



Member Information Booklet

Establishment Date: 1995

Club Address: Wyndham Sporting Complex, Hoppers Lane Werribee

Melway Reference: 206 J6

Club Address: Parsons Reserve, Stanford St Sunshine

Melway Reference: 40 J3

Club Telephone Number:

Postal Address: C/- Po Box 2176 Werribee 3030

Contact Person: Adrian Jeffkins

Contact Telephone number: 0448 329 577

Website Address: www.westernathletics.com.au

Email Address: info@westernathletics.com.au



<http://www.westernathletics.com.au/>



www.facebook.com/groups/4708363405/



Western_athletics

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A Message from the President

Welcome to Western Athletics and I hope that you enjoy what is shaping up as another exciting year for Western Athletics and its members.

We hope that you have an enjoyable and productive time with the club and achieve your goals whether you are participating competitively, recreationally or socially. You will find a warm, helpful and friendly atmosphere at the club, with plenty of support from our coaches, athletes and supporters.

Western Athletics competes in Athletics Victoria competitions, in winter the Cross Country Road Racing and Walks competitions and in summer Track and Field competition . There are also specialist meets available and of course we have a large contingent who enjoys competing in the many fun runs and trail runs on offer.

The club logo indicates the individuality of athletics while, at the same time, denoting that we have a central point and that point is teamwork and team spirit something that our club continues to foster to deliver the best possible experience for all of our members.

Volunteers are the lifeblood of the club and from coaches, committee members and club helpers all work tirelessly to make Western Athletics a great club for all to enjoy. I ask that you respect all volunteers, thank them when you can and also help out when asked.

Once again welcome, great running, trowing, walking and jumping! I am sure you will enjoy your time at Western Athletics.

Peter Cashin

Vision

- For Western Athletics to be the leading athletic and running club in the west and south western region of Melbourne.

Mission

- Western Athletics supports athletics in the Western Suburbs of Melbourne, participating in competition with Athletics Victoria.
- Western Athletics provide highly rewarding, competitive, recreational, participative & social opportunities to people of all ability levels, backgrounds and ages.

Purposes

- To foster, encourage and develop the practice of Athletics in all its branches;
- To promote fitness and well-being, in a friendly, supportive and inclusive atmosphere;
- To provide participative, competitive and recreational opportunities for everyone to achieve their best regardless of age, ability, gender and background and
- To affiliate with Athletics Victoria and compete with or against any kindred clubs in approved competitions.

Objectives

- Club – To be an inclusive club, providing opportunities for people regardless of background, ability or age, through the promotion of the Club in the wider community.
- Coaching - Provide coaching for both competitive and recreational athletes across all disciplines. By providing a pathway for through educational/development opportunities for club coaches.
- Participation – To provide opportunities for competitive and recreational running and walking and the promotion of a healthy lifestyle through fitness and social opportunities
- Athletes - Provide and an environment that is accessible for all athletes to develop and achieve their personal goals and best possible results.
- Official – Provide a pathway through educational and development opportunities.

Key Contacts

Committee

| | | |
|-----------|-----------------|--|
| President | Peter Cashin | cashin.peter.p@edumail.vic.gov.au |
| Vice Pres | John Alchin | john.alchin@jemena.com.au |
| Secretary | Kellie Evans | kellieevans13@outlook.com |
| Treasurer | Graham Shaw | graham.shaw@au1.ibm.com |
| Registrar | Adrian Jeffkins | adrian.fefferkins@bigpond.com |
| General | Mechelle Lane | mechelle.lane@vu.edu.au |
| Social | Brenda Cashin | cashin.brenda.b@edumail.vic.gov.au |
| General | Ben Mudiie | ben&benmudie.com |
| General | Phil Dunston | pdunstone@mdlz.com |
| General | Karen Sharp | ccv@internode.on.net |

Team Managers

| | |
|---------------------|--------------------------------|
| XRC Team Manager | Phil Dunstone |
| Summer Team Manager | Alida Weitsz & Stuart Macaulay |

