

BMLAC News

Edition 1
Saturday 7 October, 2017

President's Welcome

A huge hello and welcome to all athletes and families (both new and returning) to the start of our 2017-2018 season of Little Athletics here at Masons Lane in Bacchus Marsh.

I am looking forward to a season where our young athletes achieve many Personal Bests over the coming months, develop new friendships, have fun and meet some challenges learning the different events they will compete in each week.

I know several athletes have been "hanging out" for the season to begin, so it is great to see such enthusiasm and excitement before we have even kicked off and I hope it continues throughout the season as well.

If you have any questions, concerns or ideas for the Centre, please feel free to approach and speak to any of our Executive Committee as we are all here to ensure the smooth running of our Centre and we need everyone's help to continually develop and grow BMLAC.

Please be assured that we have a very dedicated and hardworking Executive Committee along with our Team Managers, our event Chiefs and our parent helpers and that all of these individuals are volunteers and are here to help run the events every Saturday so our athletes can achieve.

Don't forget to keep up to date with what's happening at BMLAC and LAVic by checking out our noticeboard outside the Office, our website, Facebook and Team App on a regular basis as all of these avenues provide a wealth of information on events, results, photos, and news that is occurring at Little Athletics.

The Centre handbook also provides a list of our weekly programs and what Special Event Days are set in our calendar for the upcoming season.

Can I ask that everyone be patient on our first day on Saturday 7th October, as it can be a bit hectic as we settle in to our Clubs, get all the gear for the events organised and we get the first events underway.

I look forward to meeting many of you over the weeks ahead and hope you enjoy your time at BMLAC.

Remember kids to **"Be Your Best"**

Cheers
Maria Downes
President



Weekly Results

All athlete's results will be recorded and available via Results HQ [HERE](#).

View the tutorial video [HERE](#) to get a better idea of what your family and members can see when they log into their profiles. You will require your username (email address used to register with the LAVic registration portal) and password (username used to register).



Spectators at Events

Only officials and competitors are permitted within the infield. Parents/guardians **are not** entitled to enter the infield unless officiating at an event. The BMLAC Executive reserves the right to enforce this regulation.

Athletes must not cut through the centre of the track. **The track must only be crossed at the designated crossing areas.** This is vital to ensure the safety of all.

Registration Tags

Registered athletes can collect their Subway Registration Tags from their Team Manager on Saturday.

Please ensure all athletes have their Registration Tags attached to their Club polo shirt. Athletes not wearing their tag will not receive points.

No Athlete Drop Off

Children should NOT be dropped off at Little Athletics on competition day, a parent/guardian must be in attendance whilst your child is competing in all Centre meets.

Uniforms/Merchandise

All athletes must wear **correct uniform** when competing. This includes Club polo shirt and plain black shorts (no skins allowed). Athlete's **registration tags** must be attached and displayed on the front of your club shirt.

The following items are currently available for purchase from the Office:

- Club Shirts - \$25
- Black Shorts - \$15
- BMLAC Hoodies - \$40
- BMLAC Bucket Hats - \$15
- BMLAC Caps - \$10
- BMLAC Gear/Shoe Bag - \$10
- BMLAC Singlets - \$25



BMLAC Crop Tops

Several members have expressed interest in purchasing Crop Tops for LAVic Region & State events. The Centre require deposits for 20 tops to proceed with placing a minimum order of 25. If you are interested, please submit an order with a \$20 deposit by Saturday 21 October. The balance of \$15 to be paid on receipt of the crop top.



Footwear/Running Shoes

Footwear is compulsory for ALL athletes in ALL events.

The use of spikes for Under 11-16 athletes is permitted only in the listed events below

- Under 14-16 age groups:
Track Events: all events
Field Events: Long Jump, Triple Jump, High Jump, Javelin
- Under 11-13 age groups:
Track Events: 70m, 100m, 200m, 400m
60mH, 80mH, 200mH
Field Events: Long Jump, Triple Jump, High Jump, Javelin

The size of the spike **must not exceed 7mm** and **only conical or pyramid** will be permitted.

Please ensure no longer than 7mm spikes are used on the new run-ups during training sessions.

Relays

Bacchus Marsh Little Athletics Centre invites ALL registered athletes in the Under 9 – 15 age groups to take part in this year's Little Athletics Victoria Relay competition. In keeping with Centre policy, all interested athletes will be placed in relays teams where possible.

