






# JOONDALUP JOURNAL

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



# Centre Champs

-  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

<b>UNDER 6</b>	60m	200m	Turbo Javelin	Long Jump
<b>UNDER 7</b>	60m	400m	Turbo Javelin	Long Jump
<b>UNDER 8</b>	60m	400m	Vortex	Scissor High Jump
<b>UNDER 9</b>	60m	300m	Vortex	Triple Jump
<b>UNDER 10</b>	60m	300m	Vortex	Triple Jump
<b>UNDER 11</b>	60m	300m	Vortex	Scissor High Jump
<b>UNDER 12</b>	60m	300m	Turbo Javelin	Scissor High Jump
<b>UNDER 13+</b>	60m	300m	Turbo Javelin	Scissor High Jump
<b>PARENTS</b>	60m	300m	750g Discus Women	1kg Discus Men
<b>PARENT/COACH VS ATHLETES SHUTTLE RELAY</b>				
<b>BBQ SOCIAL GET TOGETHER</b>				



# UNCONVENTIONAL BBQ

PLEASE SUPPORT OUR BBQ FUNDRAISER THIS SATURDAY.

SAUSAGE SIZZLE - \$2.50

POPCORN - \$1.00

ASSORTED CHIPS - \$1.00

# UNCONVENTIONAL Raffle

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	<b>VOLUNTEER NEEDED</b>
<b>VOLUNTEER NEEDED</b>	<b>VOLUNTEER NEEDED</b>
<b>VOLUNTEER NEEDED</b>	<b>VOLUNTEER NEEDED</b>
<b>VOLUNTEER NEEDED</b>	<b>VOLUNTEER NEEDED</b>

PACK UP CREW – LISTEN FOR ANNOUNCEMENT	
Amanda McMinn	Amanda McMinn
<b>VOLUNTEER NEEDED</b>	<b>VOLUNTEER NEEDED</b>
<b>VOLUNTEER NEEDED</b>	<b>VOLUNTEER NEEDED</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
<b>First Aid</b>	<b>VOLUNTEER NEEDED</b>
Data Entry	Vanessa Hayles
<b>Data Entry</b>	<b>VOLUNTEER NEEDED</b>

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
<b>Long Track Recording</b>	<b>VOLUNTEER NEEDED</b>

BBQ ROSTER- ARRIVE 8.30AM	
<b>VOLUNTEER NEEDED</b>	<b>VOLUNTEER NEEDED</b>
<b>VOLUNTEER NEEDED</b>	<b>VOLUNTEER NEEDED</b>

# VOLUNTEER HERE

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

**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.

# Dates to Remember

**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**





ATHLETICS WEST

# U9 TO U13 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](http://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.**



YOU ARE INVITED TO  
**JOONDALUP ATHLETICS**  
CENTRE  
**AWARDS**  
NIGHT

**2025**

JOIN US FOR A MAGICAL EVENING  
OF MUSIC, DANCE, PHOTOBOOTH,  
AWARDS & MEMORIES

**6:00 PM**  
**29 MARCH, 2025**

JAC CLUBROOMS  
BAR OPEN

U12+ ATHLETES & PARENTS

Dress to impress

PURCHASE YOUR FREE TICKET BY 17TH MARCH 2025

<https://www.trybooking.com/CYTMT>



# U6 TO 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

**Saturday 29th March**

**2pm to 4pm**

**Arena, Joondalup**

**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**

## **2025 SENIOR STATE CHAMPIONSHIPS**

Now open to U13 to Open Age  
Groups.

Nominations close 11.59pm  
this Thursday 27th February.



# 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 [Athletics West Event](#) 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.



# Centre Records



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 Ianc	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

<b>Athletes Competing</b>	<b>185</b>
<b>Centre Records</b>	<b>5</b>
<b>Total PB's</b>	<b>241</b>
<b>Track PB's</b>	<b>117</b>
<b>Field PB's</b>	<b>124</b>

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](http://www.iluka.physio)  
Phone: 6404 2787





Advvara  
HeartCare

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

CHECK OUT OUR NEW [CENTRE CHAMPIONSHIP EVENT PAGE](#) ON  
OUR WEBSITE FOR THE LATEST LIST OF QUALIFIED ATHLETES.

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



ATHLETICS WEST

# 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



[Register Here](#)

### PROGRAM A

- 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)

REGISTRATIONS CLOSE  
24TH FEBRUARY @ 11.59PM

[www.joondalupathletics.com.au](http://www.joondalupathletics.com.au)  
[seniors @joondalupathletics.com.au](https://twitter.com/joondalupathletics)

## COMING SOON

# DETAILS ON TRAINING DATES AND LOCATION FOR OUR WINTER CROSS COUNTRY PROGRAM

