



**GIRRAWEEN  
ATHLETICS CLUB**

INCORPORATED

POSTAL ADDRESS: - P.O. Box 555, Westmead, NSW, 2145.



# **SUMMER HANDBOOK 2018 / 2019**



**1978 – 2018**

**Celebrating 40 Years**

## Girraween Athletics Club Summer Handbook

### 2018 / 2019 CLUB COMMITTEE

Role	Person	Role	Person
President	Wayne Thurlow	Fundraising Officer	Judy Milosevic
Secretary/Public Officer	Katrina Russell	Uniform Officer	Judy Milosevic
Treasurer	Heidi Juhart	Coaching	Michael Grogan
Registrar	Graham Sheargold	Coaching/General	Rodney Zammit
Summer Competition	Michael Grogan	Webmaster	Steven Williams
Winter Competition	Michael Grogan	General Committee	Geoff Sheargold
Winter Comp/General	Andrew Free	General Committee	Lynette Clark
Records	Stephen O'Donnell	General Committee	George Milosevic
ANSW Delegate	Graham Sheargold	General Committee	Vince Adams
ANSW Delegate	Brad Milosevic	General Committee	David Perry
Publicity Officer	Michael Christie	General Committee	Lisa Grant
Club Patron	Michelle Rowland MP	Junior Committee	Nathan Moffitt
Canteen	Vacant		

### CONTACTS

Role	Person	Contact
President	Wayne Thurlow	<a href="mailto:president@girraweenathleticsclub.com">president@girraweenathleticsclub.com</a>
Secretary	Katrina Russell	PO Box 555, Westmead, NSW, 2145
Publicity Officer	Michael Christie	<a href="mailto:mchristie11@bigpond.com">mchristie11@bigpond.com</a>
Webmaster	Steven Williams	<a href="mailto:webmaster@girraweenathleticsclub.com">webmaster@girraweenathleticsclub.com</a>

### WELCOME

Welcome to the 2018-2019 Summer athletics season. This is our 40<sup>th</sup> Anniversary, a significant milestone for the club. We are planning a 40<sup>th</sup> Anniversary Dinner on Saturday 3<sup>rd</sup> November 2018 and are selling a 40<sup>th</sup> Anniversary tee shirt for \$35 which can be worn both casually and while running. The artwork is on the cover.

Girraween is a friendly and social club providing competition for all levels of athlete from the elite to the recreational, from the junior to the veteran. We call our weekly Saturday afternoon competition "Girraween All-Comers" because everyone is welcome. Most events are graded so that athletes of similar ability get to compete against each other on a regular basis. This allows for gradual improvement in an encouraging and non-threatening environment. Sign-on commences at 1.30 pm and the final distance event commences between 4 pm and 4.15pm. Athletes may choose to compete in the full program or events of their choice. Our sprints are early, throws and jumps in the middle and middle distance towards the end. We run a two-week program and throw in a few modified weeks to maintain variety.

Our weekly competition relies heavily on volunteer support from athletes and spectators. The effective running of the program is dependent upon people arriving early to set up equipment, acting as officials during events and packing away equipment promptly when it is no longer in use. When everyone rolls up their sleeves we have more efficient competition and much happier athletes.

Athletics NSW (ANSW) provides inter club competitions for those who would like to represent Girraween at a higher level throughout the season. Most of these events have no minimum standard so they are open to any of our members who would like to compete. For the keener athlete, there are also plenty of Championship events to test your ability. A highlight is the very exciting State Relay competition to be held at Homebush on the weekend of 24<sup>th</sup> & 25<sup>th</sup> November. The State Relays are traditionally the biggest event on the Athletics NSW calendar with teams competing in age groups from U14 through to masters. Not only are there the traditional track relays from 4x100m to 4x1500m, but the championships also include field event relays. The relays are a great weekend of fun and competition for all Girraween athletes.

We look forward to a great season of athletics. Our first competition day commences at 2pm on Saturday 8 September 2018. Please arrive early to help set up.

The 2018 / 2019 Girraween Athletics Club Committee.

