



**AN EMAIL HAS BEEN SENT TO
ALL MEMBERS FROM OUR
CENTRE PRESIDENT, BRENDAN
DREW. PLEASE CHECK YOUR
INBOX. IF YOU HAVE NOT
RECEIVED THIS EMAIL, PLEASE
LET US KNOW ASAP.**

FROM OUR PRESIDENT

Brendan Drew

Welcome back to everyone after the Christmas break and I hope you are all rested and refreshed.

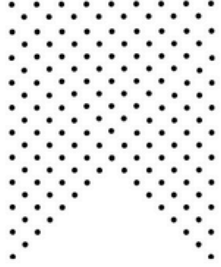
Our move to Santiago Park in Beaumaris has been very smooth and your patience with logistics, training and setup on competition day has been appreciated. We have also had success with our previous timing gate issues which has helped the programs run more smoothly on competition days. A personal thanks to every one of the end of track crew in particular who have absorbed a lot of pressure and shown calmness in the face of some recent issues – thank you all. We have a wonderful group of parent helpers in all areas of the club who continue to give their time and knowledge to help run the club and competitions.

As we move forward, we are excited to move into the competition end of the season. Many athletes will continue to aim for states qualifications in the coming weeks. Zones competition is also coming soon for those that have yet to qualify for Junior States. More information on Zones will be published in coming weeks in this newsletter. Those not competing at zones or states, however, will continue to reach for their fantastic PB's each week and it's great to see. Please continue to encourage each other to improve and give their best. There's a great vibe in many groups at the club which is fantastic!

A couple of bits of housekeeping from me as we move to the latter part of the season:

- Please be aware of the heat with competitions and training. Act accordingly and watch out for each other and hydrate to the conditions. I have asked the coaches to make a call early if there are any changes to training. Please keep an eye out on the posts on our Facebook page and the coaching groups.
- There have been a number of incidences recently where athletes have been dropped at training and parents not present. This is not a time to drop and go shopping. Please be respectful of the club, the volunteer coaches and the administrators. At the very least it is the parent's responsibility to inform the coach if they cannot stay for the entire session and communicate with them.
- For setup and pack down roles on competition days, please be on time. At the end of the day if you are able to offer a hand for 5 or 10 mins it will be appreciated immensely and help the crew get away and enjoy their weekend too.

It will be our last competition at Santiago this weekend. I hope you are all enjoying the season so far. We continue to gain new members which is great. I'll see you all at the training track this week or at competition on the weekend.



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

All events will be held at Santiago Park, Ocean Reef

25th JANUARY PARENT ROSTER

SET UP CREW – ARRIVE 5.50AM	
Joel Barnard	Emma Simpson
Simon Avery	McAdam Family
John Futter	Richard Pickerill
Sergio Coelho	HELP REQUIRED

PACK UP CREW – LISTEN FOR ANNOUNCEMENT	
Kylie Horner	Tristan McDonald
Kylie Horner	Hannah Berry
HELP REQUIRED	HELP REQUIRED

KEY ROLES	
Arena Manager	Brendan Drew
Assistant Arena Manager	Nicole James
Officials Co-Ordinator	Natalie Rizvi
Officials Co-Ordinator	Scott James
Announcer	Nicole James
First Aid	HELP REQUIRED
Event Photographer	Kim Simmonds

START & END OF TRACK TEAM	
Short Track Starter	Naaz Bhangu
Short Track Recording	Ryan Shand
	Kat Skroza
Short Track Recording (6 Boys)	HELP REQUIRED
Long Track Starter	Kylie Horner
Long Track Recording	Nyree Marr
Long Track Recording (6 Girls)	HELP REQUIRED

