



INCORPORATED

**GIRRAWEEEN
ATHLETICS CLUB**



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

SUMMER

HANDBOOK

2017 / 2018

2017 / 2018 CLUB COMMITTEE

Role	Person	Role	Person
President	Wayne Thurlow	Canteen	Vacant
Secretary	Katrina Russell	Coaching	Michael Grogan
Treasurer	Heidi Juhart	Uniform Officer	Judy Milosevic
Registrar	Graham Sheargold	General Committee	Geoff Sheargold
Summer Competition	Michael Grogan	General Committee	George Milosevic
Winter Competition	Lisa Grant / Andrew Free	General Committee	Andrew Free
Records	Steven O'Donnell	General Committee	Steve Clark
ANSW Delegate	Graham Sheargold	General Committee	Rob Eager
ANSW Delegate	Brad Milosevic	General Committee	Lynette Smith
ANSW Delegate	Wayne Thurlow	General Committee	Lynette Clark
Park Trust Delegate	Ed Bratovic	Junior Committee	Nathan Moffitt
Park Trust Delegate	Wayne Thurlow	Webmaster	Steven Williams
Publicity Officer	Michael Christie	Public Officer	Katrina Russell
Fundraising Officer	Judy Milosevic	Club Patron	Michelle Rowland MP

CONTACTS

Role	Person	Contact
President	Wayne Thurlow	president@girraweenathleticsclub.com
Secretary	Katrina Russell	PO Box 555, Westmead, NSW, 2145
Publicity Officer	Michael Christie	mchristie11@bigpond.com
Webmaster	Steven Williams	webmaster@girraweenathleticsclub.com

WELCOME

Welcome to the 2017-2018 Summer athletics season.

Girraween has generated a philosophy that a successful athletics club should be friendly and social. We provide 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 the "Girraween All-Comers Competition" 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 4pm 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 couple of modified weeks to maintain variety. We may also try a few new things during the season to mix it up a little.

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 4th & 5th 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 and hope that all members, both new and old have a great season.

The 2017 / 2018 Girraween Athletics Club Committee.

MEMBERSHIP FEES

Our membership packages are as follows: -

CATEGORY	ANSW Component For Paper Registration	ANSW Component For Online Registration	TOTAL PAYABLE <i>Add \$15 to each category for Paper Registration</i>
Open Athlete (All Ages)	\$155	\$140	\$195.00 + 4.4%
Junior (15 – 19 yrs)	\$130	\$115	\$165.00 + 4.4%
Youth (14 yrs and under)	\$105	\$90	\$140.00 + 4.4%
DUAL Athlete	FREE	FREE	FREE
Age Conc. 60+ or Pension Card	\$115	\$100	\$150.00 + 4.4%
RunNSW (Apr 1 – Sep 30)	TBC	TBC	TBC
Family (Register at same time)	\$300	\$285	\$435.00 + 4.4%
Club Athlete	\$95	\$80	\$130.00 + 4.4%
Community Athlete (no ANSW events)	\$25	\$10	\$70.00 + 4.4%
Technical Official	Free	Free	Free

* GAC pays an affiliation fee to Athletics NSW of \$9.25 per member (minimum \$693) for the first 75 members (or less) and \$5.78 for each of the next 25 registered athletes or part thereof. The last few seasons we have had less than 75 members equating to about \$15 per athlete. IMG also charges a 4.4% surcharge on the transaction.

There are 3 ways in which you are able to complete your registration with Girraween Athletics Club:

1. Online through Athletics NSW website (at home, work, school, etc)
2. Fill our registration form and provide Credit Card details on our voucher
3. Fill our registration form and provide cash payment

The category is age as at 31st September 2017. Age Concession is 60 years or above or if you hold a Pensioners and/or Senior's card.

Family is any number of children aged under 20 and one or both parents from the same family registering at the same time.

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.

GROUND FEES

Athletes at each Saturday competition are required to pay a ground fee as follows: \$2.50 per week for an individual or \$5 per week for a family; **OR** \$30 per season for an individual or \$60 per season for a family. These ground fees are for all members and visitors. As there are 22 weeks of competition, there is a potential saving of \$25 for members / visitors who use the \$30 per season option.

Note: - During our competition, C V Kelly Park is an alcohol and smoke free zone.

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	Caps @ \$9 each
Track Suit Jackets @\$39 each	Bags @ \$30 each
Polo Shirts @ \$25 each	

TRAINING

We train 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.

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 personal best and 2 points for achieving a 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 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 Wayne at president@girraweenathleticsclub.com.

WEB SITE

For even further information, our website can be accessed by logging on to: - www.girraweenathletics.com
It contains all the latest news, photos and results.

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.