## Girraween Athletics Club Summer Handbook

### MEMBERSHIP FEES

Our membership packages are as follows: -

CATEGORY	ANSW Component For Paper Registration	ANSW Component For Online Registration	Girraween Fee	TOTAL PAYABLE <span style="color: red;">Add \$15 to each category for Paper Registration</span>
Open Athlete (All Ages)	\$165	\$150	\$50.00	\$200.00 plus 4.4%
Junior (15 – 19 yrs)	\$130	\$125	\$50.00	\$175.00 plus 4.4%
Youth (14 yrs and under)	\$105	\$90	\$50.00	\$140.00 plus 4.4%
DUAL Athlete	FREE	FREE	FREE	FREE
Age Conc. 60+ or Pension Card	\$115	\$110	\$50.00	\$160.00 plus 4.4%
RunNSW	\$95	\$90	\$50.00	\$140.00 plus 4.4 %
Family (Register at same time)	\$300	\$300	\$120.00	\$420.00 plus 4.4%
Club Athlete	\$95	\$80	\$50.00	\$130.00 plus 4.4%
Community Athlete (no ANSW events)	\$25	\$10	\$60.00	\$70.00 plus 4.4%

#### **What does the GAC fee component cover?**

GAC pays an affiliation fee to Athletics NSW each year (minimum \$750). GAC also hires C V Kelly Park, purchases medals and has incidental fees with respect to running the club including equipment replacements and purchase, administrative costs and hall hire for the AGM.

#### **What costs are not included?**

Through summer GAC charges \$2.50 ground fees per athlete per attendance (max \$5.00 per family) or \$30 per athlete for the season (max \$60 per family). In winter, the West Metropolitan Cross-Country charges fees. Athletics NSW charges event entry fees subject to the free and half price entry listed in the table above. Athletics NSW may also charge ground entry fees. GAC competition uniform is mandatory for Athletics NSW competition and may be worn at Girraween summer competition or West Metropolitan Cross-Country competition. The above fees do not cover the cost of uniform.

To register go to the Athletics NSW website and click on to the registration banner at the top of the page. You will be asked for your email address and password to enter the registration portal. If you have forgotten your password you will be able to click on a link to have your password sent to your email account.

#### **Which is the best registration package?**

- If you wish to compete in Athletics NSW events through summer and winter you will need to sign up to an open membership or equivalent (eg junior, youth, concession, family).
- If you wish to compete in ANSW winter competition then RunNSW is the best option. Interestingly, RunNSW registration will also allow you to compete at Girraween during summer and the West Metropolitan Cross Country in winter).
- If you wish to compete only at club level (Girraween summer and/or West Metropolitan Cross Country) then community athlete is the best option.
- Family is any number of children aged under 20 and one or both parents from the same family registering at the same time

#### **.Other information**

- The category is age as at 31st September 2018. Age Concession is 60 years or above or if you hold a Pensioners and/or Senior's card.
- There is a 2-week trial period for non-registered visitors. While trialling, Athletics NSW require a registration form be filled out on both weeks. After this period, due to insurance requirements, it is expected that the athlete seek one of our membership packages for the remainder of the season if participation is to continue.

## Girraween Athletics Club Summer Handbook

### **UNIFORM**

The uniform comprises: -

- Royal blue singlet with two white vertical braces.
- Black shorts or bike pants.

Club uniform is worn on all competition days and we also encourage it to be worn in other events (e.g. fun runs). Club uniform can be purchased at the ground each week from our Uniform Officer or his delegate.

The prices for uniform and other items are as follows:

Singlets @ \$40 each	Track Suit Jackets @\$40 each
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### **TRAINING**

We train throughout summer on Monday and Wednesday nights at C V Kelly Park, Oramzi Road, Girraween. Warm ups commence at 6pm and coaching at 6.30pm. We share resources and coaches with Girraween Little Athletics Centre.

We also train on Sunday mornings (and sometimes other days) as part of the Long Run Training Group (Running Bolts). We communicate through the Long Run Training Group (Running Bolts) Facebook group.

### **SUMMER POINTSCORE**

Points are awarded for an athlete's performance each week leading to awards at the end of the season. The point scoring system is as follows: - 1 point for competing, 1.5 points for equalling a season personal best and 2 points for achieving a season personal best. The four best events each week are counted for each competitor and the points accumulated over the season. At the end of the season, the four lowest scoring weeks are subtracted from the total. This system, which has been used for many years, is fair in that it allows for enthusiastic competition in both the track and field events we conduct throughout the season.

