



# JOONDALUP JOURNAL

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)

## TEAM WARM-UP

**Saturday 2nd November @ 7am**

Join our Centre Captains for a group warm-up to prepare our athletes for their morning events.

Our Captains will be waiting under the Verandah for you to join them in a jog and stretching session.



# BUNNINGS FUNDRAISER

Our annual Bunnings Sausage Sizzle Fundraiser is coming up on Sunday 10th November.

This Fundraising Event is not possible without volunteers to help.

We have divided it into time slots to make it easier for everyone.

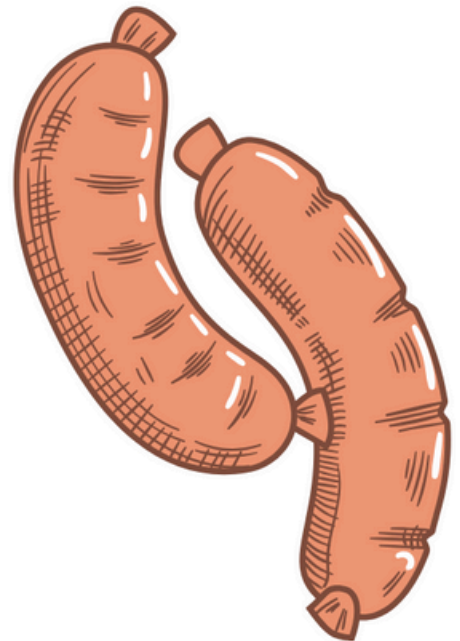
## TIMES AVAILABLE ARE

7AM TO 10AM

10AM TO 12PM

12PM TO 2PM

2PM TO 4.30PM



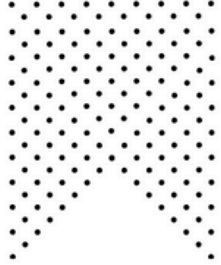
Please email Nicole to request your time.

Money raised from this event will go towards upgrading our Hurdles for our athletes.



[admin@joondalupathletics.com.au](mailto:admin@joondalupathletics.com.au)

0478 601 653



# Program B



2024-2025

Please note the marshall times below for your athletes age group. Events will commence at advertised start times.

UNDER 6	UNDER 7	UNDER 8
<b>8am Marshall 8.15am Start</b>  300m Shotput 70m Vortex	<b>7.45am Marshall 8.00am Start</b>  Long Jump 300m Vortex 70m	<b>7.45am Marshall 8.00am Start</b>  500m Turbo Javelin 60m Hurdles Discus 70m
UNDER 9	UNDER 10	UNDER 11
<b>7.15am Marshall 7.30am Start</b>  High Jump 800m 60m Hurdles Long Jump 70m Discus	<b>7.30am Marshall 7.45am Start</b>  800m Discus 60m Hurdles High Jump 70m	<b>7.15am Marshall 7.30am Start</b>  800m Javelin 80m Hurdles Shotput 200m Triple Jump
UNDER 12	UNDER 13	UNDER 14 PLUS
<b>7.15am Marshall 7.30am Start</b>  Discus 80m Hurdles Long Jump 800m High Jump 200m	<b>7.30am Marshall 7.45am Start</b>  80m Hurdles Shotput 800m Discus 200m Triple Jump	<b>7.15am Marshall 7.30am Start</b>  80 to 110m Hurdles High Jump 800m Long Jump Shotput 200m



**NO SMOKING OR VAPING  
PERMITTED**



# STRENGTH AND

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We are now 1 month in to our Summer of Athletics and we would like to invite our Under 9 to Open age athletes the opportunity to join Rob, our Centre Coach, in a weekly Strength and Conditioning Session.

Parents are welcome to join their athletes in these sessions.

**PLEASE BRING A TOWEL TO LAY ON**



**WHEN: Tuesday Afternoons**  
**COMMENCING: 5th November**  
**WHERE: HBF Arena Joondalup**  
**TIME: 4.30pm to 5.30pm**



# COMMUNITY MEMBERSHIP

Suitable for 18 and over athletes who would still like to continue their athletics journey

**ONLY**

Suitable for parents who are wanting to return to athletics or just have a go

**\$60.00**

Relaxed, inclusive no pressure environment.

