

BMLAC News



Edition 2
Saturday 21st October 2023

President's Report

Welcome to the President report for the Bacchus Marsh Little Athletics Centre.

We've had a fantastic turnout for the start of our 2023/24 season so far, with 182 registered athletes. The goal is to reach 200 athletes which we are hoping will happen in the next couple of weeks. We are still receiving enquiries from parents about registering their children for trials. If you happen to know of anyone sitting on the fence about whether they should join or not, tell them to get in touch with either our Registrar Ali Grant or myself.

We were lucky to have some special guests arrive last week for our Official opening day for the season. Guests included Mayor Rod Ward, Councilor Moira Berry, MP Steve McGhie and MP Michaela Settle. We were also lucky to have life members join us for morning tea in the clubrooms. It was a great day had by everyone and I thank all for coming and enjoying the day.

Congratulations to this season's Centre Captains Emma Stewart and Sam White. May they both represent BMLAC with pride, respect and integrity throughout the year whilst demonstrating being a positive role model for the younger athletes at the Centre.

Over the last two weeks we have had a number of Centre records broken by our athletes. Mackenzie Estlick setting a new record in the Girls Under 16's 100m with a time of 13.70 sec shaving .20 off the previous record. We then had Emma Stewart set a new record of 1.38m in the Girls Under 17's High Jump. Next, we have Anni Clarke

who set a new record in the Girls Under 11's Discus with a throw 21.74m. Lastly, we have Sam White who set a new record time of 21.46 secs in the Boys Under 17's. Congratulations to all and keep up the great work everyone.

A couple of reminders now that we are into our third week of the season:

- Unless a parent is officiating/volunteering at an event can all parents please stay in the Club area for the duration of the day's events. No parent should be out at an athlete's event.
- Can athletes please not kick the footy alongside the Triple Jump pit areas or behind the Club areas.
- All Little Athletics events are smoke and vape free. This includes all Centre meets at BMLAC.
- No dogs are allowed at any Little Athletics Victoria events. This includes Centre meets at BMLAC.

And remember go out there and be positive, be supportive, be encouraging, be your best and be a super star!

Brett Edwards,
BMLAC President.



Records and Ranking

Week 1 of our 2023/24 season saw 2 new Centre records set for the meet. Mackenzie Estlick (Dolphins) ran 13.70 secs in the Girls Under 16 100 metres, slicing .20 off the previous record set in 2015.

Emma Stewart (Blues) then leapt a new record height of 1.38m in the Girls Under 17 High Jump.



Last Saturday 2 more Centre records were broken. Anni Clarke (Dolphins) threw a new Girls Under 11 Discus record of 21.74 metres while Sam White (Blues) broke the Under 17 110m Hurdles record in a time of 21.46 secs.



Weekly Results

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



Early bird Registration Draw Winner

Congratulations to our lucky winner, Lola Parsons who won her season registration fees back. Athletes who registered by Wednesday 4th October 5pm went into the Early Bird Draw to win back their registration fee. Well done, Lola.



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.

Crossing the Track

A reminder that when entering the infield all athletes and escorting parents must cross the track between the witches hats at the finish line. This is vital to ensure the safety of all.

Hill area out of bounds

Please ensure children are kept off the hill behind the shade structure area. This is for the safety of all children.

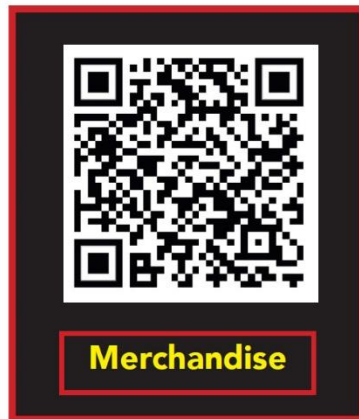
No Ball Sports

For the safety of all athletes and spectators, please refrain from playing ball sports during competition.

Club Uniforms

All athletes should now be wearing their full Club uniform. This includes Club polo shirt and plain black shorts.

Wanting to purchase Club uniforms and/or merchandise (polo shirts, shorts, beanies, hoodies), use our new Merchandise QR code which will take you directly to our Online Shop. Orders will be packed ready for collection from the Office prior to competition on Saturday mornings from 8am only. [Email](#) for any enquiries.



Junior Development Squad (JDS)

Congratulations to Mackenzie Estlick who has been selected in the Little Athletics Victoria 2023/24 Junior Development Squad (JDS). JDS gives U12-17 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 is to provide a friendly and supportive environment.



Training

Training will be held on Thursdays at Masons Lane Reserve for all registered athletes. The Under 6-10 athletes will train from 4:30-5:15pm and the Under 11-17 from 5:15-6:00pm.

Officiating

Thanks to all of you who have been helping out at events this year, and for your patience as we work through the new Sign-Up system. In addition to the QR codes that have been placed at the events, we are looking to hold some training on how to be an Official at the events over the coming weeks, in the meantime, Andy, Billy and Justin will be walking around on Saturday mornings just checking in, so if you have any questions, please don't hesitate to ask one of them.

Region/State Relays

We are very excited with the number of athletes who have shown interest in competing in the upcoming Regional and State Relay competitions.

