



# ON YOUR MARKS

Werribee Little Athletics Newsletter  
Issue 4 – Winter 2018/19  
Winter 2019



 : LAVic – Under 11 Boys

## Cross Country Wrap

As the winter season draws to a close we hope everyone who competed during our cross country season enjoyed themselves.

This year we hosted an Open Day which saw 120 athletes from over 12 different centres, and all parts of the State, compete at Brimbank Park. It was a great day and will definitely be back in 2020.

A big congratulations to everyone who participated at the LAVic State Championships held at Lake Dewar (Bacchus Marsh), it was a great day although wet under foot, true cross country conditions.

This past weekend we held our Presentation Morning at the Tarneit Skate Park in perfect conditions. Well done to everyone who attended at collected a trophy on the morning.

Special mentions must go to Ruth Ong and Nathan Briffa on winning our Perpetual Trophies for this season as well as Stacey, James and Nicole for organising the season and setting up the courses.

If you were unable to attend, trophies will be available for collection at the start of our Summer Season.



## **Parent Volunteers:**

We are always after more parent volunteers to help each week so the program runs smoothly. By volunteering, you are setting a great example to your children as well as getting to interact with them in a fun environment, and making the day run as efficiently as possible.

We are in need of age group managers (all ages as some age groups may need to be split due to their size), time keepers, starters and chief event officials. No experience is

necessary as we can provide training for time keepers and age group managers. Werribee LAC is also able to put parents through Starters and Officiating courses which are offered at the start of each season. These courses go through the rules of the events and how to help athletes compete. The next course is at Williamstown on the 25<sup>th</sup> of August, however there are some other course available, please visit

<http://lavic.com.au/Education-Training/Officials>

If you are interested in sign up for a role within the centre please email Christina at [wlacofficials@outlook.com](mailto:wlacofficials@outlook.com)

## ***Summer Season in almost here.....***

This year Werribee LAC will be celebrating 50 years of Little Athletics in Werribee. We are planning several events during the season including the return of our Open Day on Saturday the 7<sup>th</sup> of March. This will see athletes competing for special 50<sup>th</sup> Anniversary Medals as well as a massive firework display to finish off the night.

### Registrations:

The LAVic portal ([www.lavic.com.au](http://www.lavic.com.au)) for the 2019/20 season will open on the 20<sup>th</sup> of August. This year our registration fee is \$185 which will include the \$25 cross country component. Discounts are available for multiple children at the one address.

### 2019/20 Calendar and Program:

The 2019/20 Calendar is now available on our Facebook page so you can start planning your summer. Our weekly program will be released very soon, so please keep checking our Facebook page.

## **Come and Try Day:**

With the 2019/20 Athletics Season just around the corner, our Come and Try Day will occur on Saturday 21<sup>st</sup> of September. This is a great morning for new families to come and see what Little Athletics is all about. If you have any friends who are thinking about joining, tell them to come on down to the track from 10am.



## Uniform

It is very important that athletes are in correct uniform. All athletes must compete at Werribee Little Athletics in their Werribee Centre uniform.

White t-shirts can be worn under the singlet and girls are able to wear either the singlet or a crop top.

Shorts need to be plain black with no pockets. Only a small logo (less than a 20c piece) is accepted. This is especially important if athletes wish to compete at Region or State events.

Our uniform shop will be open on our Come and Try Day if you need to purchase a new singlet, crop or hoodie and LAVic are currently selling black shorts for boys and girls through their on-line shop – <https://shop.littleaths.com.au/>

### ***SSV Divisional Track and Field:***

*With the School Sports Victoria Primary School's Track and Field season well under, we have once again been asked to assist in running the Wyndham/Hobsons Bay/Western Ranges Divisional Carnival on Thursday 12<sup>th</sup> September. If any parents are able to spare an hour or 2, we would love some help, especially at the BBQ. This is a major fundraiser for the centre so all help is greatly appreciated. Please email [werribee@lavic.com.au](mailto:werribee@lavic.com.au) if you can help at either the BBQ or on an event.*

## Important Dates to Remember

20 <sup>th</sup> August	Registration Portal Opens	
21 <sup>st</sup> September	Come & Try Morning	VU Athletics Track
5 <sup>th</sup> October	Season Commences – Week 1	VU Athletics Track
12 <sup>th</sup> October	Week 2	VU Athletics Track

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