

Making Tracks

Registrar's Information

Just a reminder that Registrar's Reconciliation information has recently been e-mailed out to all Centre Secretaries. We ask that this information is forwarded onto your Centre Registrar. If your Centre did not receive this information, please inform Mel ASAP: office@vlaa.asn.au

State Track & Field 2009- Date Change

Please note that the State Track & Field Championships have been changed from the 14th & 15th March 09, to the following week of the 21st & 22nd. This change was a result of Melbourne Storm's (NRL) home game on Sunday 15th March.

2008 State Relay Championships



The State Relay Championships are on again with the Region events happening on the weekend of the 15th/16th November. Please see below for your Region date, and contact your Region secretary for timetables etc.

Please enter your teams in accordance with the **Competition Regulations**, in particular, **Section 5: Relays**.

If your team managers are changing for the state titles, please notify Clare Burton in the office. Otherwise please ensure all correct documentation is handed in to your Region by the closing date.

As stated on the Relays page on the website, there will be **VERY LIMITED** parking in and around Melbourne & Olympic Parks on the 14th of December. VLAAs suggest you strongly encourage your athletes and parents to travel by public transport to Olympic Park. We are sharing the venue with the Dance Sport Championships and the Wiggles Concert.

- o **SOUTHERN METRO REGION** – Caulfield – 15th Nov – smr@vlaa.asn.au
- o **EASTERN METRO REGION** - Ringwood – 16th Nov – emr@vlaa.asn.au
- o **NORTHERN METRO REGION** – Coburg – 16th Nov – nmr@vlaa.asn.au
- o **WESTERN METRO REGION** – Werribee – 16th Nov – wmr@vlaa.asn.au
- o **WESTERN COUNTRY REGION** – Ballarat – 16th Nov – wcr@vlaa.asn.au
- o **GIPPSLAND REGION** – Newborough (Moe) – 16th Nov – gippsland@vlaa.asn.au
- o **NORTHERN COUNTRY REGION** – Shepparton – 16th Nov – ncr@vlaa.asn.au



Competition Regulations

2008-09 Comp Regs are now available on the website:

www.vlaa.com.au

> Competitions > Rules and Regulations

Public Relations Committee

'Green & Gold Day' – State Cross Country Championships

Thank you to the many Centres who decorated their marquees to celebrate Australia and our participation at the 2008 Beijing Olympic Games. Congratulations to Caulfield LAC who were the winning Centre and collected a \$250.00 merchandise pack. Special mentions go to Dandenong, Kew, Essendon, Pakenham and Casey for the effort put in by their members.

2008 Royal Melbourne Show

Despite the testing weather conditions, our interactive site again proved very popular with families and young children. The site allowed the children to experience modified shot put, long jump and sprints events. The daily visits from Vicky and Victor were major highlights.

Throughout the eleven days we had in excess of 1000 enquiries from parents and grandparents for Centres both metro and country. We also had a number of our members drop into the site to say hello and collect their show bag using the coupon from the VLAA calendar in this years registration pack.

The Association greatly appreciate the assistance of all our volunteers who were involved with the show.

Change for Kids

Many Centres will already be planning their Change for Kids activities to raise funds for the Royal Children's Hospital Good Friday Appeal. Last year the Centres that participated raised \$20,661.38 through a variety of activities during the season.

Centres are encouraged to use their imagination when choosing an activity to raise funds. Some suggestions have been a Crazy Sock Day or other themed events with a gold coin donation, the profits from your Centre canteen on one specified day, a Sausage Sizzle, raffle, Gold Coin donation, percentage of profits from an Open Day, a collection tin at your canteen or the traditional six hour relayathon.

For Centres to be eligible for the Change for Kids Good Friday Appeal awards consisting of (a) most money raised by a Centre and (b) most money raised by a centre per capita, all money must be submitted to the office by **Friday 27th March 2009**. Money donated after this date will still be added to the final cheque presented at the Good Friday Appeal but the Centres will not be considered for the awards.

Photos and articles on your Centre fundraising activity can be sent into the office for publication on our website of E-Newsletters.

Little Athlete Magazine

Is your Centre celebrating an important event or participating at a local Community day? Do you have an athlete that was recognised by the local paper? Is your Centre having a special visitor during the season?

We would like to read about what is happening at your Centre. Please forward a 25 word description or article plus three of your best photos to the office marked to the attention of the PR Committee. The closing date for the next issue of the magazine will be the end of December.

Little Athlete's Baton Dream

Thank you to all the Centres that have participated in the Little Athlete's Baton Dream. We have received many photos and articles on the baton journey. A number of Centres have requested using the baton at a Centre event in October. A new date will be set for the baton's to be returned during November.

Membership Committee

Bring a Friend Program



The Bring a Friend Program is well under way for this year. Please ensure that your Centre Spreadsheets are faxed through to the office to ensure that all participants receive a McDonald's voucher for having taken part in the program.

