



JOONDALUP JOURNAL

www.joondalupathletics.com.au

THANKYOU

A massive thank you to all the parents who volunteered their time on Sunday to help at our Bunnings Sausage Sizzle. Without parents helping it would not have been a success.

\$3,300.00

was raised on the day and it will go towards upgrading our Radio's and purchasing new competition hurdles.

Special mention goes out to our President, Brendan Drew who organised everything for the day, as well as running around purchasing additional food and drink when we ran out.

Our next fundraising event is this Saturday when we raffle off 2 BBQ Pack meat trays valued at \$50.00 each.

Joondalup Athletics Centre acknowledge the Whadjuk people of the Nyoongar Nations, who are the traditional owners of the land on which we meet, train and compete. We pay our respects to their elders, past, present and emerging.

TEAM WARM-UP

Saturday 16th 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.



End of Track Roster - 16th November

1 X UNDER 7 GIRLS VOLUNTEER FOR SHORT TRACK

1 X UNDER 7 BOYS VOLUNTEER FOR LONG TRACK

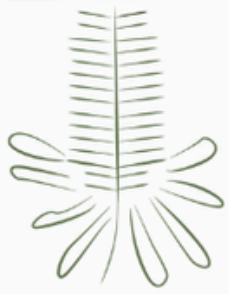
Your role will be to use the stopwatch to record race times as a backup and assist with athletes coming to the table at the end of their race. You will be placed with a qualified End of Track Operator.



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.

www.joondalupathletics.com.au

VISITING TRAINING THIS WEEK



ILUKA
PHYSIO


PHYSIOTHERAPY CLINIC



Wednesday 13th November
4.10pm to 4.50pm
Arena Joondalup

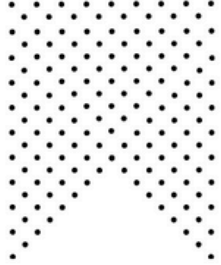
CONTACT US

 6404 2787

 www.iluka.physio



SILVER SPONSOR



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
8am Marshall 8.15am Start 300m Shotput 70m Vortex	7.45am Marshall 8.00am Start Long Jump 300m Vortex 70m	7.45am Marshall 8.00am Start 500m Turbo Javelin 60m Hurdles Discus 70m
UNDER 9	UNDER 10	UNDER 11
7.15am Marshall 7.30am Start High Jump 800m 60m Hurdles Long Jump 70m Discus	7.30am Marshall 7.45am Start 800m Discus 60m Hurdles High Jump 70m	7.15am Marshall 7.30am Start 800m Javelin 80m Hurdles Shotput 200m Triple Jump
UNDER 12	UNDER 13	UNDER 14 PLUS
7.15am Marshall 7.30am Start Discus 80m Hurdles Long Jump 800m High Jump 200m	7.30am Marshall 7.45am Start 80m Hurdles Shotput 800m Discus 200m Triple Jump	7.15am Marshall 7.30am Start 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
WHERE: HBF Arena Joondalup
TIME: 4.30pm to 5.30pm

Saturday Snapshot

Athletes Competing	345
Centre Records	1
Total PB's	421
Track PB's	217
Field PB's	202

Age	PB's
U6	35
U7	54
U8	30
U9	49

Age	PB's
U10	65
U11	59
U12	45
U13	40

Age	PB's
U14	21
U15	11
U16	9
U17	1



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
Sophie Bouse	9 Girls	400m	1.14.85s	1.14.62s

16TH NOVEMBER PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM	
Oliver Family	Brown Family
Celeste McDonald	Daniel Hall
PLEASE HELP	PLEASE HELP
PLEASE HELP	PLEASE HELP

PACK UP CREW – LISTEN FOR ANNOUNCEMENT	
Hannah Berry	Louise Boshoff
Matt Rocca	Nicola Fairhead
Aoife Fitzgerald	Jason Poff

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	Darren Gilchrist
Event Photographer	Richard Pickerill

START & END OF TRACK TEAM	
Short Track Starter	Robert Kay
Short Track Recording	Matt Gallen
Short Track Recording – 7 Girls Roster	PLEASE HELP
Long Track Starter	Kylie Horner
Long Track Recording	Anthea Mawson
Long Track Recording – 7 Boys Roster	PLEASE HELP

