



# JOONDALUP JOURNAL

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

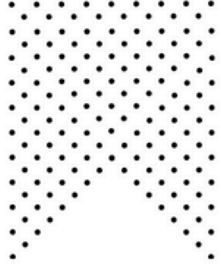


## DONATE NOW

We are seeking donations for our Christmas Raffle, to be drawn at our JAC Chase and Christmas Windup on Saturday 7th December.

A box will be placed outside the clubrooms on Saturday for you to place your donated items.

If you own a business, we would love you to donate a prize for us to raffle off. In return we will promote your business in our Christmas edition of our Joondalup Journal.



# Program B



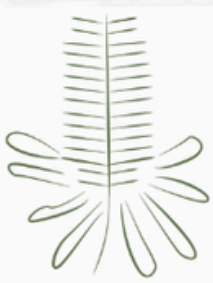
2024-2025

Please note the marshall times below for your athletes age group. Events will commence at advertised start times.

UNDER 6	UNDER 7	UNDER 8
<b>8am Marshall 8.15am Start</b>  300m Shotput 70m Vortex	<b>7.45am Marshall 8.00am Start</b>  Long Jump 300m Vortex 70m	<b>7.45am Marshall 8.00am Start</b>  500m Turbo Javelin 60m Hurdles Discus 70m
UNDER 9	UNDER 10	UNDER 11
<b>7.15am Marshall 7.30am Start</b>  High Jump 800m 60m Hurdles Long Jump 70m Discus	<b>7.30am Marshall 7.45am Start</b>  800m Discus 60m Hurdles High Jump 70m	<b>7.15am Marshall 7.30am Start</b>  800m Javelin 80m Hurdles Shotput 200m Triple Jump
UNDER 12	UNDER 13	UNDER 14 PLUS
<b>7.15am Marshall 7.30am Start</b>  Discus 80m Hurdles Long Jump 800m High Jump 200m	<b>7.30am Marshall 7.45am Start</b>  80m Hurdles Shotput 800m Discus 200m Triple Jump	<b>7.15am Marshall 7.30am Start</b>  80 to 110m Hurdles High Jump 800m Long Jump Shotput 200m



**NO SMOKING OR VAPING  
PERMITTED**



**ILUKA**  
PHYSIO

# PHYSIOTHERAPY CLINIC



**Wednesday 27th  
November  
4.10pm to 4.50pm  
Arena Joondalup**

**CONTACT US**



6404 2787



[www.iluka.physio](http://www.iluka.physio)



## **Girls 1500m - 23rd November**

Families with athletes in the Under 11 to U17 Girls 1500m race from Saturday 23rd November have been sent an email regarding the errors with timing for this event.

In fairness to all athletes, we will be re-running this event at 6.50am this Saturday 30th November for those who ran last weekend.

If you have any questions, please contact us.

# Joondalup Chase

Sat 7th December @ 4pm

**REGISTRATIONS CLOSE 3RD DECEMBER**

Athletes are placed on handicap marks based on their average performance in 110m (all ages) and 800m (U11 to Open). Athletes must have done event once during season to nominate.

## Events Offered

U6 to Open 110m Male & Female

U11 to Open 800m Male & Female

U6 to Open Javelin Male & Female

U6 to Open Long Jump Male & Female

Heats, Semi-Finals and Finals will be run for 110m for Junior (U6 -U10) and Senior (U11 - Open).

Only athletes who have nominated will be eligible to compete

Prize money will be awarded to top 3 places in each event.

1st \$30

2nd \$20

3rd \$10

**REGISTER HERE**

JOIN US FOR OUR

# Christmas

MOVIE ON THE GRASS



BBQ - SNACKS - BAR OPEN

**7TH  
DEC** **MOVIE** **HOW THE GRINCH  
STOLE CHRISTMAS**

**AFTER OUR CHASE EVENT**

**SAUSAGE SIZZLE**

**FROM 4PM**



# 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

<b>Athletes Competing</b>	<b>235</b>
<b>Centre Records</b>	<b>1</b>
<b>Total PB's</b>	<b>349</b>
<b>Track PB's</b>	<b>151</b>
<b>Field PB's</b>	<b>198</b>

<b>Age</b>	<b>PB's</b>
<b>U6</b>	<b>25</b>
<b>U7</b>	<b>47</b>
<b>U8</b>	<b>34</b>
<b>U9</b>	<b>37</b>

<b>Age</b>	<b>PB's</b>
<b>U10</b>	<b>57</b>
<b>U11</b>	<b>59</b>
<b>U12</b>	<b>31</b>
<b>U13</b>	<b>27</b>

<b>Age</b>	<b>PB's</b>
<b>U14</b>	<b>12</b>
<b>U15</b>	<b>12</b>
<b>U16</b>	<b>2</b>
<b>U17</b>	<b>6</b>



