



Whittlesea City Little Athletics Centre



Reg. No. A0061786G
ABN 11 364 206 935
MEADOWGLEN INTERNATIONAL
ATHLETICS STADIUM
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EPPING VICTORIA 3076

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NEWSLETTER - WEEK 11, SUNDAY, 16TH DECEMBER, 2018

"Family, Fun & Fitness"

18/19-10

"Be Your Best"



We Wish You a Merry Christmas
and a Safe and Prosperous New Year!



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



Welcome: Welcome to all Athletes and Families to Week 11 of Competition. Today's competition is the final one for 2018 before the Christmas and New Year break. Not only is it a Twilight competition but it is also Dress Up Day and InterCentre Round with our friends from the Diamond Valley Centre. Competition Program is attached and first call of events is at 4.30pm.

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 Metro 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.

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.



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2018 SUBWAY State Relay Championships

Best wishes to all Athletes and Relay Teams who are representing Whittlesea City and their Clubs at the SUBWAY State Relay Championships on Saturday, 15th December 2018.

We look forward to hearing all about your wonderful performances and achievements.

GO THUNDER!



Dates to Remember

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

19th Jan 2019 - Weekly Competition Resumes
after Christmas/New Year Break

2019 Region Track & Field Carnival

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>



NITRO ATHLETICS

Wednesday 19 December - 6PM - Keilor LAC



UNDER 13 - 16 ONLY

Events: The events on offer will be as follows:

- 150m Sprint
- 80m Hurdles
- Javelin Target
- Long Jump Challenge
- Elimination Mile
- Hurdles Relay
- And a few others...

Please register your attendance: <https://goo.gl/Mormsfc7N821yhYag7g9s2>

AcademyCoach.com.au

QUALIFIED MASTER LEVEL HURDLES COACH
Coaching Whittlesea City Athletes

PROGRAM D - 16th DECEMBER 2018

ON TRACK

Event	Distance	Time	Location	Notes
GIRLS U6				
BOYS U6				
GIRLS U7	D2 WC & DV	300M	ON TRACK	60M
BOYS U7	D1 WC & DV	300M	ON TRACK	60M
GIRLS U8	SP 1 WC & DV	60MH	LJ 1 WC & DV	300M
BOYS U8	SP 2 WC & DV	60MH	LJ 2 WC & DV	300M
GIRLS U9	60MH	45cm	LJ 2 WC & DV	D1 WC & DV
BOYS U9	LJ 1 WC & LJ 2 DV	60MH	D1 WC & D2 DV	700MW
GIRLS U10	60MH	60cm	T JAV WC & DV	1100MW
BOYS U10	60MH	60cm	HJ3 WC & HJ4 DV	HJ3 WC & HJ4 DV
GIRLS U11	60MH	60cm	1100MW	T JAV WC & DV
BOYS U11	60MH	60cm	1100MW	100M
GIRLS U12	1500MW	60cm	SP 1 WC & SP 2 DV	HJ1 WC & HJ2 DV
BOYS U12	1500MW	60cm	D1 WC & D2 DV	SP 1 WC & SP 2 DV
GIRLS U13	HJ1 WC & HJ2 DV	1500MW	1500MW	80MH
BOYS U13	1500MW	70cm	HJ1 WC & HJ2 DV	80MH
GIRLS U14	TJ 1 WC & TJ 2 DV	1500MW	1500MW	80MH
BOYS U14	1500MW	70cm	TJ 1 WC & TJ 2 DV	80MH
GIRLS U15 & U16	1500MW	70cm	LJ 1 WC & DV	90MH
BOYS U15 & U16	JAV WC & DV	1500MW	1500MW	90MH

** 2 JUMPS AND THROWS PER ATHLETE**

** 6 JUMP ATTEMPTS IN HJ PER ATHLETE**

** HJ3 WILL BE NEXT TO THE JAVELIN AREA **

** HJ4 WILL BE NEXT TO THE HAMMER THROW CAGE AREA **

** CENTRES TO PROVIDE 1 AGE GROUP TEAM MANAGER FOR U7-U11 MALE & FEMALE ATHLETES (WC & DV) **

** ATHLETES: CHOOSE 2 OF THE 3 TRACK EVENTS LISTED TO COMPETE IN. (FOR U11 - U16 AGE GROUPS ONLY) **

** WHERE LISTED ON THE PROGRAM, (WC) WHITTLESEA CITY ATHLETES WILL COMPETE AT LJ1, HJ1, TJ1, SP1, DISC1 (D1) & HJ3 EVENT AREAS **

** WHERE LISTED ON THE PROGRAM, (DV) DIAMOND VALLEY ATHLETES WILL COMPETE AT LJ2, HJ2, TJ3, SP2, DISC2 (D2) & HJ4 EVENT AREAS **

** AT SOME FIELD EVENTS, WHITTLESEA CITY & DIAMOND VALLEY ATHLETES WILL COMPETE TOGETHER AS LISTED ON THE PROGRAM ABOVE**

** FOR ALL ATHLETES COMPETING IN THE RACE WALK, DO NOT WEAR ANY CLOTHING PAST THE KNEE **

CENTRE ROLES & RESPONSIBILITIES

CLUB CHIEFS - FIELD
DVLAC TJ 2 x 1
DVLAC LJ 2 x 1
DVLAC HJ 2 x 1
DVLAC HJ 4 x 1
DVLAC SP 2 x 1
DVLAC DISC 2 x 1
EPPING JAV x 1
EPPING TJ 1 x 1
MPSM DISC 1 x 1
MPSM SP 1 x 1
NS HJ 1 x 1
NS HJ 3 x 1
METRO LJ 1 x 1

CLUB CHIEFS - TRACK
METRO F/S Timing Gates x 1
DVLAC F/S Marshall x 2
MPSM F/S Marshall x 1
MG/L B/S Timing Gates x 1
MG/L B/S Marshall x 1
DVLAC B/S Marshall x 2
TIGERS Circular x 2
DVLAC Circular x 2
WCLAC Starters x 3
DVLAC Starters x 3
NS Recording Room x 2
DVLAC Recording Room x 2
WCLAC Walk Judges x 3
DVLAC Walk Judges x 3

* Competition Setup time: 3.00pm, Competition Start time: 4.30pm

* Clubs to provide 1 person for setup & pack up

* Centres to provide Chiefs for their allocated event listed above.

* 3 Parents helpers required to support event Chiefs for field events only.

* Centres to provide 1 age group Team Managers for U7-U11 (WC & DV)



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

CENTRE RECORDS

Congratulations to the following athletes who have achieved Centre Records in recent weeks:

Name	Event	New	Old	Date
Amelia Djeric	U12 Girls 100m	13.75	13.78	6/10/2018
Amelia Djeric	U12 Girls 200m	28.11	28.4	13/10/2018
Grace Farah	U11 Girls Long Jump	3.66	3.58	12/10/2018
Jayden Day	U16 Boys 1500m Walk	8:46.24	9:34.24	12/10/2018
Qudre Tuakana-Kuki	U11 Boys Discus	35.35	30.06	2/11/2018
Amelia Djeric	U12 Girls 100m	13.65	13.75	2/11/2018
Grace Farah	U11 Girls Long Jump	3.77	3.66	24/11/2018

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.

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

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