VOLUNTEER HERE

AGE GROUP	CO-ORDINATOR	HELPER	HELPER	HELPER
UNDER 6 GIRLS	HELP REQUIRED	Emma Simpson	HELP REQUIRED	HELP REQUIRED
UNDER 6 BOYS	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED
UNDER 7 GIRLS	HELP REQUIRED	Kimberley LeFournour	Kevin Van Der Kwast	Carl Harrison
UNDER 7 BOYS	HELP REQUIRED	Lisa Dashwood	Maureen Butterworth	Joel Barnard
UNDER 8 GIRLS	HELP REQUIRED	Hayley Holmes	Tony Wilton	HELP REQUIRED
UNDER 8 BOYS	HELP REQUIRED	Kylie Horner	Candace Van Deventer	Lisa Daly
UNDER 9 GIRLS	Tim Drinkwater	Peta Smith	Perla Ottaviani	Ngatai Family
UNDER 9 BOYS	HELP REQUIRED	Matt Rocca	HELP REQUIRED	HELP REQUIRED
UNDER 10 GIRLS	Joel Smith	Amy Greatbanks	Amanda Lacy	Lisa Daly
UNDER 10 BOYS	HELP REQUIRED	Kerry Brogden	HELP REQUIRED	HELP REQUIRED
UNDER 11 GIRLS	HELP REQUIRED	Gemma Hannigan	Kim Futter	John Futter
UNDER 11 BOYS	Bryant Family	Emma Simpson	HELP REQUIRED	HELP REQUIRED
UNDER 12 GIRLS	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED
UNDER 12 BOYS	Tristan McDonald	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED
UNDER 13 GIRLS	HELP REQUIRED	Laura Gil	HELP REQUIRED	
UNDER 13 BOYS	Botbyl Family	Kristy Hutton	HELP REQUIRED	
UNDER 14+ GIRLS	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED	
UNDER 14+ BOYS	HELP REQUIRED	HELP REQUIRED	HELP REQUIRED	

We only have 5 more competitions left before our season ends. Make sure you have completed your rosters, as per our roster policy, if your athlete wishes to compete in our Centre Championships.

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



CENTRE ANNOUNCER

Our lovely announcer Tina is leaving us for Victoria at the end of the Summer. We would love to welcome a second announcer to learn the role from Tina before next season begins. If you are interested in taking on this role, please contact us .

Full training will be provided to those interested.