## 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.

<b>Athlete</b>	<b>Age</b>	<b>Event</b>	<b>Old Record</b>	<b>New Record</b>
Harrison Stewart	17 Boys	Discus 1.5kg	42.72m	44.95m

# 30th NOVEMBER PARENT ROSTER

## SET UP CREW – ARRIVE 5.50AM

Sarah Durnin	<b>PLEASE VOLUNTEER</b>
<b>PLEASE VOLUNTEER</b>	<b>PLEASE VOLUNTEER</b>
<b>PLEASE VOLUNTEER</b>	<b>PLEASE VOLUNTEER</b>
<b>PLEASE VOLUNTEER</b>	<b>PLEASE VOLUNTEER</b>

## PACK UP CREW – LISTEN FOR ANNOUNCEMENT

Nicola Fairhead	Hannah Berry
Kerry Brogden	Lisa McStay
<b>PLEASE VOLUNTEER</b>	<b>PLEASE VOLUNTEER</b>

## 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	<b>PLEASE VOLUNTEER</b>
Event Photographer	Peta Smith
Data Entry – Field Results	Vanessa Hayles
Data Entry – Field Results	<b>PLEASE VOLUNTEER</b>

## START & END OF TRACK TEAM

Short Track Starter	Robert Kay
Short Track Recording	Matt Gallen
Short Track Recording – 6 Girls Roster	<b>PLEASE VOLUNTEER</b>
Long Track Starter	Jo Boonzaaier
Long Track Recording	Shane Boyd
Long Track Recording – 6 Boys Roster	<b>PLEASE VOLUNTEER</b>



**THE JAC BOARD THANK YOU FOR  
VOLUNTEERING**



# 30th 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 VOLUNTEER	Tenille Walker	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 6 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 7 GIRLS	PLEASE VOLUNTEER	Paul du Plessis	Martin Callaghan	Kevin Van Der Kwast
UNDER 7 BOYS	Ev Taylor	Blaire Cartwright	Claire Doherty	Kelly Hughes
UNDER 8 GIRLS	Louise Boshoff	Aaron Tucker	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 8 BOYS	PLEASE VOLUNTEER	Ryan Westaway	Martin Callaghan	PLEASE VOLUNTEER
UNDER 9 GIRLS	Fiona Herrmann	Potter Family	Gavin Simmonds	PLEASE VOLUNTEER
UNDER 9 BOYS	PLEASE VOLUNTEER	Adam Whitford	Lize Korff	Zahn Nel
UNDER 10 GIRLS	PLEASE VOLUNTEER	Lacy Family	Dolly Hartley	PLEASE VOLUNTEER
UNDER 10 BOYS	PLEASE VOLUNTEER	Kerry Brogden	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 11 GIRLS	PLEASE VOLUNTEER	Gemma Hannigan	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 11 BOYS	PLEASE VOLUNTEER	Rob Birch	Nathan Saville	PLEASE VOLUNTEER
UNDER 12 GIRLS	PLEASE VOLUNTEER	Simran Kaur	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 12 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER
UNDER 13 GIRLS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	
UNDER 13 BOYS	PLEASE VOLUNTEER	PLEASE VOLUNTEER	PLEASE VOLUNTEER	
UNDER 14+ GIRLS	Emma Broughton	PLEASE VOLUNTEER	PLEASE VOLUNTEER	
UNDER 14+ BOYS	Lisa Horton	PLEASE VOLUNTEER	PLEASE VOLUNTEER	

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

We are nearing the end of our first half of the season, with only 2 more programs to go before our Christmas Break. Families should have done at least 3 rosters 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.



ATHLETICS WEST

# SENIOR STRIVE

FRI 29TH 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

## PROGRAM A

2000m Steeplechase

100m

1500m

Sprint Hurdles

400m

Hammer Throw (Men)

Triple Jump (Men & Women)

High Jump (Div B - Women)

Shotput (Women)

Javelin (Men)

High Jump (Div A - Women)

Discus (Women)

REGISTRATIONS CLOSE  
27TH NOVEMBER @ 11.59PM

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

## High Jump (Fosbury) Transition Clinic

Athletics West are hosting a High Jump transition clinic on 29th November 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

# 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

**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



# End of Track Roster - 30th November

**1 X UNDER 6 GIRLS VOLUNTEER  
FOR SHORT TRACK**

**1 X UNDER 6 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](http://www.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

# FUNDRAISING



## Facts



## 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

# HELP NEEDED

We would love to have someone join our Board in the role of Fundraising Officer. This role involves arranging fundraising initiatives for the centre and co-ordinating the running of these events. You will have full support of the JAC Board. If this interests you, please call Nicole on 0478 601 653 to discuss further.



**SATURDAY 30TH NOVEMBER**



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

**\$60 each**



**\$15 each**

**\$80 each**



**[www.medalmounts.com](http://www.medalmounts.com)**