Coaches:-

<http://www.westernathletics.com.au/club/coaches>

| Name | Quals | Preferred events | Contact |
|------------------------|--|--|--------------------------|
| Peter Burke | Aths Aust Level 4 | Middle & Long Distance, Cross Country, Race Walking & Steeplechase | 0412 952 707 |
| John Alchin | Aths Aust Level 3 | Middle & Long Distance, Steeplechase & Cross Country, long & triple jumps | 0402 060 726 |
| Michael Masseni | Aths Aust Level 2 | Middle Distance | 0423 932 000 |
| Daniel Sneyders | Aths Aust Level 2 Advanced Level 2 Intermediate | IAAF Kids Athletics Event Group Coach Middle & Long Distance | 0412 132 204 |
| John Henry | Aths Aust Level 3 & VAL Trainer | Sprints (Open age athletes only) | 0414 529 011 |
| Allan Cook | Aths Aust Level 3 Advanced Event Group | Middle & Long Distance | acefitnesspt@bigpond.com |
| Kylie Smith | Aths Aust Level 1 Community Athletics | Long Jump & Triple Jump | chippee5@hotmail.com |
| Stuart Macaulay | Aths Aust Level 3 | Sprints, Middle & Long Distance, Steeplechase & Cross Country | 0417 128 457 |
| Alida Weitsz | Aths Aust Level 2 | Sprints, Relays& Hurdles | 0422 066 556 |
| Phil Dunstone | Aths Aust Level 2 Intermediate Club Coach | Middle and long distance, Track, Cross country, Road Racing & Race Walking | pdunstone@mdlz.com |
| Fernando Canepa | Aths Aust Level 2 | Discus, Hammer & Shot Put | 0448 323 980 |

Volunteers

Volunteers are a very important part of our club.

We are always needing volunteers on competition day and at other events such as the Bunnings BBQ's, working bees, and to organize social events. No experience is needed.

Western Athletics has a range of sub committees which you can also get involved with. Throughout the year you may receive emails, Facebook comments and see write ups in the newsletter asking for help.

So put your hand up a few times for the year and help Western Athletics continue to be the great club we are.

Training times

VU sporting complex Hoppers Lane

Monday: 5.00 -6:45

Tuesday: 4:45-7:30

Wednesday: 5.00 -6:45

Thursday: 4:45-7:30

Friday: Upon request

Saturday: 12:30-3:30

Sunday: 9.00-12.00

Parsons Reserve Sunshine

Monday: 4:00 - 7:00

Wednesday: 4:00 -7.00

You Yangs Regional Park

Every Sunday Meet at 8.30am at Rangers Hut Car Park

Registration and Membership

2017/2018 registrations commence from Saturday 1st April 2017. Registrations are to be performed online at <https://members.athsvic.org.au/SignIn>

To train at the Victoria University & Wyndham Sporting Complex you need to be registered within three weeks of commencing your training

Therefore to be eligible to use the facility you must be registered with Western Athletics. Non-financial members can only train outside of those hours and must pay a usage fee to Vic Uni (who will arrange access) and be off the track NLT 5pm.

Werribee LAC, have a booking for Mon & Wed evenings during 1 Oct - 31 Mar, Western Athletics are also registered users on those days, but give priority to the Little Aths members and work around WLAC commitments.

The Recreational Runner membership provides access to the training facilities (Thursday evenings from 6.00pm - 7.30pm only), personal accident insurance, discount entry fees for some events and you can upgrade at any time to another membership level.

For all membership queries please contact our Registrar, Adrian Jeffkins 0448 329 577 or via email info@westernathletics.com.au

Membership Fees (Aths Vic & Club)

| | Western Athletics | | Athletics Victoria Base Membership Fee | | XCR Package | Track & Field Package | | Both - Max Pack XCR + Track & Field | |
|------------------------------------|-------------------|---|--|---|-------------|-----------------------|-------|-------------------------------------|-------|
| Athlete Open 20 yr and above ** | \$70 | + | \$100 | + | \$125 | or | \$125 | or | \$200 |
| Athlete Junior 19 yrs and below ** | \$50 | + | \$80 | + | \$100 | or | \$100 | or | \$150 |
| Athlete Dual | \$50 | + | \$50 | + | \$55 | or | \$55 | or | \$75 |
| Coach * | \$0 | + | \$0 | + | | | | | |
| Official | \$0 | + | \$0 | + | | | | | |
| Social | \$70 | + | \$40 | + | | | | | |
| Recreational Runner | \$40 | + | \$40 | + | | | | | |
| Alternate First Claim | \$70 | + | \$40 | + | | | | | |
| Club Transfer | \$0 | + | \$50 | + | | | | | |

* Must be a current financial member of Athletics Australia

** Family discount of \$15 per person available when 3 or more Open or Junior athletes reside at the same address and register at the same time

THE MAX PACK

Members who choose to purchase both packages will receive the maximum discount.

Uniforms

Shorts: Navy Blue or Black

Singlet's and Crop Tops: Can be purchased from Brenda Cashin

Wear your competition bib number (which is included in your registration pack) on the front and back of your singlet / crop top.



