Vol. 83 February 2025



JOONDALUP JOURNAL

www.joondalupathletics.com.au



- Arena Joondalup
- 7am to 12pm
- **15 & 16 March 2025**

Invites have now been sent to families to nominate for this seasons Centre Championships. Please check your inbox for details on how to nominate.

Athletes must nominate to compete

Nominations close 9th March at 11.30pm



UNCONVENTIONAL Program

SATURDAY 1ST MARCH 7.00AM TO 12.00PM

UNDER 6	60m	200m	Turbo Javelin	Long Jump
UNDER 7	60m	400m	Turbo Javelin	Long Jump
UNDER 8	60m	400m	Vortex	Scissor High Jump
UNDER 9	60m	300m	Vortex	Triple Jump
UNDER 10	60m	300m	Vortex	Triple Jump
UNDER 11	60m	300m	Vortex	Scissor High Jump
UNDER 12	60m	300m	Turbo Javelin	Scissor High Jump
UNDER 13+	60m	300m	Turbo Javelin	Scissor High Jump
PARENTS	60m	300m	750g Discus Women	1kg Discus Men

PARENT/COACH VS ATHLETES SHUTTLE RELAY

BBQ SOCIAL GET TOGETHER



UNCONVENTIONAL BBC.

PLEASE SUPPORT OUR BBQ FUNDRAISER THIS SATURDAY.

SAUSAGE SIZZLE - \$2.50

POPCORN - \$1.00

ASSORTED CHIPS - \$1.00

UNCONVENTIONAL

WE HAVE 2 MEAT PACKS TO RAFFLE THIS SATURDAY COURTESY OF CJ MEATS IN BEAUMARIS.

TICKETS \$5.00 EACH



1ST MARCH PARENT ROSTER

SET UP CREW - ARRIVE 5.50AM		
Jason Wathall	VOLUNTEER NEEDED	
VOLUNTEER NEEDED	VOLUNTEER NEEDED	
VOLUNTEER NEEDED	VOLUNTEER NEEDED	
VOLUNTEER NEEDED	VOLUNTEER NEEDED	

PACK UP CREW - LISTEN FOR ANNOUNCEMENT		
Amanda McMinn Amanda McMinn		
VOLUNTEER NEEDED	VOLUNTEER NEEDED	
VOLUNTEER NEEDED	VOLUNTEER NEEDED	

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	VOLUNTEER NEEDED	
Data Entry	Vanessa Hayles	
Data Entry	VOLUNTEER NEEDED	

START & END OF TRACK TEAM		
Short Track Starter	Jo Boonzaaier	
Short Track Recording	Shane Boyd	
Short Track Recording	Kristy Barnard	
Long Track Starter	Naaz Bhangu	
Long Track Recording	Anthea Mawson	
Long Track Recording VOLUNTEER NEEDE		

BBQ ROSTER- ARRIVE 8.30AM		
VOLUNTEER NEEDED	VOLUNTEER NEEDED	
VOLUNTEER NEEDED	VOLUNTEER NEEDED	

VOLUNTEER HERE

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	VOLUNTEER NEEDED	Leah Shepherd	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 6 BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 7 GIRLS	Kylie Reindl	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 7 BOYS	VOLUNTEER NEEDED	Amanda McMinn	Claire Doherty	Alannah Barnard
UNDER 8 GIRLS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 8 BOYS	VOLUNTEER NEEDED	Laura Gil	Scott Newbigging	VOLUNTEER NEEDED
UNDER 9 GIRLS	Danielle Reindl	Gavin Simmonds	Ngatai Family	Amanda McMinn
UNDER 9 BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 10 GIRLS	VOLUNTEER NEEDED	Amy Greatbanks	Jason Wathall	VOLUNTEER NEEDED
UNDER 10 BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 11 GIRLS	VOLUNTEER NEEDED	Richard Pickerill	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 11 BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 12 GIRLS	VOLUNTEER NEEDED	Prasad Family	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 12 BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED
UNDER 13+ GIRLS	VOLUNTEER NEEDED	Gareth Jones	VOLUNTEER NEEDED	
UNDER 13+ BOYS	VOLUNTEER NEEDED	VOLUNTEER NEEDED	VOLUNTEER NEEDED	

This weekend we are also needing 4 volunteers to assist with cooking our BBQ. This counts as part of your roster requirements.

