



It's been a great start to the season with both programs A & B being completed. I hope you all enjoyed the opening day with the march past of our athletes and thank you for your patience as I know things took a little longer than planned.

We are well and truly into season mode now and the athletes will begin to accumulate their personal bests (PB's) as they improve on their previous results for that event.

In addition to my role as President, I am also doing the equipment role at present. Could I please ask the member base to offer some help for the equipment role. This is taking my time away from my key responsibility of administering and developing the club. It is a board position, but initially all that is required is to co-ordinate the setup and pack-up every second week (Program A) for the volunteers when Dion is not there – we can chat about the board role later. I do need one or two people to help out here... please. If 2-3 people want to job-share the role, I'm open to this. This will count as your roster requirement for the season.

The same goes for sponsorship and social events organising – I cannot continue to do these roles in addition to my current role – I'm sure we have good club-oriented people who are happy to join together and get these very important things organised. We have the Bunnings sausage sizzle on 10 November that we need to begin to get organised soon. Please come and have a chat about this also.

I do hope that you are all settling into the season and enjoying our club. Stay tuned for details on upcoming social events where we can get together as a club and enjoy each other's company in a social setting. For those that are adept at organising social functions, come have a chat – we would love your input and ideas.

Brendan Drew
President

PRESIDENT'S POINTS

Parent Rosters



Please sign up for your rosters for your athletes age group. This also means arriving at the required time for your roster (especially for set up and end of track rosters) to enable the program to commence on time.

Please support the canteen and our coffee van. If you have any feedback regarding the menu, prices etc please place a comment in our Suggestion Box.



Canteen



On Saturday

No athletes or parents, other than those on roster or at an event, are to be on the inside of the track, or inside the ropes. There are races, throwing events and lots happening and athlete and parent safety is a priority to avoid injury. This also includes the end of track area. Please encourage and support your athlete from behind the ropes or from the Verandah near the Clubrooms.



Many Hands

If you see things that need doing or people needing help at any time or at the end of the day, please provide 5 minutes of your time. This ensures we are all finished on time and can close the shed and head home to our families. Nicole and I can then get on with uploading the results and ensuring that they are uploaded in a timely manner for you to view and chat about with your athlete.

Thankyou



Thank you to all the parents that help with the hurdles and small jobs on Saturday. It does not go unnoticed and I appreciate your assistance. This helps immensely with us keeping the program moving.

Facebook

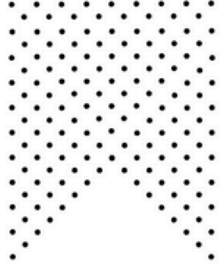


Make sure you follow our Joondalup Athletics Center Facebook Page and that you have joined your group's Facebook Page. All communication will be on these pages and the coach will be an admin for your group. This is also a great forum to share some laughs and photos of your season and chat as a parent group. A full list of groups can be found on our website.



Training

Please arrive on time. All training will commence at the advertised start time. It shows respect to the coaches and other athletes that you are there ready to begin. Athletes are not permitted to commence Event training half way through the session.



Program A



2024-2025

Please note the marshall times below for your athletes age group. Events will commence at the advertised start time. 1500m athletes please marshall at the start line at time listed below.

UNDER 6	UNDER 7	UNDER 8
<p>7.45am Marshall 8.00am Start</p> <ul style="list-style-type: none">• 100m• Long Jump• Discus• Mini Hurdles	<p>7.45am Marshall 8.00am Start</p> <ul style="list-style-type: none">• Discus• 100m• Shotput• 200m• Mini Hurdles	<p>8.00am Marshall 8.15am Start</p> <ul style="list-style-type: none">• Long Jump• 100m• Shotput• 200m
UNDER 9	UNDER 10	UNDER 11
<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• Shotput• 400m• Turbo Javelin• 100m• 200m	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• Long Jump• 100m• Shotput• 400m• Turbo Javelin• 200m	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 100m• Discus• 400m• Fosbury High Jump• Long Jump
UNDER 12	UNDER 13	UNDER 14 PLUS
<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 100m• Shotput• 400m• Javelin• Triple Jump	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 200m Hurdles• Javelin• 400m• Fosbury High Jump• 100m• Long Jump	<p>7.15am Marshall 7.30am Start</p> <ul style="list-style-type: none">• 1500m (6.50am marshall)• 200m/300m Hurdles• 400m• Discus• 100m• Javelin• Triple Jump



