



**GIRRAWEEEN
ATHLETICS CLUB**



INCORPORATED

POSTAL ADDRESS: - 101 Felton Rd Carlingford 2118.

SUMMER HANDBOOK 2023 / 2024



1978 - 2023

2023 / 2024 CLUB COMMITTEE

Role	Person	Role	Person
President	Wayne Thurlow	Parks Committee	Rodney Zammit
Secretary/Public Officer	Katrina Russell	Fundraising Officer	Vacant
Treasurer	Daniel Irving	Canteen	Lauren D'Vine
Registrar	Graham Sheargold	Uniform Officer	Kristy Zammit
Summer Competition	Tipene Robinson	Coaching	Rodney Zammit
Winter Competition	Ashley Micallef	Club Patron	Michelle Rowland MP
Records	Nathan Moffat	General Committee (CWO)	Diane Celnikier
ANSW Delegate	Graham Sheargold	General Committee	Greg Sargent
ANSW Delegate	Michael Christie	General Committee	George Milosevic
Publicity Officer	Michael Christie	General Committee (AT)	Heidi Juhart
Parks Committee	Wayne Thurlow		

CWO – Child Wellbeing Officer

AT – Assistant Treasurer

CONTACTS

Role	Person	Contact
President	Wayne Thurlow	Mob: 0417350086
Secretary	Katrina Russell	physiokat@hotmail.com Mob: 0429926133
Registrar	Graham Sheargold	gsheargold@hotmail.com Mob: 0467528744
Publicity Officer	Michael Christie	mchristie11@bigpond.com

WELCOME

Welcome to the 2023-2024 Summer athletics season. 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 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 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. The effective running of the program is dependent upon people arriving early to set up equipment, acting as officials during events and pack away equipment promptly. When everyone helps, 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 Championship events to test your ability.

The 2023 / 2024 Girraween Athletics Club Committee.

MEMBERSHIP FEES

Our membership packages are as follows: -

CATEGORY	ANSW Component	Girraween Fee	TOTAL PAYABLE
Open Member (20 years and over)	\$140	\$45.00	\$185.00 plus 4.4%
Concession (Government Concession Card)	\$110	\$45.00	\$155.00 plus 4.4%
ANSW (18-19 years)	\$90	\$45.00	\$135.00 plus 4.4%
ANSW Junior (13-17 years)	\$40	\$100.00	\$140 plus 4.4%*
ANSW Youth (8-12 years)	\$40	\$100.00	\$140 plus 4.4%*
ANSW Kids (3-7 years)	\$30	\$100.00	\$140 plus 4.4%*
Winter only (Apr to December 2024)	TBA	TBA	TBA plus 4.4%
Community Athlete (no ANSW events)	\$15	\$55.00	\$70.00 plus 4.4%
Volunteer	FREE	FREE	FREE

* These prices are based on Girraween Little Athletics pricing. We support GLAC and encourage membership with GLAC. GLAC members are welcome at our Saturday competition. We will review pricing on a case-by-case basis upon request.

Membership Structure

BENEFIT	ANSW KIDS (3-7 YEARS)	ANSW YOUTH (8-12 YEARS)	ANSW JUNIORS (13-19 YEARS)	ANSW OPENS (20+ YEARS)	CONCESSION CARD HOLDER	COMMUNITY
Cost	\$30 + club fee	\$40 + club fee	\$40 + club fee (to U17) \$90 + club fee (U18-U20)	\$140 + club fee	\$110 + club fee	\$15 + club fee
Access to Weekly Club Events & Competitions	✓	✓	✓	✓	✓	✓
Access to Regional Championships & Events	7 & 8 YEARS ✓	✓	✗	✗	✗	✗
Access to State Championships	✗	✓	✓	✓	✓	✗
Access to National Championships	✗	✓	✓	✓	✓	✗
Free Access to World Athletics Kids Program (if offered by club/centre)	✓	✓	✗	✗	✗	✗
Welcome Pack from ANSW	✓	✗	✗	✗	✗	✗
Personal Accident Insurance	✓	✓	✓	✓	✓	✓
Access to photography/live stream throughout season	✓	✓	✓	✓	✓	✓
Ongoing ANSW Office support & communication	✓	✓	✓	✓	✓	✓

Renewals 2023

Your current membership with ANSW does not expire until 30 September 2023.

From Wednesday 4 October 2023 you will be able to renew your membership with one of the new membership categories above (please do not try and renew your membership prior to this date, as you will not be able to at the new rates)

When you renew you will notice that Athletics NSW has introduced an annual subscription model for all memberships which will be valid for 365 days from the time of purchase. For example, if you purchase a membership on 1 December 2023, your membership will expire on 30 November 2024, and receive an automatic notification letting you know how to renew.

What does the GAC fee component cover?