This year's relays are shaping up to be a fun event for all!

For any new or trial athletes who are or are considering running in the relays, a quick information session for parents will take place at 8:30am Saturday 21st October at the front of the Pavilion.

There is still time to submit your expression of interest forms to your team manager this Saturday (21st Oct). Spare forms are available from your team manager.

Age group coaches will be in contact with their teams over the coming week with training details and more information.

The date for the relays are below:

Region Relays: Saturday 18th November, Melton

State Relays: Saturday 16th December, Lakeside Stadium

Athletes must be available to attend on both dates

The cost of relays is incorporated into registration fees, which covers both Region & State relays.

Centre Captain Profiles

Name: Emma Stewart

Club: Blues

Age Group: U17

How long have you been involved at BMLAC? 12 years

What are your favourite events? Long Jump & Discus

Most memorable moment at Little Athletics: Winning the 400m handicap at the Stawell Gift.

What do you like about Little Athletics? I really enjoy being able to compete with my friends and also helping other younger athletes.

Your thoughts on being elected BMLAC

Centre Captain: I am humbled to be given the opportunity to represent BMLAC as Centre Captain.

Who is your sporting hero and why? Ben Cunnington – he is always hard at the ball and overcame cancer to play at the elite level again.

Other sports you compete in other than Little Athletics: AFL Football

Do you have other family members involved in athletics? Yes, my mum is on the Committee and is Blues Team Manager.



Name: Sam White

Club: Blues

Age Group: Under 17

How long have you been involved at BMLAC? 11 years

What are your favourite events? My favourite events are long distance running and javelin because they are my best events.

Most memorable moment at Little Athletics:

Cheering on and encouraging other athletes at region and state track and field, relay and cross country events.

What do you like about Little Athletics?

Hanging out with friends and encouraging younger athletes to always try their best.

Your thoughts on being elected BMLAC

Centre Captain: Very grateful for the opportunity to be able to guide, help and be with younger and older athletes along their little aths journey.

Who is your sporting hero and why? My mum is one of my heroes because I look up to her dedication and perseverance she displayed when completing her marathons.

Other sports you compete in other than

Little Athletics: I play footy for Bacchus Marsh Cobras.

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

My mum is on the Committee, my brother James is in the U12s, and my sister Evie is in U15s.



Set-Up and Pack-Up Duty

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 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

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. For Open Day entry forms see our website Open Day page [HERE](#)

Introducing the Committee

President – Brett Edwards

Brett primarily ensures that BMLAC sets and then meets its goals and objectives, and that the Centre is administered according to the rules and the affiliation requirements with Little Athletics Victoria.

Secretary – Amanda Ash

Amanda is the Centre's main point of contact for members, councils, Region and LAVic and is also the caretaker of all administration of the Centre.

Treasurer – Steven Tung

Steven is responsible for the financial affairs of the Centre, ensuring that all financial transactions are recorded for presentation of monthly financial reports.

Registrar – Alli Grant

Alli manages all aspects of competitive member registrations for the Centre.

Canteen – Brenda Simons

Brenda is responsible for the canteen financial management and operations and will coordinate volunteers as required.

Education – Danielle Clarke

Danielle identifies the Centre's needs in educational and development requirements and conducts weekly training sessions.

Fundraising & Sponsorship – Gina Vasquez

Gina obtains sponsorship for the Centre to minimise the need to increase membership fees.

Merchandise – Gina Vasquez

Gina coordinates the purchasing, stock management and sales of all uniforms and merchandise sold by the Centre.

Liaison Officer – Bethan White

Bethan's role is to deal with complaints and grievances and follow the procedures to find a fair and equitable resolution to the presented issue.

Officials – Justin Horne & Billy Blokland

Justin and Billy are responsible for coordinating parents/guardians to officiate on a weekly basis at Centre meets and Region/State events.

Records & Ranking – Linda Thompson

Linda manages all athlete's results and compiles the data in ResultsHQ to access for ranking purposes and Centre awards.

Region Representative – Karen Stewart

Karen represents the Centre at monthly Region meetings.

Special Competition – Amanda Lovett

Amanda will coordinate and manage all aspects of athletes participating in special competition events including Region/State events and Open Days.

Technical Requirements – Leon Whitehand

Leon maintains safe operation of all Centre equipment and maintains track marking.

Track & Field – Andrew Johansen

Andrew ensures the program runs as scheduled and addresses venue safety issues ensuring all relevant support is available.

World Athletics Continental Tour

Oceania's one and only World Athletics Continental Tour Gold level meet, the Maurie Plant Meet – Melbourne is set to return to Lakeside Stadium on February 15, 2024.

Further details [HERE](#).



Coming Events

Oct 21	Program 3
Oct 28	Program 4
Nov 1	State Primary T&F Champs
Nov 4	Program 1
Nov 11	BMLAC Combined Event
Nov 17	Twilight Meet – Modified Program 1a
Nov 18	Region Relays - Melton City
Nov 25	Program 2
Dec 2	Program 3
Dec 9	Program 4
Dec 15	Twilight Meet – Modified Program 1b
Dec 16	State Relays - Lakeside