

BMLAC News

Edition 1
Saturday 7th October 2023



President's Welcome

Welcome to the first newsletter of the 2023/24 season for the Bacchus Marsh Little Athletics Centre.

First of all, let me welcome everyone new and old to BMLAC and say thank you for choosing us as your athletics Centre this season.

Let me introduce myself my name is Brett Edwards and I have stepped into the role as President of the Centre for this track and field and cross country season. This is my first time in such a role and have so far really enjoyed the challenges it has brought. Most people would remember me from being in such roles as Track and Field manager/announcer last year as well as the Cross Country Co-Ordinator for the last 3 seasons. Before my role as the Track and Field Manager, I was the Special Competition Manager for a season. My family has been involved now with the Centre for the last 4 years and we have enjoyed our time here.

I'd like to take this opportunity to thank those Committee members who stepped down at the end of last season. Thank you for the work you put into the Centre and the time you volunteered each week and weekend to ensure every Saturday was a success. I'd also like to take this opportunity to welcome all the new Committee members who joined us this year. We look forward to working with you and what you will contribute to the Centre as individuals through knowledge, expertise, or a fresh pair of eyes to evolve our Centre along with others in our region.

Moving into this Track and Field season we have set up a duty roster for all families to register their preferred Saturday to assist with volunteering to fulfill the program from week to week. A minimum of 6 days throughout the season; October till the

end of March 2024, is asked of each family. Not only will this allow for smoother ran Saturdays, this will hopefully start encouraging all family members to be a part of athletics, learning and understanding each event and having a small opportunity to see their children up close whilst competing each Saturday. Our Centre cannot operate without volunteers, I thank you for your co-operation in signing up to our roster.

Something new to keep an eye out for this season whilst volunteering at our field events is the new QR codes available on the folders to help guide and support you in your volunteering journey. These QR codes will demonstrate how to officiate each field event. I commend the Centre's new track and field manager, Andy for his tireless work implementing this for our Centre.

In addition, our Committee members are available to answer any questions you may have. You'll see each member walking around between events or officiating themselves, please ask one of us for assistance if needed. Alternatively, feel free to come and speak with myself. Remember, there are no stupid questions. Each Committee member has a wealth of experience so please pick their brains and ask the questions you need answers to.

This season sees the introduction of the parent duty roster. This system is in a trial phase so please bear with us as we navigate our way through the teething issues and the logistics of its implementation. Feedback can be directed to me via email - PresidentBMLAC@outlook.com

As we live in a state that experiences four seasons in one day, it is without saying that with each season we experience the possibility of cancellations to our competition days due to inclement weather such as rain out days and extreme days of heat. The Committee will ensure that the cancellations are

communicated to all families via our Facebook page and email. This cancellation will be notified no later than 7:35am for our Saturday program and by 3:30pm for our Friday program ensuring all families have enough time to organise themselves for the day/evening in the event of a cancellation. Please ensure you keep up to date with our [Facebook page](#) as this is our main form of communication with you all at short notice.

Our training sessions will commence on Thursday 12th October with our Under 6- 10 beginning from 4:30-5:15pm and our older athletes beginning from 5:15-6:00pm. Please note there will be no drop offs to training this season, if your child is attending training you must remain with your child as the primary care giver until the completion of the session. Cancellation of training will also be posted on our Facebook page no later than 3:00pm Thursday. Again, please check Facebook regularly.

We are child safe and inclusive Centre that prides itself of including and welcoming everyone. We have a zero tolerance to bullying and discrimination of any kind and we take such allegations very seriously. Bullying or negatively impacting others won't be tolerated and will be dealt with appropriately by the Committee.

Lastly, I'd like to wish all our athletes from Under 6 through to Under 17 the best of luck for season 2023/24. I encourage all of you to give it your best, practice as much as you can, improve your skills as athletes in all your events, participate in Region and State events and finally be a positive role model to those around you. Being a positive role to either those younger or older than you is what I'd like to see from all our athletes at BMLAC this year.

So go out there this year and be positive, be supportive, be encouraging, be a super star.

Cheers,

**Brett Edwards,
BMLAC President.**



Registration Tag & Centre Handbook Collection

Registered athletes can collect their Commonwealth Bank registration tag and Centre handbook from the Clubrooms this Friday evening between 5-6pm. 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. This is a Little Athletics Victoria compulsory requirement.

Uniforms/Merchandise

All athletes must wear correct uniform when competing. This includes Club polo shirt and plain black shorts.

Athlete's **Commonwealth Bank Registration Tags** must be attached and displayed on the front of your club shirt.

Uniforms and merchandise can be preordered via our Online Shop [HERE](#). Items will be available for pick up on Friday 6th October 5-6pm at the Clubrooms, prior to the start of our season. This pick-up time will avoid long queues on day 1. Further orders will be ready for collection on Saturday morning prior to competition commencing.



BMLAC Buy & Sell Facebook Page

A Facebook group for the Bacchus Marsh Little Athletics community to buy, swap and sell their second-hand athletics gear, running shoes, Club & Centre uniforms items only.

Join Group Now – [HERE](#).

Admins are not responsible for any transactions on this page.

Any posts not sales related will be deleted.

Please ensure your posts:

1. include a price,
2. a clear description of the item including condition, size, etc.
3. a clear photograph

When items are sold, please mark as SOLD.

Coles Patches

All athletes must have a Coles patch sewn on their Club polo. This is a compulsory requirement by LAVic. If you do not have a Coles tag, please collect one from the office on Saturday.