No Age Limit

No minimum event requirements. Have a go at whatever is offered each week

**REGISTER HERE**

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)

## TEA AND COFFEE STATION

This season we have set up a Tea and Coffee Station for our Rostered families to enjoy a cuppa on us. Located in the Equipment Shed on Saturday Mornings





# Centre Records



On the weekend the following athletes achieved a new Centre Record for this season. Congratulations to all athletes. Please collect your Record Certificate from the Announcer on Saturday.

Athlete	Age	Event	Old Record	New Record
Harrison Stewart	17 Male	1.5kg Discus	41.24m	42.72m

## Saturday Snapshot

<b>Athletes Competing</b>	<b>238</b>
<b>Centre Records</b>	<b>1</b>
<b>Total PB's</b>	<b>415</b>
<b>Track PB's</b>	<b>221</b>
<b>Field PB's</b>	<b>194</b>

Age	PB's
U6	30
U7	61
U8	40
U9	45

Age	PB's
U10	55
U11	61
U12	23
U13	42

Age	PB's
U14	29
U15	15
U16	12
U17	2

Have a niggling injury, come see  
Jessica from Iluka Physio this  
Wednesday during training and  
support our SILVER SPONSOR.



# PHYSIOTHERAPY CLINIC

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**Wednesday 30th October**  
**4.10pm to 4.50pm**  
**Arena Joondalup**

**CONTACT US**

 6404 2787

 [www.iluka.physio](http://www.iluka.physio)



# 2ND NOVEMBER PARENT ROSTER

## SET UP CREW – ARRIVE 5.50AM

Martin Callaghan	Candace Van Deventer
Tom Bentley	Brown Family
Ryan Shand	Mathew Bouse
Matt Rocca	Aaron Tucker

## PACK UP CREW – LISTEN FOR ANNOUNCEMENT

Louise Boshoff	Mark LeFournour
Raj Rajakaruna	<b>PLEASE HELP</b>
<b>PLEASE HELP</b>	<b>PLEASE HELP</b>

## KEY ROLES

Arena Manager	Brendan Drew
Assistant Arena Manager	Nicole James
Officials Co-Ordinator	Natalie Rizvi
Officials Co-Ordinator	Scott James
Announcer	Tina Nilsson
First Aid	<b>PLEASE HELP</b>
Event Photographer	Nadia Hamdy

## START & END OF TRACK TEAM

Short Track Starter	Jo Boonzaaier
Short Track Recording	Shane Boyd
Short Track Recording – 12 Girls Roster	<b>PLEASE HELP</b>
Long Track Starter	Robert Kay
Long Track Recording	Anthea Mawson
Long Track Recording – 12 Boys Roster	<b>PLEASE HELP</b>

**THE JAC BOARD THANK YOU FOR  
VOLUNTEERING**



# 2ND NOVEMBER PARENT ROSTER

Families are required to complete a minimum of 7 rosters in a season. If a place is available please volunteer [here](#) to enable the program to commence on time and run smoothly.

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	PLEASE HELP	O'Reilly Family	Coralie Laut	PLEASE HELP
UNDER 6 BOYS	PLEASE HELP	Ruan Jacobs	Vikki Ireland	PLEASE HELP
UNDER 7 GIRLS	PLEASE HELP	Erin Callaghan	Paul du Plessis	PLEASE HELP
UNDER 7 BOYS	PLEASE HELP	Kelly Hughes	Blaire Cartwright	Amanda Thompson
UNDER 8 GIRLS	Natalie Coelho	Louise Boshoff	Aimee Williams	PLEASE HELP
UNDER 8 BOYS	Steve Oliver	Brown Family	Jose Planelles-Gill	Rachel Van Der Velden
UNDER 9 GIRLS	Fiona Herrmann	Perla Ottaviani	Simone Scagnelli	Sarah Durnin
UNDER 9 BOYS	PLEASE HELP	Luyt Family	Adam Whitford	Lize Korff
UNDER 10 GIRLS	PLEASE HELP	Dolly Hartley	Justin Horton	Amanda Lacy
UNDER 10 BOYS	PLEASE HELP	Turnbull Family	PLEASE HELP	PLEASE HELP
UNDER 11 GIRLS	Nikki Rajakaruna	Richard Pickerill	Nicola Fairhead	Aoife Fitzgerald
UNDER 11 BOYS	Devon Simic	Michael Pennington	Kimberley LeFournour	Rob Birch
UNDER 12 GIRLS	PLEASE HELP	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 12 BOYS	PLEASE HELP	Darren	PLEASE HELP	PLEASE HELP
UNDER 13 GIRLS	Lisa McStay	Bryant Family	PLEASE HELP	
UNDER 13 BOYS	PLEASE HELP	Alex Robeson	Matt Cadby	
UNDER 14+ GIRLS	PLEASE HELP	PLEASE HELP	PLEASE HELP	
UNDER 14+ BOYS	Lisa Horton	Bec Carstairs	PLEASE HELP	

