Hello everyone and welcome to the first weekly email for South Eastern Little Athletics Centre (SELAC) for the 2024-2025 season.

The committee and I are very excited to have the upcoming season about to start with all the potential benefits that it brings for our athletes and our club.

Welcome back to those returning athletes who have joined us for what will be another fantastic season.

I would like to welcome all the new SELAC members who have signed up and are joining us for the first time. Please make sure these new members feel welcome and assist them anyway you can.

I would also like to welcome all the trial athletes who are coming along to see if athletics is for them. I welcome you into our club and hope that you enjoy your trial and decide to join us for the rest of the season. I may be a little biased but I think SELAC athletics is by far the best club around these parts.

Although we're not the biggest club, we have had and still currently have athletes who have represented athletics all the way to the National level.

We are the only club in this zone which offers a two-week program, which means athletes get more attempts at different events during this season than any other club.

So, what happens each week?

The gate to [ES Marks](http://southeasternlac.org.au/client_files/Files/Track%20Layout%20Jun%2023.pdf) opens up at 7:00am and the set up commences at 7:15am.

The more parents we have the quicker we can get the equipment out and the better the chance of starting on time, so we seek your assistance in setting up for the events

If you can arrive early, please ask someone if you can assist by volunteering in putting out some equipment. There's nothing particularly difficult about it and there are enough people around who are experienced to assist you if you have any questions.

Once the equipment is in position, we commence the walks around 7:45am for those athletes who are interested.

At about 7:55am we have a briefing for the day which covers any of the particular issues and events that are going to be run and provides helpful information about the program and events. At this time, we also get the kids to go and stand in their age groups with their age marshal before walking to their first event.

Each week we compete under a different track and field program and this week we are on program one. Please see [attached](https://southeasternlac.org.au/client_files/Files/Little%20As%20Track%20-%20Field%20Schedule%20-%20Sep%2024.pdf) or the [website](http://southeasternlac.org.au/weekly-programme/) for more details of which events we are going to compete in today.

Different age groups will be at different events at different times during the morning.

The track will constantly be in use during the morning, so please take care when crossing it. Look left and right to make sure you're not going to get run down by a pack of athletes.

Those who have registered your registration number and age patches will be the collected from your age marshal or picked up from the canteen area (if no age marshal).

There will be more instructions on the day during the briefing. Once you have the registration number and patches you can sew it onto your uniform, so that you can compete in competitions during the season.

Uniforms can be purchased from the canteen where we have both card and cash facilities. Currently a few uniforms are on back order and may take a week or two to get in, due to supply problems beyond the club’s control. Until the athletes can purchase a uniform wearing any athletics wear or sportswear is fine to compete in.

As a volunteer club we are always looking for more volunteers to help out with various roles both on the day and behind the scenes. Should you feel like you'd like to contribute to the club please come and speak to myself (Matt), or the vice president Theresa, or any of the age marshals about what volunteering role you'd like to be involved in or where you believe you can help.

**Every little bit helps and no experience is necessary!**

We operate a canteen next to our equipment shed where you were able to purchase drinks, ice blocks, sausages and bacon and egg rolls. All the money raised from the canteen goes directly back to supporting the athletes and club. So please support us where you can.

So, what will happen this Saturday?

Once the equipment is set up and the briefing conducted all the athletes will be divided into age groups and go with an age marshal to compete in their events scheduled for that day.

There are both track and field events for each age group and the age marshal has a program which will allow them to make sure the kids get the maximum opportunity over the course of the morning.

Parents are encouraged and needed to help out the age marshal where possible by

- assisting in managing the kids;

- recording results or assisting with measuring; and

- most importantly parents should also support their children when they are competing.

At times an announcement will be made for different age groups to attend are parts of the track to complete their track events. This might occur while they were still at a field event. At that time the age marshal will take the children over to compete in the event and then come back to complete the field event.

Each field event is scheduled for 30 minutes for each age group. This is not a long time and the children need to listen to the age marshal. Parents assistance here ensures each child get maximum number of goes as possible.

The age marshal will record all the results and enter them into the computer system at some point after the morning.  These results are then available to view on our website – [www.southeasternlac.org.au](http://www.southeasternlac.org.au/) and look for the Results submenu.

Once all your events are completed for the day, the age marshal will let you know you are right to depart. If you can help pack up on the way that is very helpful. Hopefully you can swing past the canteen and buy something on the way out.

There will be further information given in the briefing on Saturday morning at 7:55, so please be there ready to start before that time.

Also, ES Marks is an all weather track, so if the weather is looking a bit wet, it doesn't mean athletics will be called off. A decision will be made about 7:40am whether the morning competition will go ahead. On most occasions the program still continues with some modification for safety reasons. If in doubt turn up.

What to bring this week:

Sportswear if you don't have a uniform

Running shoes

A jumper

A hat

A water bottle

A healthy snack (such as a banana or apple) – there will be free Coles banana’s available at the canteen

And most importantly - a great attitude

We are really looking forward to meeting you all and having you at ES Marks competing for South Eastern during this upcoming season.

See you all Saturday morning.

Cheers

Matt

Humbly the President of SELAC