

Whittlesea City Little Athletics Centre



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NEWSLETTER - WEEK 14, FRIDAY, 1ST FEBRUARY, 2019

"Family, Fun & Fitness"

18/19-14

"Be Your Best"

Welcome: Welcome to all Athletes and Families to Week 14 of Competition.

This week's program is a Modified Program A (see copy of program on Page 3). First call of events is at 6pm.

Parents rostered for set up are required at the track from 4.30pm to ensure competition starts at 6.00pm.

Athletes & Parents Please note:

- Athletes must wear their Subway Registration in order to compete!
- U7 Athletes will now compete in 4 events. (No On Track post Christmas).

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 Northern Stars Club is rostered on for fundraising this week. Please support all Club's in their fundraising endeavours.

Canteen: The Council is currently seeking Expressions of Interest to operate the Canteen/Kiosk at the track. This week Northern Stars Club will be selling drinks whilst the Epping Club will be firing up the BBQ!!!

Also, Ev from the Barista Sisters will be absent this week as the coffee van undergoes some repairs to the electrical system. Ev is looking forward to being back at competition next weekend!

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.

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.



2019 State Combined Events Championships

This event is being held this Saturday, 2nd February and Sunday, 3rd February at Lakeside Stadium.

We wish all athletes representing W.C.L.A.C. and their Clubs all the very best and look forward to hearing all about your wonderful performances.



NITRO ATHLETICS

Thursday 21 February - 6PM - Willinda Park



UNDER 13 - 16 ONLY

We are super pumped about our next Northern Nitro Athletics Challenge. The last one for the year will be held Thursday, 21 February 2019. (please note we have moved the date from 23 January)

Northern Nitro Athletics Challenge is for Under 13 - Under 16. This will be taking place at Willinda Park, starting at 6pm.

To help in arranging the teams, please register your attendance: <https://goo.gl/forms/IMi2O17IBAHpjzu1>

Please register your attendance: <https://goo.gl/forms/jc7N821yhYaq7g9s2>.

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

AcademyCoach.com.au

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Coaching Whittlesea City Athletes

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.

www.whittleseacitylac.com.au

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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