This is your last opportunity to complete your minimum 7 rosters for your athlete to be eligible for our Centre Championships Weekend.

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01 MAR Unconventional Athletics & BBQ

Arena Joondalup

7/8 MAR Senior States U13 to Open Ages

No Saturday Program

15/16 MAR

Centre Championships

Nominated athletes only

22/23 MAR Junior States U9 to U13 Ages

Qualified athletes only



JUNIOR STATES

Nominations are now open in Results HQ for the 2025 Junior States. Only qualified athletes are able to compete in this event. Please refer to the Junior States Event Page on our Website for the full list of Joondalup Athletes who have qualified and how to nominate.

Event Page Link

www.joondalupathletics.com.au

SATURDAY HOUSEKEEPING



CAN ALL AGE GROUPS PLEASE MAKE
SURE THEY CLEAN OUT THEIR AGE TUBS
AT THE END OF EACH SATURDAY'S
COMPETITION. WE ARE FINDING FOOD,
RUBBISH, CLOTHING, HATS AND DRINK
BOTTLES LEFT IN THE TUBS EACH WEEK.



Athletics West have asked centres to put together a Mixed Relay Team (U9 and U10's) to compete at the Perth Track Classic.
Congratulations to Layla B, Tobias G, Heidi J and Jasper P for your selection to represent Joondalup Athletics Centre.

Come along and support our athletes as well as watch some of the best athletes in Australia compete here in Perth.

We will be set up in our usual spot on the hill near the 1500m Start Line, and would love for you to join us to watch the events for the evening.

Tickets on sale via the Athletics West website.



AWARDS & MEMORIES

6:00 PM 29 MARCH, 2025

> JAC CLUBROOMS **BAR OPEN**

U12+ ATHLETES & PARENTS

Dress to impress

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PURCHASE YOUR FREE TICKET BY 17TH MARCH 2025 https://www.trybooking.com/CYTMT



U6 T0 U11



TROPHY DAY



Athletes receive a Free Icecream



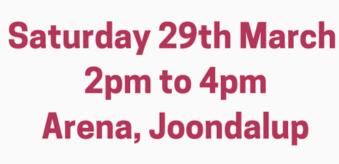
Athletes receive a free drink and lollies



Athletes can request a Participation Medal via link below



Fun and Games for all





RSVP BY 17TH MARCH

LINK TO RSVP & REQUEST PARTICIPATION MEDAL





BOARD POSITIONS

It is that time of the year for families to think about joining our Board for the 2025-26 Season. As a Board Member you have a say in the day to day running of our Club and help us grow. If you would like to join our Board for the 2025/26 Season, here is a brief description of two of our roles for you to consider. Please have a chat with Brendan or Nicole to discuss possible roles further.

COMPETITION DIRECTOR

- Help co-ordinate and run the weekly competitions alongside our Arena Manager and Officials Director.
- Aid in timetabling and running of our weekly programs, Chase and Multi Event competitions, as well as any other special program the Board may run during the season.
- Ensure competitions are fair and run according to the Athletics West Rules of Competition.
- Encourage the member base to become involved in weekly meets by providing guidance and help when requested.

EXTERNAL LIAISON

- Represent the Centre to ensure we are kept informed of events and circumstances affecting our centre.
- Keep President and Board members updated of external matters relevant to our Centre.
- Serve on ACSRA Board to keep our JAC Board informed of matters pertaining to our association with the other codes and management of the building we operate from.
- Represent JAC at Athletics West meetings, alongside President and Executive Officer.

STRENGTH & CONDITIONING



Join Rob for the return of our Strength and Conditioning Program. This is aimed at Under 9 plus age groups. Families welcome to attend.

