



TIGER TALK

WEEKLY NEWSLETTER OF MENTONE LAC

Website: www.mentonelittleathletics.com.au

Volume 1, Saturday 18 October 2008

Welcome to our first edition of Tiger Talk. This newsletter will provide you with up to date information throughout the season of “who’s who”, “where’s where” and “what’s what”.

The 2008/2009 season has commenced with more children than ever participating at Mentone. There is always an influx after an Olympics, but we also believe it is the hard work of the committee in running a friendly and efficient aths programme each week. A special mention must also go to the Age Group Managers, who you will become familiar with over the season, who have developed their skills to pass on to your children.

Hopefully by now you are starting to feel comfortable around the track and are working out where things are and what to do. We encourage all families to participate in whatever way they can, whether it is carrying the bag of kids clothes for the team managers, assisting with measuring or even getting the toddlers organized for the toddlers race (a highlight of each week). There is one thing we do insist upon and that is supervision of your child/children. With numbers so large we can not expect Team Managers to undertake baby sitting duties and therefore request that you stay with your child or appoint a guardian who will be responsible for them. We have already had two instances where parents can not be located.

Now to the important items that we must share with you.

When registering your child you were provided with a Chest Patch, Handbook and Showbag
The **Chest Patch** must be worn each week on the front of your tops (doesn’t matter what top you are wearing)

The **Handbook** becomes you’re the most valuable information tool, with information relating to weekly competitions, rules, records and great photos as well. Please look through this book throughout the season as it may answer one of your many questions you may have.

The **Showbag** had goodies for the children, but also a Parent Handbook, which again will provide you with answers relating to Little Aths. In this bag was also a small red **IGA Patch**. This must also be worn on your tops, however this time on the back of your top, approximately 5cm from the neck/collar.

IGA is a major sponsor of both the Victorian and Australian Little Aths Associations and contribute a large amount of funds to both organizations. All they ask in return is that the children wear these patches. From week 4 on any child who is not wearing these patches may be fined \$1, with all funds going to the Royal Children’s Hospital (a major charity that Little Aths contributes to).

Some abbreviations you need to know

VLAA – Victorian Little Athletics Association (the governing body of Little Aths in this state)

SMR – Southern Metro Region (the region that we fall under, with 8 regions in the state)

PB – Personal Best (what your child will try to achieve each week)

FS – Front Straight

BS – Back Straight

JDS – Junior Development Squad (an elite programme for children aged U12-U15)

WWC – Working with Children Check (a government requirement for adults working with children – all committee and age members are in possession or in the process of holding one of these)

Dates coming up

Round 3 – Saturday 18 October

Dolamore Reserve

Round 4 – Saturday 25 October

Dolamore Reserve

Sunday 2 November

Caulfield Open Day (entry details on our website)

Sunday 9 November

Mentone Relay Open Day

(available to children aged U9 – U16)

Coaching

We have a number of coaches available each week, who can assist your children. Some of these coaches may charge a small fee, after paying for their insurance coverage, coaches membership and also undertaking of courses, not to mention their time, so please ask a coach if they do charge. If you are after some coaching for your child, please speak with Michelle or Louise who will be able to direct you to the most appropriate coach, based on events your child requires assistance with.

Performances

At the end of each week, all results are taken home by Sue Edwards (committee member) who inputs these results into a database and then prints out Weekly Performance Sheets. These sheets will be handed out by your Age Managers and are great way of seeing if you have done a PB. Based on the number of PB's you do, you may also receive something extra with your sheet. (a SURPRISE) The results are also put on to our website – www.mentonelittleathletics.com.au under the Results Section about Thursday of each week. This way you will be able to see your name in writing.

Relays (applicable to U9 – U16's)

Prior to Christmas, relays become a big part of the athletic programme. We pride ourselves on the successful teams we produce, as you will see from all the pennants hanging in the clubrooms and our 4th placing in the State Relay Championships last year

All athletes by now should have been given an entry form if they wish to be considered for a relay team. Any athlete who wishes to run will get a run. Your decision to run is important as it is a TEAM EFFORT and if you say YES and then pull out, you most likely will disappoint 3 other children who really want to run. If you are keen, please ensure these forms are handed back to Age Managers by Round 3 – Saturday 18 October, or alternatively drop them in the Entry Box located inside the Clubrooms. In addition to the children competing, parents must commit to a duty of around 2-3 hours to assist in the running of the programme. If you will be unable to commit to this, your child unfortunately will not be able to compete.

SMR Camp

Southern Metro Region hold a camp over the weekend of 21-23 November at Merricks. The children are provided with coaching and the best part of all is to make friends with others from different centres. The form for this can be found on our website if you are interested

SMR Carnival (U6 – U8)

For all you younger children who are enjoying Little Aths and want to do more, here is your chance. The carnival is fun, interactive and a great day for all. It will be held at Casey Oval on 7 December. Entry forms are also available on the website, so why not grab a group from your age group and join in the fun.

Dual Membership with Mentone Athletic Club (the senior body of athletics)

Attention all little athletes 13 years and over....Do you enjoy the fun of little athletics and wonder what other activities you can participate in at Mentone?

Did you know, as a registered little athlete, for just \$50 extra each year you can become a dual member, giving you membership to the Mentone Athletics Club!

Mentone Athletic Club is a club for anyone interested in athletics in a fun and friendly environment. The club has a range of groups available, suitable for all abilities, and has some fantastic events on offer throughout the year, including the summer interclub Shield Competition, junior relays, cross country and much more.

The club offers coaching for summer and winter events, including middle distance running, sprinting, as well as throwing and jumping events. Plus, we can also boast some internationally competitive athletes who are only too willing to offer advice and guidance to others! This supportive club environment is perfect for any junior athlete looking at stepping up to the next level.

For further enquiries about how you can get the most of your athletics at Mentone visit our website www.mentoneathleticclub.com.au or email us at enquiries@mentoneathleticclub.com.au

Contacts:

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Entry Forms

All entry forms for events coming up are not only located on the website, but copies are also available inside the clubrooms. Please check weekly for new events