Friends that brought a friend along who then registered with your Centre will also need to fill in and submit the additional rego form to be in the running to win a Nintendo Wii Sports Pack.

All forms and information can be found on our website:

www.vlaa.com.au

> Latest News



LAPS

LAPS (Little Athletics Program for Schools) is just about to come to an end for another year (Aug – Oct).

Over 100 schools and around 13,000 kids took part in the program this year.

LAPS is a **FREE**, fun and interactive skills based program that has the potential to gain more members for your Centre, get your Centre involved next year and take advantage of this great membership recruiting program.

A large proportion of new members are registered due to these school visits. These forms are sent to all Centres in April of each year. Please ensure that your Centre starts planning your targeted schools early in the year to ensure that your allocated schools don't miss out!

Officials FREE Prize Draw

Formally known as the Officials Rewards Scheme, ticket books have now been printed and distributed to all Regions for distribution at your Region Relays coming up shortly.

Please ensure that your Centre collects their allotments as soon as possible.

All volunteers that enter go into a monthly draw to win a \$200 IGA shopping voucher.

State Cross-Country Additional T-Shirt Orders

Please note that the additional orders of State Track & Field Championship t-shirts have been sent out to the relevant people via the post.

Centre Open Days/ Come & Try Days

Please inform the Office of any upcoming Centre Open Days or Come & Try Days. Entry Forms can be e-mailed through to the Office office@vlaa.asn.au and will be placed on the VLAA website calendar.



Special Seminar for Level 2 Officials

The highest level that Officials can achieve within the VLAA is Level C, which is the nationally accredited official's qualification through Athletics Australia. Before anyone can sit their Level C exam, participants must attend a seminar first. Normally the focus of the seminars is to provide the practical advice and information that is used in conjunction with the IAAF rules. Again this year we have been fortunate enough to convince Athletics Victoria to conduct a Level C seminar that focuses on Officials involved in Little Athletics only.

The seminar will provide advice on the practical aspects of the 3 main areas of Track, Throws & Jumps. Information relating to venue set up, athlete and officials safety as well as tips to make the event run more effectively and efficiently will be covered in this seminar. It will assist Level 2 Officials with the confidence to assume higher roles within both their Centre and Region. The seminar is co-hosted by Athletics Victoria and VLAA, is **completely free of charge, and includes Lunch**. Participants will also receive a year's free membership with Athletics Victoria. All Level 2 Officials are invited to attend, so if you haven't passed Level 2 yet, please jump into it.

The registration form is available on the website, under Officials > Courses & Seminars. The seminar will be conducted on December 7th at Doncaster Athletics Track.

U11 Skills Clinic

All events will be covered in this comprehensive **2 day training clinic**. Athletes will rotate through 10 events of 45min duration.

Athletes will receive coaching from the same coaches who run both the Junior Development Squad (JDS) and U13 Australian Little Athletic Championships programs.

Information and brochures will be provided for all athletes to take the next step into JDS and beyond, as well as expert advice on footwear including spikes.

Date: Saturday 10th & Sunday 11th January 2009

Cost: Free to all registered **U11** athletes
Venue: **Saturday-** Waverley LAC 9.45am—4.30pm
Central Reserve,
Cnr Waverley & Springvale Rds
Glen Waverley **Mel Ref:** 71 B5
Sunday- Knox LAC 9.45am—4.30pm
Knox Park Sporting Complex,
Bunjil Way
Knoxfield **Mel Ref:** 73D7

The registration form is on the website, Athletes> U11 Skills Clinic > Brochure & Registration form.

U14 – U15 Multi Event Skills Clinic

All athletes will receive expert coaching during this comprehensive clinic in the 5 Multi-Events, in preparation for the State Multi – Event Championships or other Multi events. The events of 100m, Hurdles, Long Jump, Discus and 800mts will be covered in 5 rotations of 45mins. Training programs for each event will be presented.

Athletes of all abilities are invited to attend, even if they are not Multi event athletes or are not planning on attending the State Multi Event Championships.

Date: Sunday 30th November 2008 10.30am – 3.30pm

Cost: \$ 5.00 – payable on the day.

**Venue: Doncaster LAC
Rieschiecks Reserve, George St
Doncaster Mel Ref: 33 J10**

The registration form is on the website, Athletes > Multi – Event clinic

C Grade Starters Seminars

The first of the newly structured Starters seminars will be conducted on Thursday November 6th at Springvale between 6.30 – 8.30pm. Participation in this seminar will entitle you to become a Starter at Centre level, under the guidance of a Chief Starter. All elements of theory will be followed by practical sessions on starting, including the safe handling of starting guns and caps.

The registration form is available on the website, Officials > Courses & Seminars > Starters seminars.

Coaching Manuals

The ATFCA has released the new Introduction to Coaching Manual in the last few months; as a result we have a limited number of the Orientation to Coach Manuals that can be purchased from the office for \$15 ea. They can be collected from the office, or add \$4.95 if they are to be posted out.