

# ATHSCHATTER

ISSUE 5



**“GOOD LUCK”**

## KEY DATES

**NOV 23**

LAVic Regional Relay  
Carnival - Shepparton

**NOV 23**

Griffith Carnival

**DEC 1**

Cohuna Carnival

**DEC 1**

Sale Carnival

**DEC 7**

Aqua Island  
SAVE THE DATE

**DEC 8**

Albury Carnival

## REGIONAL RELAYS IN SHEPPARTON

On Saturday we have 23 athletes heading to Shepparton to participate in the Regional Relay Carnival. With over half the region competing, the carnival has seen a large increase in participation from across the region in comparison to previous years. For our centre this will be many athletes first Regional Carnival and we hope you all enjoy the experience. Our athletes have been working hard at training over the last couple of weeks finessing their techniques. We thank all those who have volunteered their time to help at training and on the day so our athletes can enjoy the experience. We wish our teams the very best of luck for Saturday! Results will be posted next week or alternatively, they will be available on the LAVic website.

## SPONSOR OF THE WEEK



Thank you to F45 Prodigy Echuca for their sponsorship & support for the 2019/20 season.



# EMLAC JOLLY SOLES FUNDRAISER - ORDERS DUE

EMLAC's Jolly Soles Fundraiser will assist our centre to raise additional funds to be used to update equipment, assist in training opportunities for both athletes & parents or towards the many other costs associated with running our centre. Unfortunately the portion of money we receive from LAVIC from your membership is minimal, so we are asking for your help. Even if you can help with selling just one box, every little bit will help to raise extra funds.

These fun novel socks, range in a variety of colours and designs. Each box will contain 14 pairs of socks (choice of novelty socks, sports socks or casual wear in both adult and/or kids sizes) and sold at \$5.00 a pair – This is great for Kris Kringle presents, stocking stuffers or just because!

Each box is valued at \$70.00 and expected that this amount will be returned back to the Centre once your box is sold - there is no cost to families to order. If you are unable to sell the entire box, please ensure that you return it to the club with any money you have raised. Please remember that \$70.00 per box must be returned to the club for every box sold.

## To order:

Via website: [www.echucamoamalac.com.au/fundraising](http://www.echucamoamalac.com.au/fundraising) and complete the order form

Via email: [echucamoama@lavic.com.au](mailto:echucamoama@lavic.com.au) and let us know how many boxes you would like

Via form: forms will be available this Saturday from the shed and need to be handed back on the day OR simply complete the attached form, save and send back to [echucamoama@lavic.com.au](mailto:echucamoama@lavic.com.au).

**Orders must be in by Saturday 23rd November.**



# THIS WEEKS PROGRAM - 3

BOYS								
ROTATION	U 6	U7	U 8	U 9	U 10	U 11	U 12	U 13-16
WARM UP								
ROTATION 1	OT	60m						
ROTATION 2	OT	70m	200m	400m				
ROTATION 3	OT	SP 1	HJ 1&2	DIS 1&2	TV	TJ	SP 2	LJ 1
ROTATION 4	OT	100m						
ROTATION 5	—	LJ 2	SP 1&2	TV	HJ 1&2	JAV	LJ 1	DIS 2

GIRLS								
ROTATION	U 6	U7	U 8	U 9	U 10	U 11	U 12	U 13-16
WARM UP								
ROTATION 1	OT	60m						
ROTATION 2	OT	SP 1	HJ 1&2	DIS 1&2	TV	TJ	SP 2	LJ 1
ROTATION 3	OT	70m	200m	400m				
ROTATION 4	OT	LJ 2	SP 1&2	TV	HJ 1&2	JAV	LJ 1	DIS 2
ROTATION 5	—	100m						

This week we will be following Program 3. Please note that we will be replacing the relay practice with the 60m due to the large number of committee members at the Regional Relays. This is a 'No Points' round due to the Regional Relay however, PB's and centre records will count. **Please continue to follow your groups the rotations to ensure a smooth running of the morning.**

Unfortunately results will not be recorded if your group does not follow the correct program for the correct week. The program can be found in your age group folder together with the recording sheets for that week. If you find that you aren't sure, please find a committee member to help you out.