### **REPRESENTATIVE ATHLETE OF THE YEAR**

We also have an award for those who choose to represent us at a higher level. Each competition is graded so that the higher the level, the more points awarded. We feel that this provides club recognition for those athletes participating at higher representative levels.

### **CANTEEN FACILITIES**

Depending on the availability of volunteers our canteen is operational each Saturday afternoon and provides snacks and drinks to keep your energy stores replenished throughout competition. Our club sincerely thanks the Girraween Little Athletics Centre for allowing us to use their resources.

### **COMMUNICATION**

We keep our members informed by means of email for up to date news relating to our Club and our members. Please contact Michael Christie at [mchristie11@bigpond.com](mailto:mchristie11@bigpond.com) if you would like to be included on our mailing list or have results or information that you would like communicated to our members. You can contact our President Wayne Thurlow at [president@girraweenathleticsclub.com](mailto:president@girraweenathleticsclub.com).

### **WEB SITE**

For even further information, our website can be accessed by logging on to: - [www.girraweenathletics.com](http://www.girraweenathletics.com) It contains all the latest news, photos and results. The website is also an excellent source of historical information and photographs.

## Girraween Athletics Club Summer Handbook

### SOCIAL MEDIA

Our Facebook page is titled Girraween Athletics Club. We have become very active on social media via the page including posting event information and photos. We also encourage our members and friends to share photographs and their experiences at various events.

### PHOTOGRAPHY

We encourage the taking and posting of photographs of our athletes competing in events and other activities. Please ensure that photographs taken are appropriate before posting them to social media. If you have any concerns about content or seek the removal of photographs from our website or social media account please send an email to our President and Webmaster for consideration. If you do not wish to be in a photograph please advise the photographer that you object or ask that relevant photographs not be posted to social media or the website.

### HOW CAN I HELP

Girraween Athletics Club is entirely volunteer run. The Committee are all volunteers who give their valuable time to run their portfolios and the club. We are increasingly time poor but if no one comes forward then things don't run smoothly and it gets frustrating, particularly when a few carry the load of many. There are always ways that you can assist both on and off the field including:

- Setting out and packing away equipment during competition days;
- Time keeping, place judging, officiating at events, spiking, measuring, recording results etc.
- Staffing the canteen;
- Line marking (we have over 5 kilometres of lines to mark regularly);
- Coaching;
- Fundraising activities (eg by selling chocolate, Bunnings bbqs, etc)
- Help Committee members as required.

If you are able to assist in any of these capacities please come forward and do so. If everyone volunteers occasionally then the same people won't be burdened with most of the work. That way we can all enjoy what we come to the ground for, a fun and friendly yet competitive environment where the announcer does not have to call for volunteers they just come forward.

### Wet Weather & Extreme Heat Policies

In the event of wet weather, we will make every effort to continue the normal program if the condition of the grounds permit, unless the conditions become extreme (e.g. lightning). If in doubt, please visit our web site for up to date information. If competition is cancelled in advance we make every effort to coordinate an alternate event. This will be advertised via email, Facebook and on the website where possible. Alternate venues include the 'Snake Run' at the Gipps Road Sporting Complex, Greystanes (2km & 4km/8km events) and the M7 Shared Cycleway near Lady Pehnren Park, Kings Langley off Jubilee Crescent and Shanke Crescent (2km and 5km events).

Our Extreme Heat Policy is, "When the temperature at 2.00pm, or any time throughout competition, is equal to or in excess of comfortable limits, **some or all events** will be cancelled. We use a sliding scale of ambient temperatures to determine what events if any can be conducted. Our decisions will always take in to account the safety and best interests of our athletes and visiting athletes. We reserve the right to modify competition where the conditions may be more suitable to certain events eg throws and jumps based competition and shorter distance events. If the ground is water effected we may alter events to protect the track or offer alternate competition as listed above.

### GIRRAWEE ATHLETICS CLUB Inc.

*Encouraging athletes of all ages and abilities since 1978*

## Girraween Athletics Club Summer Handbook

### 2018/2019 SUMMER SEASON CALENDAR OF EVENTS

**WEEK A PROGRAM:** - 100m, High Jump / Javelin, 400m, 1500m/3000m Walk (upon request), Discus (M), Shot Put (F), Distance Event (1500m) – starts at 4-4.15pm.

