

# BMLAC News



**Edition 1**  
**Saturday 5<sup>th</sup> October, 2019**

## President's Welcome

Welcome to all athletes and families (both new and returning), volunteers and the Executive Committee to the beginning of our 2019/2020 season.

If you have any questions, concerns or ideas for the Centre please feel free to approach and speak to any of our Executive Committee or Team Managers as we are all here to help you out and ensure our Centre stays a strong and focused Little Athletics Centre.

To ensure you keep up to date with what is happening at our Centre please refer to your handbook, our website and Facebook page on a regular basis as all these avenues provide a wealth of information on events, programs, results, photos and news that happens or is happening at BMLAC.

I ask everyone to be patient on our first day, Saturday 5th October, as it can be very hectic as we settle into our Clubs and ensure our Come & Try athletes are looked after, get everything organised for each event and get the athletes to their first events and underway to kick start our season.

We will hold our Official Opening at the beginning of our 2nd week of competition, Saturday 12th October, with the introduction of our Executive Committee, Team Managers and Centre Captains for the season.

I look forward to meeting and catching up with many of you over the coming weeks and I hope you all enjoy your time at BMLAC.

I also look forward to seeing all our athletes - young and old - achieve many Personal Bests (PBs) throughout the season as they develop new friendships, have fun and meet the challenges of learning new skills for every event they will compete in each week.

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

Cheers  
**Maria Downes**  
**President**



## Registration Tag & Centre Handbook Collection

Registered athletes can collect their Subway Registration Tag and Centre Handbook from the Little Aths Office on Friday evening between 5-6.30pm. Those that have not been collected will be available from your Team Manager on Saturday morning.

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

## 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.



## Relays

Bacchus Marsh Little Athletics Centre invites ALL registered athletes in the Under 9-16 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 23<sup>rd</sup> November, Geelong  
**State Relays:** Saturday 14<sup>th</sup> December, Casey Fields.

**\*\*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 19<sup>th</sup> 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.

## 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.

## Training

Training will be held on Tuesday nights 4.45-5.30pm for Under 6-9 athletes concentrating on education. Then training sessions for Under 10-16 athletes from 5.15-6pm. Only BMLAC registered athletes are permitted to participate.

## Uniforms/Merchandise

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

Uniforms and Merchandise can be preorder via our Online Shop [HERE](#). Orders will be ready for collection from the Office.

### PRICES

Club Polos \$27  
Shorts \$15  
BMLAC Shoe Bag \$15  
BMLAC Cap \$20  
BMLAC Hoodies \$42



## 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](#).

## 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.

## 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.

## 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 at all Centre meets.

## Canteen

The Canteen will be open from 10am to 12 noon on competition days.

## Coffee Van

The Mobile Coffee Man will be providing our Coffee this season and will be in attendance this week from 8am.

## Junior Development Squad (JDS)

The Junior Development Squad (JDS) gives U12 – U16 athletes an opportunity to develop additional 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](#).



## Social Media - Facebook

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



## Cross Country Presentations

The Centre Cross Country presentations were held on August 18.

Thank you to all those who contributed to our Cross Country season. Special thanks to all those who assisted with setting up our courses every Saturday morning. Thank you to the parents who rabbitted and encouraged our athletes around the courses. Thank you to our starter marshals and also to those who provided photos throughout the season. Finally, a big thank you to our Cross Country Co-ordinator, Vicki Cook.

Season awards were presented as follows:

### Champions Awards

**Junior Champions** – Myah Estlick, James White

**Intermediate Champions** – Mackenzie Estlick, James Burton

**Senior Champion** – Elise Cook & Zane Rich

### Encouragements Awards

**Junior Encouragement Awards** – Gemma Lee, Ryder Clarke

**Intermediate Encouragement Awards** – Ava Cook, Troy Lee

**Senior Encouragement Awards** – Tansy Seymour

### Milestone Awards

**Bronze Club Members** (25 runs)

Myah Estlick, Ava Cook, Tansy Seymour

**Silver Club Members** (50 runs)

Danielle Ide, Elise Cook



## Dogs

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



## Coming Events

- Oct 05 BMLAC Season Starts
- Oct 12 BMLAC Official Opening
- Oct 19 [Relay Expression of interest Forms Due](#)
- Oct 24 [State Primary School Championships](#)
- Oct 26-27 [Vic All Schools T&F C/Ships \(W/E 1\)](#)
- Nov 2-3 [Vic All Schools T&F C/Ships \(W/E 2\)](#)
- Nov 9 BMLAC Multi Event
- Nov 22 BMLAC Twilight Meet
- Nov 23 [Region Relay Championships](#)
- Dec 6-8 [Aust All Schools T&F C/Ships Perth](#)
- Dec 13 BMLAC Twilight Meet
- Dec 14 [State Relay Championships](#)
- Dec 14 [Zatopek:10 – Box Hill](#)