Patches must be sewn on the top right-hand side of the polo shirt.



Footwear/Running Shoes

Footwear is compulsory for ALL athletes in ALL events.

The use of spikes for Under 11-17 athletes is permitted only in the listed events below

- Under 14-17 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.

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 Committee 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.

Region/State Relays

Bacchus Marsh Little Athletics Centre invites ALL registered athletes in the Under 9–17 age groups to take part in the 2023/24 Little Athletics Victoria Relay competition. In keeping with Centre policy, all interested athletes will be placed in relays teams where possible.

Region Relays: Saturday 18th November, Melton

State Relays: Saturday 16th December, Lakeside Stadium

Athletes must be available to attend on both dates

Please complete the Relay Interest Form below and hand it to your team manager by 12 noon on Saturday 14th October. Interested athletes will be contacted by their age group coach with more information. The cost of relays 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. Relay Forms [HERE](#).



Training

Training will commence for all registered athletes on Thursday 12th October at Masons Lane Reserve.

The Under 6-10 athletes will be held from 4:30-5:15pm and the Under 11-17 from 5:15-6:00pm.

Coffee Van

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

Canteen

The Canteen will be open during competition days. This is one of our major fundraisers, so please support us!

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.

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 duties.

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.

Officiating Guidelines

This season we are introducing guidelines for our volunteers to use when officiating at Centre events.

The guides will assist officials with event roles and responsibilities.

All guides are now available on our website [HERE](#).

QR codes will be available on competition day, which will direct officials directly to the individual event guides.



Sample Long Jump QR

Dogs

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



Mobile Phones



Athletes are reminded that mobile devices must be left in your team area. Officials will be confiscating any phones taken to events.

No Smoking/Vaping or Drinking

Parents are reminded that there is no smoking/vaping or drinking of alcohol at Masons Lane Reserve during competition.

Cancellation of meets

In case of inclement weather, the Committee will meet on the morning of competition to assess the conditions and make a final decision as to whether competition will commence or perhaps be delayed.

Families are encouraged to keep an eye on Facebook for updates.

If competition is cancelled an email will be sent to all registered families.

Social Media - Facebook

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

Meet photos are published on our Facebook page each week.



Weekly Results

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



Set-Up and Pack-Up Duty

Clubs have been allocated duty for set-up and pack-up. It is imperative that families assist when your Club is on duty to ensure we are ready to commence competition, with all equipment in place and ready to use.

Your Club duty officer will be approaching you to assist. Please ensure you help out when asked. Set-up duty is from 7.30am (4pm on Twilight Meets) and Pack-up duty is when all competition has been completed.

Meeting Date	Set Up Duty Club	Pack Up Duty Club
Sat 7th Oct	Committee	Blues
Sat 14th Oct	Boomerangs	Eagles
Sat 21st Oct	Dolphins	Boomerangs
Sat 28th Oct	Blues	Dolphins
Sat 4th Nov	Eagles	Blues
Sat 11th Nov	Boomerangs	Eagles
Fri 17th Nov	Dolphins	Boomerangs
Sat 25th Nov	Blues	Dolphins
Sat 2nd Dec	Eagles	Blues
Sat 9th Dec	Boomerangs	Eagles
Fri 15th Dec	Dolphins	Boomerangs

Blues Duty Officer

The Blues Club requires a parent to volunteer as the Club duty officer for the season.

The duty officer will be required to assign parents to officiate at allocated events.

If you can help fill this role, please speak to the Blues team manager, Karen Stewart on Saturday.

Cross Country Presentations

The 2023 Centre Cross Country presentations were held on August 5.

Thank you to everyone who contributed to another successful season for our Centre. To the rabbits and turtles who guided and ensured the safety of our athletes – thank you! Special appreciation to Brenda and Brian who ran a BBQ which was a great fundraiser for our Centre. Thank you also to those who assisted at the finish line each week, whether it was recording, handing out placings, lining up our athletes or just ensuring the kids were well looked after; and to those who were course marshals – your help does not go unnoticed. A big thank you to our Cross Country Co-ordinator Brett Edwards, who not only set up our courses every week, but made sure athletes were prepared and ready for their races. And of course, a huge thank you to the parents/guardians who transported their kids to events throughout the Shire and supported them every week.

Season awards were presented as follows:

Champions Awards:

Junior Champions – Fletcher Reid, Zyrh Cameron

Intermediate Champions – Joshua Askew, Anni Clarke

Senior Champion – Lachlan Simons, Mia Preddy

Encouragements Awards:

Junior Encouragement Awards – Archie

Clarke, Victoria Hannam

Intermediate Encouragement Awards –

Sampath Dwarampudi, Mathilde Grant

Senior Encouragement Awards – Braydn Rich, Lily Norman

Milestone Awards:

Bronze Club Members (25 runs) - Victoria Hannam, Bowie Clarke, Hayden Tung, Rylee Robinson, Tait Ash, Archie Clarke, Fletcher Reid, Harry Wark, Anni Clarke, Scarlett Wake, Logan Simons, Mathilde Grant, Lily Norman, Lachlan Simons

Platinum Club Members (100 runs) – Braydn Rich



Coming Events

Oct 7	BMLAC 2023/24 Season Commences
Oct 14	BMLAC Official Opening – Program 2
Oct 21	Program 3
Oct 28	Program 4
Nov 4	Program 1
Nov 11	BMLAC Combined Event
Nov 17	Twilight Meet – Modified Program 1a
Nov 18	Region Relays - Melton City