

BMLAC News



Edition 3
Saturday 21st November, 2020

President's Piece

Wow, our athlete registrations are currently sitting at 203 and still growing - so impressive and great to see.

It is fantastic to see everything running so well and our athletes achieving many PB's each week, as they are now learning and understanding the skills required for each event. It's wonderful to see such happy faces and I LOVE hearing from the athletes themselves with tales of their many PB's and their individual results.

Great to welcome back and see our Metro families return now the 'Ring of Steel' has been removed. We've missed you and hope you enjoy being back at BMLAC.

Thank you again to our hard-working volunteers, both new and old, helping us get through our weekly program.

The program ran very well last week, and I hope with you, as parents and guardians continued support, we will get it done in a timely manner enabling our athletes to continue their skill development.

I will be doing our second volunteer draw this Saturday for a \$30 Coles Myer Voucher, so if you want to be in the draw, I will see you out helping at an event this weekend. 👍

Please ensure every week you check in via the QR Code located around the Centre. This is vital for our compliance with COVID protocols and our COVID Officers will be checking in with you on

a regular basis with distancing, masks, scanning in, sanitising etc. I appreciate your support in making sure we get it right every week.

As always remember to keep informed make sure you refer to our website, Facebook page, handbook, newsletter, notice board and even the local newspaper to be kept up to date with stories, photos, results & what is happening at our Centre each week.

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](#).



New Committee Profiles

Name: Corinne Shea
Club: Blues
Position held: Secretary
Occupation: Project Engineer
How long have you been involved with BMLAC? This is our 4th year at BMLAC.
Why did you decide to join the BMLAC Committee? My girls really enjoy Little Aths and having been here a few years I wanted to be more actively involved in the Centre and give back to the community.
Do you officiate at BMLAC? If so what events to you like? I usually help out at Long Jump
Were you an athlete growing up? Or did you participate in other sports? I loved athletics and cross country at school but wasn't involved in Little Aths. I played netball instead.
Interests and hobbies: I've done a lot of jigsaw puzzles this year but also love the beach and catching up with friends and family.



continued that for 7 years. Along the way, I also did baseball, tennis and roller hockey.

Sporting Hero: Wayne Gretzky, Ice Hockey
Interests and hobbies: I enjoy helping with local sports. In addition to the time I spend with Little Athletics, I have also coached for the Bacchus Marsh Scorpions soccer club the last 2 years. I'm also an avid reader.

BMLAC Combined Event

Our Centre Combined Event (formerly Multi Event) will be held on Saturday 5th December at Masons Lane. There is no entry or fee payment required, as this is a scheduled BMLAC meet. All registered athletes will compete in five events (hurdles, sprint, distance, discus & long jump) gaining points in each event. All five events must be competed in to have completed the Combined Event, so please ensure you arrive by 8.30am for the first event. If one event is not competed in, that athlete will be deemed ineligible to win an award.

Presentations will be made the following week. Trophies are awarded to the winners of each age group with medals for second and third. All athletes will receive a Certificate of Participation.

Athletes must be in correct uniform (Club Polo and plain Black shorts), including Subway registration tags. Athletes not in correct uniform risk being disqualified.

Please ensure you arrive ready for the first event at 8.30am.

COVID Protocols

As per the Little Athletics Victoria COVID-19 protocols only attendees essential to the conducting of sanctioned events only are to be present. This includes supervising parents/guardians. No spectators will be permitted.

Name: Chris Ha
Club: Blues
Position held: Treasurer
Occupation: Insurance Underwriter
How long have you been involved with BMLAC? 9 years
Why did you decide to join the BMLAC Committee? I've enjoyed being a part of Little Athletics for the past few years and decided to take a more active role in helping the Centre.
Do you officiate at BMLAC? If so what events to you like? I've volunteered to help with events since the first season we attended. Over this time, I have officiated at High Jump, Long Jump, Shot Put, Discus, and as Race Starter. I've also coached the U9 and U10 Boys Regional and State Relay teams over the last two years.
Were you an athlete growing up? Or did you participate in other sports? I started Ice Hockey when I was about 8 years old. We then moved to Texas where ice rinks were hard to come by, so I started playing Gridiron and



Region Relays

Due to the proposed construction taking place at Melton athletics track, the Western Metro Region Under 9-12 Relays will relocate to Werribee. The date remains the same, Sunday 28th February 2021.

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.

This year there will only be Region Relays held for the Under 9-12 age groups. The athletes in the Under 13-16 age groups will compete at State and the Centre will enter teams directly into this Championship.

State Relays will be held over two days, the Saturday will be for Under 9-12, and Sunday will be the Under 13-16 age groups.

Region Relays: Saturday 28th February at Werribee

State Relays: Saturday 27th March at Casey Fields for Under 9-12 and Sunday 28th March at Casey for Under 13-16 athletes.

Relay Expression of Interest Form will be distributed to Under 9-16 athletes shortly.

Officials

For the day's competition to run smoothly at least 55-60 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.

Coming Events

Nov 23	Entries open for State Combined Events
Nov 27	Entries open for Region Track & Field
Dec 5	BMLAC Combined Event
Dec 18	BMLAC Twilight Meet
Jan 12	Entries close for State Combined Events
Jan 30-31	State Combined Event Championships
Jan 31	Entries close for Region Track & Field
Feb 13-14	Region Track & Field Carnival
Feb 28	Region Relay Carnival (U9-12 only)
Mar 13-14	State Track & Field Championships
Mar 27	State Relay Championships (U9-12 only)
Mar 28	State Relays Championship (U13-16)

