	800M
BOYS U12		LJ 3		80MH		DISC 2				88cm	DISC 2										100M - BS	800M
GIRLS U13		80MH		100M - BS		LJ 4					LJ 4										800M	SP 1
BOYS U13		80MH		100M - BS		LJ 3					LJ 3										800M	DISC 2
GIRLS U14		80MH		SP 2		100M - BS					100M - BS										LJ 4	800M
BOYS U14		90MH		DISC 2		100M - BS					100M - BS										LJ 3	800M
GIRLS U15 & U16		90MH		LJ 4		100M - BS					100M - BS										SP 1	800M
BOYS U15 & U16		100MH		LJ 3		100M - BS					100M - BS										DISC 2	800M

** LJ 3 IS LOCATED AT THE TJ 1 AREA, LJ 4 IS LOCATED AT THE TJ 2 AREA **

DRESS UP DAY ON 16/12/18

COMPETITION DAY



Eg. Steve – Spiderman

Prize will be given to the best costume.

Dress up as anything that begins with your first initial in your First Name.

SUBWAY Registration Tag must be worn on the front of your costume

PARENTS ARE ALSO
ENCOURAGED TO DRESS UP



TRACK SAFETY GUIDELINES

Dear Parents & Athletes,

As we are now nine weeks into the season, it is prudent that we follow the track safety guidelines. These guidelines are not new, they have been around for many years, however for one reason or another they have gone by the wayside or forgotten. The safety guidelines are as follows:

- * Athletes are only allowed to cross into the centre of the track via the large orange cones (one area at each end of the front straight)
- * No athlete is allowed to cross the centre field grass area - unless being marshaled for OnTrack
- * No athlete is allowed to be out in the centre grass area - unless with special permission by either Competition Director, Arena Manager or undertaking OnTrack session
- * Athletes must walk around the outside of the track to field or race events in the back straight
- * No athlete is allowed to wear spikes outside of the arena - they must take these off (This is no different when competing at Region or State)
- * When athletes have finished their race they are to walk on the outside of the fence back to collect their bags etc

We will allow a two week grace period for everyone to understand these safety guidelines, which will begin this week.

Effective from Weekly Competition on Sunday 16th December 2018, if an athlete is found in breach of any of the above safety guidelines they will still be allowed to compete at the event, but will NOT receive any points.

Regards,
Tony Newstead
WCLAC President



WHITTLESEA CITY LAC NOW HAS ITS OWN APP



Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the Whittlesea City LAC App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Whittlesea City LAC".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to whittleseacitylac.teamapp.com to sign up and view this App online.



Need help?

Contact: Tony Newstead (Secretary WCLAC)

Email: whittleseacity@lavic.com.au

Phone: 0431 665 350

teamapp.com

Inclement Weather

In the event of inclement weather on Competition or Training Days please look out for notifications of the Centre web site, Team App and Facebook.

Please note, the Newsletter is available on our web site www.whittleseacitylac.com.au and via Team App and Facebook..

www.whittleseacitylac.com.au

WELCOME TO SPONSORS FOR THIS SEASON

TELSTRA STORE
PLENTY VALLEY



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Windows

uPVC Framed Double Glazed Windows & Doors

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Coaching Whittlesea City Athletes

SPORT FIRST

FIRST FOR SPORT