**WE WANT
YOU!**

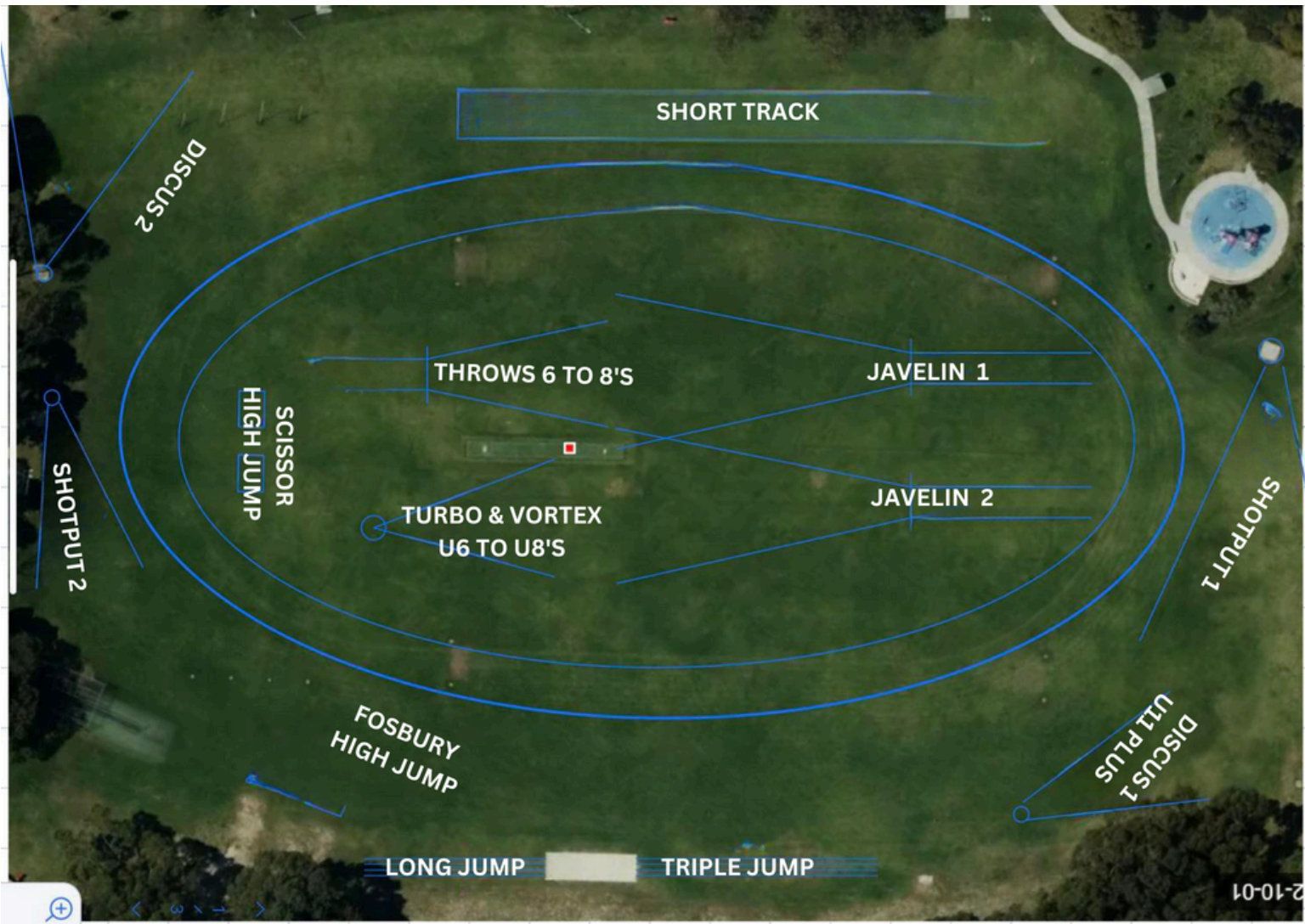


admin@joondalupathletics.com.au

Santiago Park Map

6th Jan to 1st February 2025

Please familiarize yourself with the map of Santiago Park so you know where to go for each event.



TRAINING INFORMATION

Age group training continues this week at Santiago Park, until Thursday 23rd January.

Event training will continue at Santiago Park until Thursday 23rd January.

CENTRE CHAMPIONSHIPS

Our 2024-25 Centre Championships will be held on the weekend of 15th and 16th March.

To make this a fair event for all our athletes the Joondalup Board have amended the Centre Championship Policy for 2024-25. A copy of the full policy can be found [HERE](#).

Here is a summary of what is required by your athlete in order to compete over the weekend

- **Nominations open Sunday 23rd February @ 9am**
- **Nominations close Sunday 9th March @ 11pm**
- **Late entries will incur a late entry fee of \$20.00 per athlete, and will be subject to availability for all track events**
- **Families must have completed their 7 rosters**
- **Families of nominated athletes will be required to complete 1 roster over the weekend**
- **Athletes must have attended a minimum of 50% of the season to nominate**
- **Athletes must have done an event at least 3 times to nominate that event**
- **Athletes will only be able to compete in their nominated events**
- **Change of events will incur a \$10.00 fee after nominations have closed**
- **Event Caps are in place for all age groups**

Under 6 to Under 8	Maximum of 5 events over the 2 days
Under 9 to Under 10	Maximum of 6 events over the 2 days
Under 11 to Under 13	Maximum of 7 events over the 2 days
Under 14 to Open	Maximum of 8 events over the 2 days

If your athlete does not fill the requirements above due to injury or extenuating circumstances, please email us at admin@joondalupathletics.com.au, no later than Sunday 23rd February with supporting evidence. The JAC Board will then review your request, and you will be advised of the outcome within 48 hours of us receiving this supporting documentation.



