



WELCOME TO

Camberwell Malvern Little Athletics

Parent & Family Handbook | 2026–27

Family. Fun. Fitness. Personal bests.

YOUR SEASON STARTS HERE



The basics for our competition days

A simple guide to feeling ready from week one.



Saturday and Wednesday (Twilight) competition at a glance

SATURDAY MEETS: Warm-up 8:45am • Finish 10.30 - 11am

WEDNESDAY TWILIGHT MEETS: Warm-up 5:45pm • Finish around 7:00pm

Canteen always open and BBQ always fired up, cooking our Mauro Bros. sausages

Meets go ahead rain, hail or shine – just not lightning! If in doubt, check for WhatsApp or socials updates

Wear it

CMLAC singlet or tee and red shorts
Registration bib on the front
Running shoes, hat and sunscreen
Spikes optional for U11+ age groups

Bring it

Water bottle
Weather-ready layers
A parent or guardian who stays onsite all meet
(a key requirement of Little Athletics Victoria)

Participate in it

Athletes rotate through 4-5 runs, jumps and throws. The focus is participation, fun, skill building and personal bests.

Stay connected

Check club WhatsApp or socials for weekly updates and weather advice. Join the CMLAC community group, plus your age group chat.

Track it

All results are recorded and athletes can keep track of results through the season at [Results HQ](#). Trial athletes won't have their results recorded.



Boost it on Wednesdays

Get in that extra practice and extra skills training through our weekly sessions with expert coaches on hand. Wednesdays at 4.45 – 6pm.

Look out for QR Codes at the clubhouse to signup to our WhatsApp community

Much more than Saturday mornings

Weekly competition, weekly training, relays, regional & state competition, cross country season. Choose the experiences that suit your athlete(s) and family.

CMLAC Season Calendar 2026–27



DRAFT only - as at 3/10/26

This information is provided in advance to assist families with planning for the season ahead.

It's accurate to the best of our ability and based on draft LA Vic dates ahead of the season but is **subject to change**

CMLAC COMPETITION	TRAINING	LAVIC / REGION EVENT	NOTE / TBC	
DATE	CMLAC COMPETITION	TRAINING	LAVIC / REGION EVENT	LOCATION
OCTOBER				
Wed 7th		4.45–6pm		Kooyong
Sat 10th	OPENING WEEK COMP			Kooyong
Wed 14th		4.45–6pm		Kooyong
Sat 17th	Week 1 comp			Kooyong
Wed 21st		4.45–6pm		Kooyong
Sat 24th	Week 2 comp		Relays EOI due (U9+)*	Kooyong
Wed 28th	Week 3 Twilight comp	4.45–5.45pm		Kooyong
Sat 31st	No comp – Melb Cup weekend			
NOVEMBER				
Wed 4th		4.45–6pm		TBC
Sat 7th	Week 4 comp			Kooyong
Wed 11th		4.45–6pm		TBC
Sat 14th	Week 5 comp			Kooyong
Sun 15th			Box Hill Relays	Box Hill
Wed 18th	Week 6 Twilight comp	4.45–5.45pm		Kooyong
Sat 21st			EMR Relays	
Wed 25th		4.45–6pm		Kooyong
Sat 28th	Week 7 comp			Kooyong
DECEMBER				
Wed 2nd		4.45–6pm		Kooyong
Sat 5th	Week 8 "Kew vs CMLAC"			Kooyong
Wed 9th	Week 9 Twilight comp	4.45–5.45pm		Kooyong
12th & 13th			State Relays	Lakeside TBC
Wed 16th	Week 10 "Christmas comp"		Region T&F entries due (U9+)*	Kooyong
JANUARY				
16th & 17th			Combined event	Lakeside TBC
TBC		Training recommences		
Sat 30th	Week 11 comp			Kooyong
FEBRUARY				
Wed 3rd	Week 12 Twilight comp	4.45–5.45pm		Kooyong
6th & 7th			EMR Track & Field	
Wed 10th		4.45–6pm		Kooyong
Sat 13th	Week 13 comp			Kooyong
Wed 17th		4.45–6pm		Kooyong
Sat 20th	Week 14 comp			Kooyong
Wed 24th		4.45–6pm		Kooyong
Sat 27th	Week 15 comp			Kooyong
MARCH				
Wed 3rd	Week 16 Twilight comp	4.45–5.45pm		Kooyong
6th & 7th			State Track & Field (qualified athletes)	Lakeside TBC
Wed 10th		4.45–6pm		Kooyong
Sat 13th	Week 17 comp			Kooyong
Wed 17th		4.45–6pm		Kooyong
Sat 20th	CLUB CHAMPIONSHIPS COMP			Kooyong

Key notes: *Relay expressions of interest are for U9 athletes and over and will be managed by CMLAC using a club form. Region Track & Field entries are for U9 athletes and over and will be managed by LAVic using a centralised form. Athletes must have competed at least once at CMLAC to be eligible, and a parent must be available for a duty.

Dates and activities can change. Use the live CMLAC calendar on our CMLAC website as the source of truth.

Where to find us

We run our meets across Righetti, McAlpine and Ferrie ovals. Parking is available off Glenferrie road between the soccer and baseball fields, or off Talbot crescent.



McApline oval - Discus, Shotput, High jump, Vortex and long/triple jump

Righetti oval – All track events

Ferrie oval - Javelin

We encourage all families to arrive by 8.40am (Saturdays) or 5.40pm (Wednesday Twilight meets) to make sure kids are ready to jump into the warm-up ahead of their first event.

Every family helps make our meets happen

CMLAC is powered by families. Every parent or guardian plays a part in helping us deliver a safe, smooth and fun competition for our athletes.