**NO SMOKING OR VAPING
PERMITTED**



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

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



26TH OCTOBER PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM

Paddy O'Donnell	Paddy O'Donnell
McAdam Family	Chloe Quesnel
Linley Langullah	Martin Callaghan
Justin Horton	PLEASE HELP

PACK UP CREW – LISTEN FOR ANNOUNCEMENT

Candace Van Deventer	Gavin Simmonds
Anthony Ward	John Futter
Richard Pickerill	PLEASE HELP

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	Kerry Brogden

START & END OF TRACK TEAM

Short Track Starter	Kylie Horner
Short Track Recording	Danielle Van Roon
Short Track Recording – 11 Girls Roster	PLEASE HELP
Long Track Starter	Robert Kay
Long Track Recording	Ryan Shand
Long Track Recording – 11 Boys Roster	PLEASE HELP

26TH OCTOBER 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	Coralie Laut	Jacinta O'Brien	Leah Shepherd	Evert Luyt
UNDER 6 BOYS	PLEASE HELP	Andre Retuga	Erica de la Motte	PLEASE HELP
UNDER 7 GIRLS	PLEASE HELP	Danica Carere	Kevin Van Der Kwast	Erin Dunne
UNDER 7 BOYS	PLEASE HELP	Ev Taylor	Gareth McMinn	PLEASE HELP
UNDER 8 GIRLS	Kara Martin	Ligia Ianc	Aimee Williams	PLEASE HELP
UNDER 8 BOYS	Danica Carere	Lisa McStay	Rachel Van Der Velden	Chloe Quesnel
UNDER 9 GIRLS	Fiona Herrmann	Perla Ottaviani	Perla Ottaviani	Candace Van Deventer
UNDER 9 BOYS	PLEASE HELP	Nicola Fairhead	Lize Korff	Natalie Retuga
UNDER 10 GIRLS	Joel Smith	Amanda Galhardo	Amy Greatbanks	Louise Atkinson
UNDER 10 BOYS	PLEASE HELP	Teagan Blackburn	Julian Dale	PLEASE HELP
UNDER 11 GIRLS	PLEASE HELP	Megan Falconer	Kimberley Bartlett	Stuart Rivers
UNDER 11 BOYS	Christopher Hale	Ferdinand Ojogwu	Rob Birch	PLEASE HELP
UNDER 12 GIRLS	PLEASE HELP	Tanja Coyne	Sumi Prasad	PLEASE HELP
UNDER 12 BOYS	Tristan McDonald	PLEASE HELP	PLEASE HELP	PLEASE HELP
UNDER 13 GIRLS	Bryant Family	PLEASE HELP	PLEASE HELP	
UNDER 13 BOYS	McAdam Family	Kirsty Hutton	PLEASE HELP	
UNDER 14+ GIRLS	PLEASE HELP	Emma Jennings	PLEASE HELP	
UNDER 14+ BOYS	Lisa Horton	Bec Carstairs	Tom Habbits	



THE JAC BOARD THANK YOU FOR VOLUNTEERING

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



ATHLETICS WEST

SENIOR STRIVE

FRIDAY 25TH OCTOBER

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 B

60m
Long Hurdles
800m
200m
3000m
Pole Vault (Men/Women A & B Division)
Discus (Men)
Long Jump (Men/Women)
High Jump (Men Division A & B)
Javelin (Women)
Shotput (Men)
Hammer Throw (Women)

REGISTRATIONS CLOSE
23RD OCTOBER @ 11.59PM

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

Hammer/Discus & Block Starts Clinic

Athletics West are hosting a Block Starts and Hammer/Discus transition clinic on 25th October from 4.45pm to 5.45pm at WA Athletics Centre, Mt Claremont. Open to all athletes born 2012 to 2007 only and must be a registered Junior or Senior Athlete with Joondalup.