2025 Centre Championships

following Competition on 18-01-2025

The following athletes have qualified to take part in our Centre Championships on 15th and 16th March. Athletes qualify by families completing a minimum of 7 rosters and by the athlete competing in at least 50% of the season. If your athlete is not yet on the list, and you think they are eligible, please notify us IMMEDIATELY. Athletes must continue to maintain their attendance to ensure they do not fall below 50% of the season to remain eligible.

Amelie Barnard
Kavroop Bhangu
Kirneev Bhangu
Mark Botbyl
Layla Botbyl
Emma Bouse
Jake Bouse
Michael Bouse
Sophie Bouse
Dustin Boyd
Chilli Broughton
Charlotte Bryant
George Bryant
Liam Carstairs
Evie-Rose Davies
Alayna Dean
Logan Dean
Divan Delpont
Sias Delpont
Jayden Drew
Audrey Falconer
Acacia Gallen
Atticus Gallen
Sebastian Gillespie
Tobias Gillespie
Billie Greatbanks
Elliott Hale
Blake Hall
Mackenzie Hall
Addison Hands
Ella Hood-Penn
Lucy Hood-Penn
Willow Hood-Penn
Ashton Horton
Sienna Horton
Joseph Howarth
Eric Hutton
Indi Kavanagh
Payton Kavanagh
Tain Kavanagh
Isaac Kay
Joshua Kay
Andre Langullah
Sophie Langullah
Theo Langullah
Airlie Laut
Eadie Laut

Elmize Luyt
Erzick Luyt
Indianna Malone
Maddison Malone
Cruz Marr
Scarlett Marr
Brayden McAndrew
Jax McAndrew
Joshua McEachen
Layla McEachen
Maita Munjodzi
Matipa Munjodzi
Aidan Newell
Aily Ojogwu
Ethan Ojogwu
Frankie Oliver
Sienna Oliver
Matilda O'Reilly
Jasper Pesti
Micah Pesti
Andre Polak
Anna Polak
Tove Polak
Haaris Rizvi
Charlotte Robinson
Holly Robinson
Cora Shand
Lucy Sjoland
Dean Skroza
Savannah Smith
Lilly Spocter
Cooper Stone
Amelia Thomas-Sweetin
Ethan Thomas-Sweetin
Ariana Tipene
Lucas Turnbull
Matilda Turnbull
Amelia Van Der Kwast
Evelyn Van Der Kwast
Jessica Van Der Kwast
Franklin Welmans
Nova-meij Welmans
Indi Weston
Kayla Weston
Melina Weston
AJ Whitford

2025 STATE COMBINED EVENTS

Athletics West State Combined Championships is on the weekend of 1st and 2nd February 2025. This event is open to all Under 11 to Open athletes registered as either a Little Athletics or Senior Athletics Member with Joondalup Athletics Centre.

WHAT IS IT?

The State Combined Championships is an event based on the Heptathlon/Decathlon where athletes compete in several events. Points are awarded for their results in each event. They are then added together and the athletes with the most points will be awarded Gold, Silver or Bronze and be crowned the WA Combined Champion for 2023

**REGISTER
HERE**

EVENTS

U11 to U13
5 events over 1 day

U14 to U17
7 events over 2 days

U20 to Open (Female)
7 events over 2 days

U20 to Open (Male)
10 events over 2 days

HOW TO NOMINATE?

Full details and how to nominate can be found on the Athletics West Website. Parents will need to complete a roster over the weekend.



Centre Records



On the weekend the following athletes achieved a new Centre Away Record for this season. Congratulations to all athletes.

Athlete	Age	Event	Old Record	New Record
Tamara lanc	8 Girls	200m	34.10s	33.87s

Several of our athletes have competed at various centres over the Summer Holidays. Congratulations to these athletes on achieving a new Centre Away Record.