Throughout the season, every family is asked to contribute by helping with a few rostered duties. Most roles are easy to learn, many keep you alongside your child's age group, and no experience is needed. Whether you're helping with a field event, firing up the BBQ, assisting with timing or lending a hand with setup, we'll show you everything you need to know.

We ask families to plan on volunteering around once every three competition weeks. Duties can be selected in advance through our online rostering system, making it easy to find something that suits your schedule.

Most importantly, volunteering isn't just about helping the club run smoothly. It's a great way to get to know other families, cheer on the kids, and become part of the fantastic community that makes CMLAC such a special place.

Parent volunteering at a glance

- Plan to help around once every three competition weeks
- Choose a role that suits you through [SignUpGenius](#)
- No experience necessary, training and support provided
- Most roles allow you to stay close to your child's age group
- SignUpGenius details, duty points and rostering details will be shared at season kick-off

1. Select a role through **SignUpGenius**
2. Check in at the clubhouse on the day
3. Build your Parent Duty Points across the season

[More info & signup](#)

If regular competition duties do not suit your circumstances, reach out so we can find another way for you to contribute.

Athletes compete beyond CMLAC



Regional and State competitions

Registered members of Little Aths clubs across Victoria can enter Relay and Track and Field competitions to compete for Camberwell Malvern against athletes from other clubs. These events are a great opportunity to compete at different tracks, extend skills, and to run as a team in relays.

Any child in U9 or above can register to compete at our Eastern Metro Region competitions – there's no minimum qualification beyond having competed at Camberwell Malvern in the season.

- Entries to the State competitions are based on results at Regions.
- Recorded event times early in the season are critical to securing a place in relay teams
- Look out for further information in the lead up to these events from our external Events Team Managers - Alison and Angela.

Winter Cross-Country Season

Your membership gives you access to train and compete through the cross-country season. Athletes can also choose to sign up for just the cross-country season for a discounted rate.

Camberwell-Malvern Little Athletics participates in the Eastern 7's Cross Country race series in the winter season. The winter program consists of approx. 14 races including the LAVIC Regional and State Championship races. Races are typically held on a Sunday morning at different venues every week, with exceptions for LAVIC Regional and State events.

For more information about our cross-country program, visit our website or contact our Cross-Country Coordinator, Sam Nathan on 0407 552 922.

Communications though the cross-country season are managed through our CMLAC Cross-Country WhatsApp group

Meet the people behind CMLAC

A volunteer committee, supported by local partners and families like yours.



Sam Connellan

President

Dad of Harper (U13), Leo (U12) and Zoe (U11), keeps the club moving, and always happy to hear your ideas on what we can be doing to make it even stronger.



Alison O'Shaughnessy

Secretary

Eve (U12) and Juliet (U10) are following in her athletic footsteps...while she ticks all the 'official' CMLAC boxes and drives our representation at LAVIC competitions.



Russell Graham

Registrar

Dad of Theresa (U13) and your go-to for getting started at the club.



Dave McLean

Competition & equipment Manager

Dad of Jenson (U13), Guy (U12) and April (future CMLAC athlete). Our comp days wouldn't happen without him!



Vicki

Co-registrar

Mum of Sandy (U11) and John (U9), and here to help families get started at the club.



Nick Quinn

Treasurer

Dad of Lucy (U11), Annie (U9) & Jack (future CMLAC athlete!) and responsible for making sure the club stays strong for another xx years.



Mandy Davis

Communications & Marketing

Mum of Archie (U12), U12B Age Group Manager, and all ears for any feedback on our club communications.



Brendan Hackett

Co-operations manager

Dad of James (U10). You'll know him from king of the BBQ last year, and this year he'll be supporting Dave with the huge job of making sure we're always ready for comp days.



Sam Nathan

Cross Country Coordinator

Dad of Jake (U12) and Ben (U11), passionate about keeping our athletes fit and engaged through the winter cross country season.



Mark Felder

Sponsorship Manager

Dad of Annie (U19) and would love to have a chat if you have any sponsorship ideas from local businesses wanting to support the club.



Angela

Relay and Competitions Coordinator

Mum of Leonidas in the U11 boys and U11B AGM. Works alongside Alison to ensure CMLAC's representation at LAVic comps runs as smoothly as possible.



Warren Crocker

Age Group Managers Coordinator

Dad of Zachary (U12) and Isla (U9), U9G Age Group Manager, and plays a key role in keeping all our AGMs informed, connected and prepared to support our athletes.



Fiona Cull

Child Safety Officer & First Aid coordinator

Age Group Manager 13+ girls and plays the incredibly important role of ensuring the safety and care of all our athletes.



Lewis Gray

Holiday Program Liaison

Dad of Lyla (U7) and runs our holiday program to keep our athletes connected and fit during the season breaks.



Kate Dix

Duke of Edinburgh Coordinator

Mum of Charles (U6) and Eleanor (U8) and will be the key point of contact and coordinator for our Duke of Edinburgh athletes and volunteers.

OUR SPONSORS

Huge thanks to our sponsors

Our generous local sponsors who play an incredibly valuable role for the club.



GLEN IRIS
Tait Mitre 10



BBQ partner

Tooronga

Glen Iris

Local
supporter

Malvern



The ongoing support of our sponsors is an important part of what makes CMLAC possible. Their contribution helps us invest in equipment, coaching, family events and the day-to-day running of the club.

We're always open to new sponsorship partnerships and welcome conversations with individuals or organisations looking to support grassroots sport.

We'd love to hear from you if you'd like to discuss a sponsorship opportunity.
Connect with Mark Felder, our Sponsorships manager, or speak to any of our committee members.

LET'S GO CMLAC!

We can't wait for the season ahead with all our CMLAC athletes & families