Limited places are available.

Register **HERE** to avoid missing out

FALSE STARTS



Age group rules

U6-U8

2 Warnings per athlete. Upon an athlete's 3rd false start they will be disqualified.

U9-U13

2 warnings per race. The 3rd athlete/s to false start (regardless of who it is) will be disqualified.

U14-U17

1 warning per race. The second athlete/s to false start (regardless of who it is) will be disqualified.

Races run entirely in lanes:

Stepping onto the line is allowed only ONCE

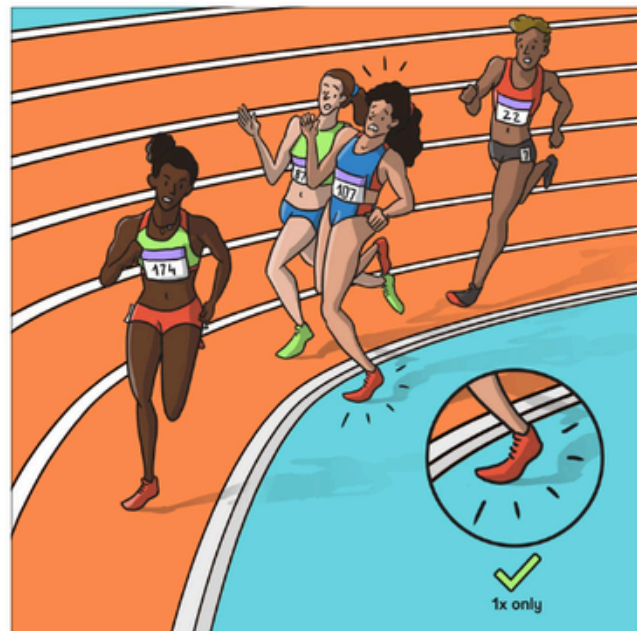
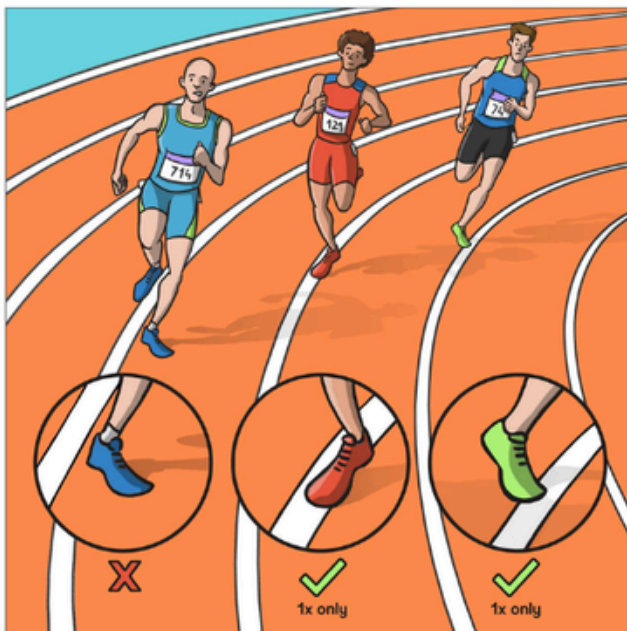
Stepping completely out of the lane on a bend is not allowed and results in disqualification as it provides the runner with an advantage over other runners

Races not run entirely in lanes:

Stepping completely out of the lane on a bend, onto the inside of the track area is allowed only ONCE

If it is determined by the referee that the athlete has been pushed or shoved out of the lane they will not be disqualified.

This rule will be implemented when athletes attend State events. We will be keeping an eye on breaches at JAC, in an effort to educate our athletes prior to attending such events





Visiting us 26th October



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

\$60 each



\$15 each

\$80 each



www.medalmounts.com

JOONDALUP MINI ATHLETICS

3 & 4 YEAR OLDS

Limited spots available

\$65.00
for 6
sessions

**PLAY BASED
ATHLETIC
GAMES WHERE
THE FOCUS
IS ON
PARTICIPATION
& FUN**



**Commencing
26th Oct**



www.joondalupathletics.com.au