



2022 Club Day Information

WHAT TO BRING:	Water bottle and snacks (canteen operation TBA).
WHAT TO WEAR (TRAINING DAYS):	CLOSED IN SHOES MUST BE WORN (no shoes, no participation). Comfortable clothing and a hat preferably.
WHAT TO WEAR (COMPETITION):	Closed in Shoes & Club shirt is mandatory. Hat and SunSafe shirt when between events.
SEASON DATES:	Please refer to our club calendar and website calendar for dates. Sarina Athletics Training Days will commence 7 th March 2022 and run through to 12 th September 2022. No training during school holidays, no training on public holidays.
TRAINING DAY SCHEDULE:	3:30pm – Sign-in. 3:40pm – Warm Up/Set Up 4:00pm – Event 1 4:30pm – Event 2 5:00pm – Pack Up 5:15pm – Home Time
WHAT DO WE TRAIN?	Please refer to the 'Season Training Table', We alternate between a range of Field and Track events to cover the training and measuring of all events. If you would like to train in a particular event, please advise Shannon (contact via email or Facebook messenger).
CAN I LEAVE?	We are not STOP, DROP & GO Club. Athletes require a parent at the club assisting on field to ensure Club days run to schedule and safety.
I DON'T KNOW THE RULES:	That is Okay! We would love to see you at each event being trained and measured and our current Volunteers will explain how to assist 😊 Our website also provides factsheets for each event if you ever find a moment to read more in particular event details. Our club cannot run if we don't have help.
PACK UP:	Everyone is required to assist in packing up! We are all Volunteers, and we all have homes to go to. If we all help, we all leave quicker!
FAMILY LEVY:	We have had to implement a Family Levy of \$50 which is charged to each family group for the season. This is refundable, provided that assistance is provided by each family 50% of the season in some capacity. Please sign in with the Registrar to log your assistance each Club Day and ask what can be done to assist the Club that day.
HOW CAN I HELP:	Whilst attending events with your child, there are multiple tasks that require attending to at each event. Age Manager: each age group requires a manager to organise the group for successful training. Track Events: Finish line placing, time keeping and recording results. High Jump: Bar measuring, bar placement, recording results Long/Triple Jump: Raking, measuring, spiking, recording results Shot Put: Measure, Spike, Recording Results Discus: Measure, Spike, Recording Results Javelin: Measure, Spike, Record Results. In addition, please see our 'Just One Thing' page to see other roles you may be able to assist with within the club (our goal is to have all positions filled 😊)