Region Relays: Saturday 25 November, Geelong

State Relays: Saturday 16 December, Lakeside Stadium, Albert Park.

****Athletes must be available to attend on both dates****

Please complete the Relay Expression of Interest Form [HERE](#) and hand it to your team manager by 12 noon on Saturday 21 October.

Interested athletes will be contacted by their age group coach with more information. The cost of relays this year is incorporated into registration fees, which covers both Region & State relays. If you are available to coach please indicate on the Relay Expression of Interest Form.

Open Days

Little Athletic Centres throughout Victoria conduct Open Days at which all registered athletes may compete. Correct Centre uniform is to be worn to all Open Days. Open Day entry forms [HERE](#).

Junior Development Squad (JDS)

The Junior Development Squad (JDS) gives U12 – U16 athletes an opportunity to gain new skills and improve technical competencies through participation in coaching and training sessions with some of Victoria's leading coaches. Training with other keen and enthusiastic squad members is both fun and motivational and helps develop new friendships based on an enjoyment of athletics. The emphasis on learning new athletic skills and improving existing ones is in a friendly and supportive environment.

To join JDS, athletes must achieve the qualifying standard in their current age group of the season. Athletes must achieve one standard on two separate occasions or two different standards, once. This ensures that the performances show a consistency and not just a once off.

Further details and the registration portal [HERE](#).



Officials

For the day's competition to run smoothly at least 50 adult helpers are required. Parents are expected to assist with the operation of Little Athletics by carrying out a duty. The number of times that this is required varies from Club to Club. Duty may consist of junior age group marshal, event official, recording duty, canteen duty, just to name a few. Most parents enjoy 'officiating' at an event and there is always a Chief Official to assist you with the education of officiating.

At the completion of the day's program parents are required to help with pack up of the equipment.

Cross Country Presentations

The Centre Cross Country presentations were held on August 12.

Thank you to everyone who contributed to another successful Cross Country season for the Centre. Special thanks to the rabbits, starter marshals and recorders, photographers, those who set up the courses each week. Finally, a big thank you to our Cross Country Co-ordinator, Karen Bresnan.

Season awards were presented as follows:

Champions Awards

Junior Champions – Sarah Burton, Imogen Lidgett-Egan & Kai Cunningham

Intermediate Champions – Tamara Henry & Mitchell Wells

Senior Champion – Kirsty Bresnan & Jack Musaerts

Encouragements Awards

Junior Encouragement Awards – Sailah Wisewould, Phoenix Dart

Intermediate Encouragement Awards – Mackenzie Dart & Braydn Rich

Senior Encouragement Awards – Kayla Downes & Talyn Dart

Milestone Awards

Bronze Club Members (25 runs)

Aisha Lidgett-Egan, Imogen Lidgett-Egan, Oskar Kucera, Mitchell Wells, Kira Watts, Tyrah Doyle, Ben Peterson, Harna Farrugia, Rebecca West

Silver Club Members (50 runs)

Freya Lidgett-Egan, Oliver Lidgett-Egan

Gold Club Members (75 runs)

Kayla Downes, Keely Rich

Platinum Club Members (100 runs)

Evana Miesen



Social Media/Team App

Stay up to date with important BMLAC information via [Facebook](#) or [Team App](#).

Dogs

For the safety and convenience of all, dogs are not permitted at Masons Lane Reserve during competition.

Crank Coffee

Crank Coffee will attend Little Aths meets on the following dates:

Oct 7, 14, 28. Nov 4, 12, 18, 24. Dec 2, 9, 15, Jan 13, Feb 3, 10, 16, 24. Mar 3, 9, 24.



Training

Training will be held on Tuesday's 5-6pm at Masons Lane.

Only BMLAC registered athletes are permitted to participate.

Coming Events

Oct 07 – BMLAC Season Starts

Oct 08 – [JDS Day 1](#)

Oct 14 – BMLAC Official Opening

Oct 21 – [Relay Expression of Interest Forms Due](#)

Oct 22 – [JDS Day 2](#)

Nov 03 – [Vic All School T&F Championships](#)

Nov 12 – BMLAC Multi Event

Nov 19 – [JDS Day 3](#)

Nov 24 – BMLAC Twilight Meet

Nov 25 – [Region Relay Championships](#)

Dec 03 – [U6-8 Skills Clinic and Carnival](#)

Dec 14 – [Zatopek 10](#)

Dec 15 – BMLAC Twilight Meet

Dec 16 – [State Relay Championships](#)