Tuesday afternoons 4.30pm to 5.30pm

Remember water bottle and towel to lay on



State Track & Field Championships

The 2025 State Track and Field Championships are being held on the weekend of 7th to 9th March 2025 at the WA Athletics Stadium.

Athletes in the Under 13 to Open age groups are now able to nominate for their events.

Please note this is the only State Championship competition for Under 14 to Open athletes.

Under 13's are also able to nominate for the Junior State Championships if they have met the qualifying requirements.

- Athletes DO NOT need to qualify for this event.
- Athletes must be able to meet the minimum starting/mat requirements for High Jump and Triple Jump.
- Athletes must be a current member with Joondalup Athletics Centre
- Athletes enter based on their year of birth, not by their current Little Athletics Age Group.

This event is a qualification event for the Australian Athletics Championships being held in Perth in April

Please visit the <u>Athletics West Event</u> page for more information, including age groups and event rules.

Nominations close 11.59pm Thursday 27th February

If you are unsure if your athlete can take part in this event, please contact Nicole to discuss further.





On the weekend we had several athletes break a current Joondalup Centre Record.

Congratulations to all athletes.

Athlete	Age	Event	Old Record	New Record
Tamara lanc	8 Girls	60m Hurdles	11.70s	11.19s
Lula Boshoff	8 Girls	500m	1.44.98s	1.41.80s
Evelyn Van Der Kwast	9 Girls	Scissor High Jump	1.10m	1.13m
Evenly Van Der Kwast	9 Girls	Discus 500g	22.25m	22.58m
Haaris Rizvi	13 Boys	Discus 750g	38.97m	41.64m

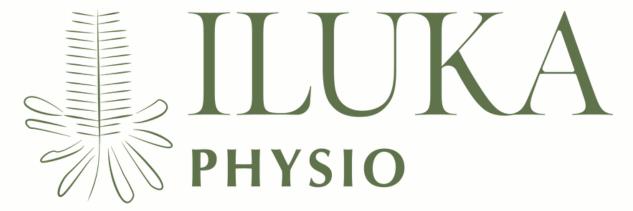
Saturday Snapshot

Athletes Competing	185
Centre Records	5
Total PB's	241
Track PB's	117
Field PB's	124

Age	PB's
U6	18
U7	41
U8	32
U9	33

Age	PB's
U10	20
U11	45
U12	12
U13	27

Age	PB's
U14	2
U15	8
U16	1
U17	2



Iluka Physio are an allied health clinic located only 7 minutes from Arena Joondalup. They have a team of experienced Physio's who work with athletes of all ages and abilities. They also offer Exercise Physiology and Remedial Massage services.

They can help with

Muscle Strains

Growing Pains

Improve Performance

Providing our athletes with

Massage

Strapping

Exercises

Injury Rehab

Please support our Silver Sponsor

www.iluka.physio

Phone: 6404 2787



Consultation
ECG
Echocardiogram
Exercise stress ECG test
Exercise stress echocardiogram
Dobutamine stress echocardiogram
24 hour blood pressure monitoring
24 hour Holter monitoring
PAR (7 day Holter)
Pacemaker checks
Cardiac CT
Clinical trials
Cardio-oncology

Improving Australia's Heart Health

Shenton House, Level 2, 57 Shenton Ave, Joondalup 9400 6161

Centre Championship Event Page

OUR WEBSITE FOR THE LATEST LIST OF QUALIFIED ATHLETES.

THIS PAGE WILL HAVE EVERYTHING YOU NEED TO KNOW ABOUT
OUR CENTRE CHAMPIONSHIPS.



SENIOR STRIVE

WED 26TH FEBRUARY

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



2000m Steeplechase

100m

1500m

Sprint Hurdles

400m

Pole Vault (Men & Women - DIv B)

Hammer Throw (Men)

Triple Jump (Men & Women)

High Jump (Women - Div A & B)

Shotput (Women)

Javelin (Men)

Discus (Women)



<u>Register</u> <u>Here</u>

REGISTRATIONS CLOSE 24TH FEBRUARY @ 11.59PM

www.joondalupathletics.com.au seniors @joondalupathletics.com.au



COMING SOON