**THE JAC BOARD THANK YOU FOR
VOLUNTEERING**

16TH 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	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 6 BOYS	PLEASE HELP	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 7 GIRLS	Kylie Reindl	Kimberley LeFournour	Erin Dunne	Erin Callaghan
UNDER 7 BOYS	PLEASE HELP	Kelly Hughes	Cianne Proctor	Claire Doherty
UNDER 8 GIRLS	Ligia Ianc	Louise Boshoff	Tony Wilton	PLEASE HELP
UNDER 8 BOYS	PLEASE HELP	Oliver Family	Brown Family	Jose Planelles Gil
UNDER 9 GIRLS	Mathew Bouse	Potter Family	Potter Family	Kimberley Bartlett
UNDER 9 BOYS	Luke Gillespie	Adam Whitford	Lize Korff	Luyt Family
UNDER 10 GIRLS	Joel Smith	Oliver Family	Kristy Avery	Joanna Jacob
UNDER 10 BOYS	Luke Dean	Julian Dale	PLEASE HELP	PLEASE HELP
UNDER 11 GIRLS	Stuart Rivers	De Freitas Family	Gloria Ward	PLEASE HELP
UNDER 11 BOYS	Natalie Coelho	Chris Hale	Michael Pennington	Nathan Saville
UNDER 12 GIRLS	PLEASE HELP	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 12 BOYS	PLEASE HELP	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 13 GIRLS	Emma Jennings	Lisa McStay	PLEASE HELP	
UNDER 13 BOYS	McAdam Family	Botbyl Family	Matt Cadby	
UNDER 14+ GIRLS	Tim Drinkwater	Andrew Davey	PLEASE HELP	
UNDER 14+ BOYS	PLEASE HELP	Janine Gunn	PLEASE HELP	

We have several rosters to fill this weekend. If they don't get filled athletes won't be able to compete

We have now completed 5 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.



Visiting us 16th November



**\$60 each or
\$110 for 2**

\$60 each



\$15 each

\$80 each



www.medalmounts.com

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](#)

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



Can you?

HELP

A suggestion has been placed in our NEW SUGGESTION BOX for us to hold Raffles and/or cake stalls at our weekly competition.

The Board would love to do this, however without a Fundraising Director or someone who can take control and run these events we are unable to do this at present. All of our Board members are currently busy running the Saturday Competition.

If you have a passion for fundraising, or would love to help out, please let us know as we would love for you to help us run these events to raise funds for our athletes.

These events also provide a sense of community within our athletics families.

Please email or contact Nicole to discuss further
admin@joondalupathletics.com.au
0478 601 653

**YES!
YOU CAN!**



FUNDRAISING

Facts

BUNNINGS Sausage Sizzle

Our annual fundraiser was again a success for the Centre. Thankyou to the following families for helping out on the day.

Brendan, Peta and Jayden Drew
Danielle Reindl
Jo Boonzaaier
Chris Hale
Matt Hutton
Abby, Rob, Isaac and Joshua Kay
Stephen O'Reilly
Ngatai Family
Vanessa Hayles

Paddy O'Donnell
Natalie Rizvi
Brock Cumming
Brendan Aitkins
Nhan and Trend Cadby
Franco Welmans
Stone Family
Amanda Galhardo
Zoe Coughlan

We sold over 1260 sausages and 400 drinks.

LOCAL MATTERS

This month we are one of the Sporting Clubs that are on the Local Matters Jars at Grill'd Currambine. Pop in for a meal and vote for our centre.

Grill'd Currambine
Currambine Central
Shopping Centre
1244 Marmion Ave
Currambine



WE NEED YOUR

TOKEN VOTE!

Grill'd

FUNDRAISING

Facts

BBQ MEAT PACK RAFFLE



We have 2 meat packs to raffle with a value of \$50.00 each. Thanks to Star of the North Butchers Currambine

\$5.00 PER TICKET

DRAWN SATURDAY AT 11AM



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

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



ATHLETICS WEST

SENIOR STRIVE

SAT 16TH NOVEMBER

Registrations are now open to all Joondalup Athletics Centre Senior Strive Members (born 2013 or earlier).

Late entries at discretion of Athletics West. Follow the link to register to avoid missing out



**REGISTER
HERE**

SPECIAL PROGRAM

Sprint Hurdles

800m

100m

5000m

200m

4 x 400m Relay

Triple Jump (men & women)

Hammer Throw (men & women)

High Jump (Div A & Div B men & women)

Shotput (men & women)

Discus (men & women)

**REGISTRATIONS CLOSE
13TH NOVEMBER @ 11.59PM**

www.joondalupathletics.com.au
[seniors @joondalupathletics.com.au](mailto:seniors@joondalupathletics.com.au)

Track & Field Relay Teams

Saturday 14th December 2024

The State Track and Field Relay Championships are fast approaching. Invites have now been sent out to athletes for both the track and field relay's. Please check your inbox or junk folder.