**WEEK B PROGRAM:** - 200m, Long/Triple Jumps, 800m, Discus (F), Shot Put (M), Distance event (alternating 3km/5km as advertised that week) starts at 4-4.15pm.

**MODIFIED PROGRAM:** - 60m, 300m, 1000m, Scissors High Jump, Standing Long Jump, Shot Put throw (2.7kg), relays & specified distance event

Day	Date	Girraween – C V Kelly Park	Athletics NSW and other events
Sat	8 Sept	Week A Grading (distance – 1500m)	Nil
Sat	15 Sept	Week B Grading (distance – 3000m)	16 Sept – Blackmores Sydney Running Festival
Sat	22 Sept	Girraween All-comers	23 Sept – Sydney Marathon Clinic
Sat	29 Sept	Girraween All-comers	27-30 Sept – NSW All Schools – SOPAC
Sat	6 Oct	Girraween All-comers	9 Oct – Bankstown All-comers – 10000m Champs
Sat	13 Oct	Girraween All-comers	13 Oct – Treloar Shield #1 – Blacktown
Sat	20 Oct	Girraween All-comers	20 Oct – Treloar Shield #2 – SOPAC 20 Oct – NSW 10000m Race Walking 21 Oct – Sydney Marathon Clinic
Sat	27 Oct	Girraween All-comers	27 Oct – Club All-comers
Sat	3 Nov	Girraween All-comers	3 Nov – Treloar Shield #3 – Campbelltown
Sat	10 Nov	Girraween All-comers	10 Nov – NSW 3000m Championships 10 Nov – Treloar Shield #4 – SOPAC
Sat	17 Nov	Girraween All-comers	17 Nov – Club All-comers 17-18 Nov – Little Athletics State Relays 18 Nov – Sydney Marathon Clinic
Sat	24 Nov	Nil	24-25 Nov – State Relays (Open members)
Sat	1 Dec	Girraween All-comers – Modified	1 Dec – Treloar Shield #5 – SOPAC 30 Nov-2 Dec – Little Athletics Zone Champs
Sat	8 Dec	Girraween All-comers	Nil
Sat	15 Dec	Girraween All-comers	15-16 Dec – NSW Club Championships – SOPAC 16 Dec – Sydney Marathon Clinic
Sat	22 Dec	Nil	22 Dec – Albie Thomas Mile - Bankstown
<b>Christmas – New Year Break</b>			
Sat	5 Jan	Nil	5 Jan – Treloar Shield #6 – SOPAC
Sat	12 Jan	Girraween All-comers	12 Jan – All Comers – Newcastle 12 Jan – Illawarra Track Classic
Sat	19 Jan	Girraween All-comers	19 Jan – Treloar Shield #7 – SOPAC 20 Jan – Sydney Marathon Clinic
Sat	26 Jan	Nil	24-27 Jan – NSW Country Championships - Newc 25 Jan – Hunter Track Classic
Sat	2 Feb	Girraween All-comers	2-3 Feb – NSW Combined Event Champs – Bankstn 2-3 Feb – All Comers Bankstown – 5000m Champs 3 Feb – GLAC Centre Champs with GAC events
Sat	9 Feb	Girraween All-comers	8-10 Feb – NSW Masters Championships - SOPAC
Sat	16 Feb	Girraween All-comers – Modified	15-17 Feb – LA Region Champs - Campbelltown 16 Feb – All Comers – Illawong 17 Feb – Sydney Marathon Clinic
Sat	23 Feb	Girraween All-comers	22-24 Feb – NSW Junior/Para Champs – SOPAC 23 Feb – Sydney Track Classic – SOPAC
Sat	2 Mar	Girraween All-comers	2 Mar – All-comers - Campbelltown
Sat	9 Mar	Girraween Cross Country – 2pm	8-10 Mar – NSW Open Championships
Sat	16 Mar	Run for Jess – Greystanes	15-17 Mar – LA State Championships – SOPAC 16 Mar – All-comers – Bankstown 17 Mar – Sydney Marathon Clinic
Sat	23 Mar	Likely start of West Met XC	23 Mar – All-comers - SOPAC