OUR COMPETITION PROGRAMS IN DETAIL: -

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

WEEK B PROGRAM: - 200m, Long/Triple Jumps, 800m, , Discus (F), Shot Put (M), Javelin, Distance Event as listed – 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

2017/2018 SUMMER SEASON CALENDAR OF EVENTS

Day	Date	Girraween – C V Kelly Park	Athletics NSW
Sat	9 Sept	Week A Grading (distance – 1500m)	Nil
Sat	16 Sept	Week B Grading (distance – 3000m)	Nil
Sat	23 Sept	Girraween Allcomers	23 Sep – Bankstown Allcomers
Sat	30 Sept	Girraween Allcomers	30 Sep to 1 Oct – NSW All Schools Multi & Warm Up Meet
Sat	7 Oct	Girraween Allcomers	7 Oct Treloar Shield #1 – Campbelltown TBC
Sat	14 Oct	Girraween Allcomers	12-15 Oct – NSW All Schools – SOPAC
Sat	21 Oct	Girraween Allcomers	21 Oct – Treloar Shield #2 – SOPAC
Sat	28 Oct	Girraween Allcomers	28 Oct – Treloar Shield #3 - TBC Blacktown Allcomers
Sat	4 Nov	Nil	4-5 Nov – NSW State Relays – SOPAC (Open members)
Sat	11 Nov	Girraween Allcomers	11 Nov – NSW 3000m Championships and Treloar Shield #4 – SOPAC
Sat	18 Nov	Girraween Allcomers	18-19 Nov – LANSW State Relays – SOPAC
Sat	25 Nov	Nil - (LA Zone Champs at CV Kelly)	25 Nov – Treloar Shield #5 – SOPAC
Sat	2 Dec	Girraween Allcomers	2-3 Dec – NSW Club Champs + 5000m - SOPAC
Sat	9 Dec	Girraween Allcomers	9 Dec – All-comers – TBC
Sat	16 Dec	Girraween Allcomers	16 Dec – Treloar Shield #6 – SOPAC
Sat	23 Dec	Nil	23 Dec – Albie Thomas and Allcomers
Christmas – New Year Break			
Sat	6 Jan	Nil – Girraween at SOPAC	6 Jan – Treloar Shield #7 - SOPAC
Sat	13 Jan	Cross Country at Girraween	13 Jan – Illawarra Track Challenge – Wollongong All-comers + 10000m Champs - Newcastle
Sat	20 Jan	Girraween Allcomers	20 Jan – Hunter Track Classic 21 Jan – All-comers – SOPAC
Sat	27 Jan	Girraween Allcomers	27 Jan – All-comers – SOPAC 28 Jan – NSW Country Champs - Wollongong
Sat	3 Feb	Girraween Allcomers	2-4 Feb – NSW Open Champs - SOPAC
Sun	4 Feb	GLAC Centre Championships (GAC demonstration events)	Nil
Sat	10 Feb	Girraween Allcomers	9-11 Feb – NSW Junior/Youth Champs – SOPAC 10 Feb – Sydney Invitational - SOPAC
Sat	17 Feb	Modified (LANSW Region Champs)	17 Feb – All-comers - TBC
Sat	24 Feb	Girraween Allcomers	24 Feb – Bankstown Invitational + All-comers
Sat	3 Mar	Girraween Allcomers	3-4 Mar – NSW Master Champs – SOPAC
Sat	10 Mar	Modified	10 Mar – All-comers - SOPAC
Sat	17 Mar	Run for Jess – Greystanes	16-18 Mar – LANSW State Championships 17 Mar – High Performance Meet – SOPAC
Sat	24 Mar	West Met 1 – Rouse Hill	24 Mar – All-comers TBC

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 or Facebook pages 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 was modified recently after testing last summer. Previously our policy was, "When the temperature at 2.00pm, or any time throughout competition, is equal to or in excess of 40 degrees Celsius, **all events** will be cancelled."

Last summer we modified the policy to measure ambient temperature. Ambient temperature is the most easily understood guide available and is most useful on hot, dry days as we experienced last summer. Ambient temperature is a combination of actual temperature and humidity. If you Google the temperature you will usually get two readings, the actual temperature and "feels like". So although the temperature is only 35% it may actually feel like it is 40%. We had a few days last season where we cancelled some or all of the distance events based upon the ambient temperature.

The following table modified from Sports Medicine Australia Hot Weather Guidelines is our new guide to hot weather competition.

Ambient Temperature	Relative Humidity	Risk of Heat Illness	Possible management for sustained physical activity
31-35	Exceeds 50%	High – very high	Uncomfortable for most people. Limit intensity, take more breaks, and limit duration to less than 60 minutes per session.
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to cooler conditions (or cooler part of the day) or cancellation.

These guidelines apply across all sporting activities and it should be noted that most athletics events with the exception of distance running and walking have relatively short bursts of activity. Last season, using these guidelines, we were able to make good decisions for the safety of our athletes. We canceled athletics on one occasion but otherwise using the guidelines we were able to allow competition to continue where it was safe to do so with only limited event cancellations, and on each occasion limited to distance events.

These policies are for the safety and well being of our members and visiting athletes.