GAC pays an affiliation fee to Athletics NSW each year (minimum \$800). 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 \$4.00 ground fees per member (GAC or GLAC) per attendance (max \$8.00 per family) or \$5.00 per visitor or trialling athlete per attendance (max \$10 per family). Alternatively, athletes and visitors can pay \$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 for certain Athletics NSW events. 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.

Which is the best registration package?

- PLEASE MAKE YOUR SELECTION CAREFULLY ATHLETICS NSW WILL NOT GIVE REFUNDS.
- If you wish to compete in Athletics NSW events through summer and winter you will need open, concession or dual membership.
- If you wish to compete in ANSW winter competition only then winter membership is the best option. Winter registration will also allow you to compete at West Metropolitan Cross Country in winter). This package does not allow you to compete during summer. If you wish to compete during summer, then either take up one of the full membership options or community membership and upgrade to winter membership at the end of the summer season. As members in this circumstance will be charged a club portion when they register as community members, a discount code will be advertised to facilitate the upgrade to winter membership without incurring a second club portion.
- If you wish to compete only at club level (Girraween summer and/or West Metropolitan Cross Country) then community athlete is the best option.

Other information

- Your age category is age as at 31st December 2023.
- 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.
- Bibs with an athlete's competition number can be collected from the check-in area at ANSW events or can be mailed to clubs only or picked up as arranged by clubs. Bibs must be worn in ANSW events.
- Active Kids vouchers may be used. The registration system is set up to accept them as part payment.

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	Polo Shirts @ \$25 each
Track Suit Jackets @\$40 each	

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 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 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.

WEB SITE

For further information go to <https://www.revolutionise.com.au/girraweenathle/home/>. Due to circumstances outside of our control the update of our other websites is not possible at this time.

FACEBOOK

Our Facebook page is titled Girraween Athletics Club. We conduct a lot of social interaction via the page including posting event information and photos,

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 Pehnnren 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

OUR COMPETITION PROGRAMS IN DETAIL: -

WEEK A PROGRAM: - 100m, Javelin, high jump, 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, standing high jump, 300m, 1000m, Standing Long Jump, Shot throw (2.7kg), relays & specified distance event

2023/2024 SUMMER SEASON CALENDAR OF EVENTS

Day	Date	Girraween – C V Kelly Park	Athletics NSW
Sat	9 Sep	Week A Grading (distance – 1500m)	Nil
Sat	16 Sep	Week B Grading (distance – 3000m)	
Sat	23 Sep	Girraween All-comers	23-25 Sep – NSW All Schools – SOPAC Check
Sat	30 Sep	Girraween All-comers	
Sat	7 Oct	Girraween All-comers	6-8 Oct – NSW All Schools – SOPAC Check
Sat	14 Oct	Girraween All-comers	14 Oct – Treloar Shield 1
Sat	21 Oct	Girraween All-comers	21 Oct – Treloar 2 NSW 10000m Champs – TBA
Sat	28 Oct	Girraween All-comers	28 Oct – Treloar 3 – TBA
Sat	4 Nov	Girraween All-comers	4 Nov – NSW 3000 Champs – ES Marks
Sat	11 Nov	Girraween All-comers	11 Nov – Treloar 4 – TBA (LANSW Relays – SOPAC)
Sat	18 Nov	Nil	18-19 Nov – State Relay Championships – SOPAC
Sat	25 Nov	Girraween All-comers	25 Nov – Treloar 5/NSW 10000m Walks – SOPAC
Sat	2 Dec	Nil – Ground used by GLAC	2 Dec – Treloar Shield 6 – SOPAC
Sat	9 Dec	Girraween All-comers	
Sat	16 Dec	Girraween All-comers	16 Dec Treloar Shield – Final – SOPAC
Sat	23 Dec	Nil	23 Dec – Albie Thomas Mile - Bankstown
Christmas – New Year Break			
Sat	6 Jan	Girraween All-comers#	TBA*
Sat	13 Jan	Girraween All-comers#	TBA*
Sat	20 Jan	Girraween All-comers#	TBA*
Sat	27 Jan	Girraween All-comers#	TBA*
Sat	29 Jan	Girraween All-comers#	TBA*
Sat	3 Feb	Girraween All-comers#	TBA*
Sat	10 Feb	Girraween All-comers#	TBA*
Sat	17 Feb	Girraween All-comers #	18-20 Feb – NSW Open & U23 Champs – SOPAC
Sat	24 Feb	Girraween All-comers#	25-27 Feb – NSW Junior Champs - SOPAC
Sat	2 Mar	Girraween All-comers#	TBA*
Sat	9 Mar	Run for Jess – Girraween	TBA*
Sat	16 Mar	TBA#	TBA*
Sat	23 Mar	Likely start of West Met XC	TBA*

- Girraween All-comers post-Christmas dates are tentative pending details of Athletics NSW etc calendars

* - Athletic NSW/ Little Athletics etc calendars are not yet confirmed. This will be updated once known. This includes zone and region championships during which we run our modified program.