We have now completed 3 weeks of our Centre Competitions. Families should have done at least 1 roster by now. As per our Roster Policy, if you don't complete your roster requirements by the end of the season, your athlete will not be eligible to compete at our Centre Championships and will not be able to receive any End of Season awards or medals.

# UNIFORMS

Centre uniforms are available for purchase via our online Shop. Orders placed up to Thursday Night will be available for collection Saturday Morning. Orders placed after Thursday will be available the following Saturday.

Check out our Shop on our website now.

[CLICK HERE](#)

## SUGGESTION BOX



**We value your thoughts and ideas. Look out for our New Suggestion Box at this Saturday's Competition. All feedback is welcome.**



Perth Cryo is a wellness and recovery centre offering advanced treatments to athletes or anyone seeking better health.

Treatments include:-

**Whole body or local cryotherapy**

**Cryo facials**

**Hyperbaric oxygen tank**

**Compression therapy**

**Infra-red saunas**

**Cocoon fitness pod**

**Lymphatic rollers**



**All Joondalup Athletes who mention code “JAC20” will receive a discount off their booking.**

**[www.perthcryo.com.au](http://www.perthcryo.com.au)**

# VOTE FOR US



Vote for Joondalup Athletics Centre as your favourite Sports Club and we could win \$1,000 for new equipment for our athletes.

Closes 20th Dec

[www.navsports.com](http://www.navsports.com)

[CLICK HERE](#)



## End of Track Roster - 26th October

**1 X UNDER 12 GIRLS VOLUNTEER  
FOR SHORT TRACK**

**1 X UNDER 12 BOYS VOLUNTEER  
FOR LONG TRACK**

Your role will be to use the stopwatch to record race times as a backup and assist with athletes coming to the table at the end of their race. You will be placed with a qualified End of Track Operator.



**SATURDAY'S TRACK PROGRAM WILL NOT COMMENCE UNTIL WE HAVE THIS ROSTER FILLED. THIS ROSTER COUNTS AS PART OF YOUR ROSTER REQUIREMENTS FOR THE SEASON.**

[\*\*VOLUNTEER HERE\*\*](#)

# Pole Vault Community Sessions

Athletics West, in conjunction with WAIS are hosting Pole Vault sessions for athletes U11 to U16 (2014 to 2009)

These sessions will be led by Athletics Australia Accredited Coaches Declan Carruthers, Ellie Parsons and Mikayla Scerri along with WAIS Pole Vault Coach James Fitzpatrick.

The sessions are designed to give athletes the opportunity to discover the Pole Vault event, learning basic skills, knowledge and to build confidence to progress in the Pole Vault discipline in a safe and friendly environment.

Sessions are open to Members and Non-Members. No prior experience is necessary to register for this session.

## Sessions Days

**Tuesday 29th October - 4pm to 7pm**

**Sunday 17th November - 8.15am to 11.15am**

**Monday 9th December - 4pm to 7pm**

**Thursday 23rd January - 4pm to 7pm**

**COST \$20.00 PER SESSION**

The time your athlete will attend depends on their age group. Athletes are requested to attend only 1 session due to high demand

CLICK **HERE** FOR FULL DETAILS AND TO REGISTER

# COME & TRY STRIVE



**UNDER 13 - UNDER 17 LITTLE A'S**

**8TH NOVEMBER**

**ENTRY \$15**

Thinking of doing Seniors this year. Athletics West are hosting a Come and Try afternoon for eligible Little Athletics Members. Events and places are limited so register now to avoid missing out. Full details on events offered and how to register can be found on the Athletics West Website or via this link.

**[REGISTER HERE](#)**