

BMLAC News

Edition 2
Saturday 21 October, 2017

President's Welcome

Well we are off and running and after our first two weeks our athletes will be starting to achieve some Personal Bests as we repeat events throughout our weekly programs.

It is great to see our Relay teams preparing for Region with training occurring on a regular basis during the week and/or after Little Athletics on a Saturday.

Many thanks to our Coaches and volunteers helping prepare the Relay teams and assisting our athletes learn additional new skills for the upcoming first competition on 25th November.

As Coles are now the naming Sponsors of Little Athletics Victoria we will be issued with Coles patches to be placed on all Club polo shirts in the next few weeks.

When these patches arrive please ensure they are sewn onto the Club polo as required. We will issue instructions on where they are to be attached on the polos once we receive them at the Centre.

We will also be looking for a volunteer/s to change over the Jetstar patches we currently have on our Centre singlets to the new Coles patches, as these will be required to be changed, I presume, prior to the Region Relays in November.

To ensure our weekly events run well and efficiently we are going to need more Parent volunteers to help us complete all events. There

are simple tasks at most events such as recording, measuring, spiking etc., so nothing to difficult and I encourage every parent to have a go so they can learn the skills of the various events and have a better understanding of what your athletes are competing at and trying to 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.

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

Cheers
Maria Downes
President



Weekly Results

For those who haven't accessed their results before, you will need to do so through ResultsHQ [HERE](#)

ResultsHQ communicates directly with our registration portal, which means that your primary email address that you used during registration, will become your username for ResultsHQ.



Family ResultHQ Log In Steps

To log into your family area to view results, tickets and graphs follow these steps:

1. Go to www.resultshq.com.au
2. Click on Forgot My Password
3. Enter your email as your username
4. Press Submit
5. You will get an email with the log in details for your family area

Any queries on results email us at info@bacchusmarshlittleathletics.org.au

BMLAC Crop Tops

Crop Top Order Forms are due today with a \$20 deposit.

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.

The balance of \$15 to be paid on receipt of the crop top.



Relays Forms Due

[Relay Expression of Interest Forms](#) are due to your Team Managers this Saturday 21 October.

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****

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.

Training

Training sessions are held on Tuesday's 5-6pm at Masons Lane.

Only BMLAC registered athletes are permitted to participate.

We encourage all parents of junior athletes to watch this high jump video with your children. This may help them understand the scissor technique we are teaching the athletes.



Records & Rankings

Congratulations to Nelson Banigo who broke the first record for the 2017-18 season. Nelson ran 31.27 seconds for the Boys Under 9 200 metres.



Name: Daen Sadhai

Club: Boomerangs

Age Group: Under 16's

How long have you been involved at BMLAC?

This will be my 9th year. I wasn't here in under 7s because my brother Nate was a bit crazy at the time.

What are your favourite events?

My favorite events are Triple Jump, High Jump and 400m

Most memorable moment at Little Athletics:

Representing Bacchus Marsh in the State Cross Country Championships where I came 4th

What do you like

about Little Athletics? I like the community surrounding it. Athletics is very competitive but it is a fun competitive.

Your thoughts on being elected BMLAC

Centre Captain: It is an honor being elected captain. I am very happy to be captain and I hope I can be fun whilst being a leader.

Who is your sporting hero and why? Usain Bolt, because of his chill attitude on and off the field. Of course he had to be competitive but he made what he wanted to do fun.

Other sports you compete in other than

Little Athletics: AFL footy

Do you have other family members involved in athletics? If so, how are they involved?

My little brother Nate, and sister both do little athletics.



Centre Captain Profiles

Name: Keely Rich

Club: Dolphins

Age Group: Under 16

How long have you been involved at BMLAC?

Since Under 6, this is my 11th year

What are your favourite events? Javelin, Discus & Shot Put

Most memorable moment at Little

Athletics: The first time I broke the Under 15 Javelin Record

What do you like about Little Athletics? The atmosphere, seeing my friends and helping out.

Your thoughts on being elected BMLAC

Centre Captain: I was stoked that the Committee thought highly enough of me to be the Captain.

Who is your sporting hero and why? Sally Pearson because when I was little I wanted to be just like her.

Other sports you compete in other than

Little Athletics: Athletics is my number one sport.

Do you have other family members involved in athletics? If so, how are they involved?

I have two younger brothers who both compete, my dad is the team manager for Dolphins and mum assist him.



coles

Canteen

Bacchus Marsh Little Athletics



CANTEEN – HEALTHY CHOICES

Athletes can now nominate what healthy foods they would like to see in the canteen.

We need your feedback!



Lollies will not be placed on the counter until after 10.30am.

Coming Events

- 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](#)