Parents will need to accompany the group to each event to assist in the measuring and scoring. We will endeavour to have committee members moving around to assist. Please also note that it is expected that parents/guardians remain at the oval with their child – **please do not drop and run!**

See you all at 8.45 for warm up and events to start at 09.00am.

# IMPORTANT INFORMATION

## MEMBER PATCHES

Friendly reminder – please remember to wear your patches each meet day. From next Saturday, no patch no result will apply. If you require another patch, please email Stacey, our Registrar at [mrpservice@bigpond.com](mailto:mrpservice@bigpond.com) to request another one. A gold coin donation to the Good Friday Appeal will apply.

## UNIFORM

**PLEASE NOTE: We currently have limited stock of size 8, 10 & 12 tops. We expect these tops to arrive by 6th & 13th December. Apologies for the delay.** The minimum club uniform requirement for the season will be green EMLAC singlet and member patch. Club singlets are \$30.00. Singlets are required to have the Coles patch sewn on above the LAVic logo. Uniforms can now be ordered online via our website [www.echucamoamalac.com.au/uniforms](http://www.echucamoamalac.com.au/uniforms). Once you have placed your order, you will be able to collect your order from the uniform shop on Saturday morning.

## LOST PROPERTY

If you have lost any drink bottles, jumpers, etc, please check the shed each week as we will put them aside for collection. Likewise, if you find any items around the oval, please bring them to the shed.

## REMINDER - TRIAL PERIOD REGISTRATIONS

Little Athletics Victoria and EMLAC allow new members to have a 2 week free trial. We still have a number of athletes still attending without payment. Your trial period has now expired and we will require registration. Without registration you will not be covered under insurance and results won't be recorded. If you are having problems with your registration, please contact LAVIC on 8646 4510 and they will be able to assist you.

## PROOF OF AGE

Just a reminder that all new members to the club must have their proof of age sighted by our Registrar or a committee member. Your athlete's name will not appear on recording sheets if this hasn't been done and therefore results won't be recorded. Please bring a copy of this on the day or you can email to [echucamoama@lavic.com.au](mailto:echucamoama@lavic.com.au).

## CENTRE HANDBOOK

Please remember to collect your season booklet from the shed on Saturday. One copy per family please.

## UNDER 7'S - 11'S

With some of our groups experiencing large numbers due to increase in registrations, we have supplied 2 folders in your basket. This will allow the group to be split, especially for field events, to assist you in getting through the event quicker. We have also noticed that some groups aren't getting through all their events – if you find that your group is one of these, please let a committee member know and we will help you out.

## ON TRACK GROUP (U6) PB'S GALORE!!!!

Congratulations to ALL the On Trackers – every child that participated in Long Jump for the second time this season achieved a PB – awesome work!! This week we will continue to work on our running skills and will start to do some throw skills. The On Trackers this week will get involved in Shot Put, 70m & 100m with times and measurements taken. Thank you parents for helping each week – you are awesome!

## LOCAL SPORTING CHAMPION PROGRAM - MURRAY RIVER COUNCIL

The Local Sporting Champions program provides financial assistance for coaches, officials and competitors aged 12-18 participating in state, national or international championships.

PLEASE SEE ATTACHED FOR FULL DETAILS.

**ATTENTION U12 - U16 ATHLETES**

### U12-16's – F45 Prodigy Warm Up

F45 Prodigy will be back this week to do another fun warm up with the U12's and up. Your two week trial passes will also be available which you can collect from Leila.



# NEWS

## CENTRE RECORD

Congratulations to Mya Warde on our first centre record for the season. Mya broke the Javelin centre record for U14 Girls.

Previous record = 18.50m

New record = 20.16m

Well done Mya!!

## NO POINTS

As our centre has entered teams into the Regional Relay Carnival, our normal centre day of little aths is a "No Points" round. This is so every athlete is neither advantaged or disadvantaged when it comes to the end of the season age group champion awards.