Athlete	Age	Event	Old Record	New Record
Tamara lanc	8 Girls	60m		10.60s
Kavroop Bhangu	12 Girls	Javelin - 400g	32.67m	32.78m

Saturday Snapshot

Athletes Competing	194
Centre Records	1
Total PB's	239
Track PB's	83
Field PB's	156

Age	PB's
U6	17
U7	33
U8	27
U9	35

Age	PB's
U10	41
U11	39
U12	11
U13	14

Age	PB's
U14	12
U15	4
U16	2
U17	4

Run with Rob

**JOIN COACH ROB AT NEIL HAWKINS PARK
SUNDAY 19TH JANUARY @ 8AM
SUNDAY 2ND FEBRUARY @ 8AM**

DISTANCE OFFERED 3KM, 5KM OR 8KM

**JUST BRING YOURSELF, YOUR WATER AND
LET'S RUN**



PARENTS AND SIBLINGS ARE WELCOME

THIS IS NOT A SANCTIONED TRAINING SESSION WITH JAC, SO FAMILIES RUN AT THEIR OWN RISK.
INSURANCE DOES NOT COVER YOU FOR ANY INJURY.



ATHLETICS WEST

SENIOR STRIVE

FRIDAY 24TH JANUARY

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 - Division B)
Hammer Throw (Men)
Triple Jump (Men & Women)
High Jump (Women - Division A & B)
Shotput (Women)
Javelin (Men)
Discus (Women)

REGISTRATIONS CLOSE
22ND JANUARY @ 11.59PM

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

Block Starts & Triple Jump Transition Clinic

Athletics West are hosting a High Jump transition clinic on 24th January 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

Dates to Remember

**25
JAN**

**Program B
Santiago Park**

**01
FEB**

**No Centre
Competition
State Multi's
Weekend**

**08
FEB**

**Program A
Arena
Joondalup**

**15/16
FEB**

**North
Zones
Championships
Kingsway Sport
Complex**

2024-25 ZONES COMPETITION

Zones is a qualification event for U9 to U13's who are wanting to attend the WA Junior State Championships. The U7 and U8's are invited to attend this competition. This will act as their State Championships, with medals being handed out for each event/gender.

Kingsway Little Athletics Centre are hosting Zones this year on the weekend of 15th and 16th February. The North Zones Championships is made up of athletes from Hamersley, Kingsway, Joondalup, Swan Valley, Ridgewood and UWA.

Nominating your athlete for Zones is done through Results HQ. Details on how to nominate will be communicated to families as soon as we have confirmation from Athletics West. An entry fee of \$5.00 per athlete will be required to complete your nomination.

Athletes are limited with the number of events they can register for:-

U7 to U9 = 4 Events over the 2 days - no daily limit

U10 to U12 = 5 Events over the 2 days - no daily limit

U13's - 6 Events over the 2 days - no daily limit

Only Junior Athletics Members are eligible to nominate for this competition. This is not open to Senior only members

Athletes must be in FULL JOONDALUP CENTRE UNIFORM. Please refer to our Parent Handbook on our website for details on the correct uniform.

Families will also be required to fill a roster this weekend. You will be advised of the link to nominate once nominations are open.

If your athlete has already met the Qualification Standard for Junior States, this will not replace their already achieved qualification. It is an additional opportunity to qualify if your athlete has not yet done so.

The number of athletes who will qualify for Junior States through Zones depends on the event they are taking part in.

Top 3 - Long Hurdles, 800m, 1500m, Walks, Discus, Javelin & High Jump

Top 4 - Long Jump, Shotput & Triple Jump

Top 5 - 70m, 100m, 200m, 400m & Short Hurdles

If your athlete meets the qualification time or distance over the zones weekend, they will automatically qualify for Junior States, regardless of their Zones placing.



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