## ATHS TIPS

Coming soon we will have an 'Aths Tips' section where we will provide you with valuable information on timing, event tips, other information that may help you and your athlete.

## REGIONAL TRACK & FIELD CARNIVAL - NOW OPEN

The Regional Track & Field Carnival is now open for entries. This is a Region event where you can progress to State and Nationals. Entry is open to U9 - U16 age groups and is held in Bendigo on the 15th & 16th Feb 2020. Last year we had 8 athletes attend the event in Albury and many progressed to the State Championships at Casey Fields. To be eligible to enter, an athlete has to have participated in a minimum of 4 centre days. Entry is for 4 events only. This is another great weekend of Little Athletics and a great experience for the athletes. Enter online at LAVic There is a fee per event and is payable with entry. **Please Note:** Some events only take a certain amount of entries. Once the event is full it will no longer be available to enter - so get in quick so you don't miss out.

## COHUNA CARNIVAL

Cohuna Carnival is fast approaching. This another carnival like Deniliquin and is a major fundraiser for the Cohuna club. Entries close November 26th - so again don't miss out. It would be great to have a sea of green and white again this year. Entry is limited to 5 events per athlete and is an entry fee of \$7.50. If you have any questions, please contact Leah Smith 0458 504 744.

## SAVE THE DATE - SATURDAY 7th DEC, AQUA ISLAND

EMLAC and Aqua Island have combined to offer our members an exclusive FREE session on the inflatable water park at Deep Creek Marina.

- 3 hours of FREE inflatable water fun
- Be the first to try the new obstacles
- Life vests supplied but welcome to bring your own

Open to all current EMLAC athletes and their families.  
Children must be supervised by a parent or guardian.

**Start Time:** 1.00pm – 4.00pm

**Entry Cost:** FREE!!!!

**Food & Drinks:** BBQ by EMLAC Committee (@ small cost)

**RSVP to:** echucamoama@lavic.com.au (please include number of siblings)

\*Minimum age tbc

Wrist band to be collected from the EMLAC shed on Sat 7th Dec for entry.



### ECHUCA MOAMA LITTLE ATHLETIC CENTRE

Jack Eddy Oval  
Perricoota Road

PO Box 911  
Echuca VIC 3564

echucamoama@lavic.com.au  
www.echucamoamalac.com.au



# LOCAL SPORTING CHAMPIONS PROGRAM

## MURRAY RIVER COUNCIL

The Local Sporting Champions program provides financial assistance for coaches, officials and competitors aged 12-18 participating in state, national or international championships.

If successful, applicants will receive \$500-\$750 towards the cost of attending their championships:

- Base Grant: \$500
- Applicants travelling 800km - 1999km to their nominated championships: + \$100
- Applicants travelling internationally or greater than 2000km to their nominated championships: + \$200
- Applicants residing in a rural electorate: + \$50

### Applicants must meet the following criteria:

- Be turning 12 to 18 years of age in the same calendar year as the nominated championships.
- Be an Australian citizen or have been granted permanent resident status, residing in Australia.
- Be participating as an athlete, coach, or match official in:
  - an official state championships endorsed by the relevant Sport Australia recognised national sporting organisation (NSO) or a School Sport Australia member body; or
  - an official national championships endorsed by the relevant Sport Australia recognised NSO or School Sport Australia; or
  - an international competition as a member of an official Australian team, representing a Sport Australia recognised NSO or School Sport Australia.
- Those attending a state championships must be living more than 125km from the championships venue, and travelling greater than 250km return to participate in the nominated championships.
- Must complete and submit the application prior to the nominated championships commencing
- Must incur out-of-pocket expenses equal to, or greater than, the grant amount they are eligible to receive.

**Applications are currently open until 11:59pm (AEDT) on 31 December 2019 for Round 3.**

For more information and to apply please visit

[https://www.sportaus.gov.au/grants\\_and\\_funding/local\\_sporting\\_champions#application\\_process](https://www.sportaus.gov.au/grants_and_funding/local_sporting_champions#application_process)

Email: [lsc@sportaus.gov.au](mailto:lsc@sportaus.gov.au) or call 02 6214 1462