Polo Shirts, caps, hoodies and beanies can be purchased at various times throughout the season. You will be informed when an order is going to take place. This is not a compulsory uniform.



Track & Field Season – what to expect

This short guide in conjunction with the information on the AV website should help you negotiate the season

- Check the Athletics Victoria website for information regarding location, race start, times, entry, etc. www.athsvic.org.au/ .
- The Summer Team Manager will be able to help you with any questions.
- Wear your Western Athletics Uniform with AV bib.
- If you forget your bib number, please see the team manager so a temporary number can be arranged prior to competition.
- Western Athletics is in Yellow Zone for Shield competition
- When you arrive at shield competition find the Western Athletics table and sign in and list your events for the day.
- If you want to do a relay place your name on the relay sign in sheet. Relays are great for team bonding and also points.
- Let the summer committee know if you would like to compete at the 'State Relay Championships'.
- Track event heats are organized based on time. The marshal will call a time and if you run that time step forward to be placed in the heat.
- You need to sign in for field events at the AV sign in table. Its best to do this when you arrive so you don't miss out.
- Each week Western Athletics is allocated duties at various events and we may need your help.
- You have to enter championship events separately on the AV website. Victorian Milers Club is a specialist group for 800m-5000m runners. Check out the Vic Milers website for more information <http://www.vicmilers.com/>.

Cross Country Season – what to expect

The following should help you prepare for the Winter season

- Check the Athletics Victoria website for information regarding location, race start times, entry, etc. <http://www.athsvic.org.au/> .
- The Cross Country (XCR) Team Manager will be able to help you with any questions.
- Athletes need to organize their own entry for individual races via Athletics Victoria's online entry system and let the cross country team manager know when you have entered. **Relays are entered by the Team Manager.**
- Plan your trip carefully as races are at different locations in Victoria. Plan to be there about an hour before the first event.
- Wear your Western Athletics Uniform with AV bib No which will also contain your timing chip
- Report to the start line 15 minutes prior to the scheduled start time.
- On relay days report to your team manager and receive your team numbers.
- Let the team manager know if you would like to run in relays at least one week before so teams can be selected.
- Be prepared to be a spotter for a relay team or volunteer in other ways.
- You might like to bring some fruit or baked goodies to share post-race, when athletes stay round and chat. Cross country is a great opportunity to get to know other club members.

Western Athletics Track Etiquette

- Please leave your personal belongings off the lanes.
- Stretching should take place off the running lanes.
- Please warm up and cool down around the track's perimeter.
- Look both ways before crossing the track.
- If an athlete calls track, stay in the same line as you are running and the athlete calling will move around you.
- Lanes 1 & 2 are to be kept clear for circular training.
- Walk back off the track after run-throughs or reps.
- Be conscious of the warning signs on the infield when throwing is in progress, do not cross the infield.
- Replace covers on sandpits when you have finished.
- Please return any equipment you use to its correct place in the shed.

In a training environment all athletes must exercise courtesy to other athletes and a commonsense attitude. Enjoy your athletics

Western Athletics - Social

Western Athletics is a family friendly and social club. Get involved in our social events, such as:

- The Christmas Gift
- Cross Country weekends away
- Summer training camps
- BBQ's after cross country pack runs
- Catch ups at the pub after competition day
- Movie nights

Insurance Cover

Details of insurance cover can be found at the Athletics Victoria website via the Members Portal at the following link <https://members.athsvic.org.au/profile/resources/>

Ambulance Cover

Please be aware that in the event of an emergency or serious injury, an ambulance will be called. Members or guardians in the case of minors will bear the cost of this transport. **It is therefore recommended that all members have ambulance cover.**

Code of Behavior

Western Athletics will align to the Athletics Victoria Members Protection Policy. In particular the code of conduct as outline below.

Athletics Victoria requires every individual and organisation bound by this Policy to:

- 4.1 Be ethical, fair and honest in all their dealings with other people and Athletics Victoria;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations; AV Member Protection Policy – October 2014 5
- 4.4 Comply with Athletics Victoria, the International Association of Athletics Federation's, the Australian and International Olympic Committees' constitutions, rules and policies including this Member Protection Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (Federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant Role-Specific Codes of Conduct outlined in Part D of this Policy.

Further details can be found via the Athletic Victoria website via the r Members Portal tab Portal at the following link <https://members.athsvic.org.au/profile/resources/>

Our Sponsors & Partners



The Tigers Clubhouse 70 Old Geelong Road, Hoppers Crossing

Web: <http://www.tigersclubhouse.com/>

Ray McCormack
Autos

Ray McCormack Autos 67 Russell Street Werribee VIC 3030 Ph: 9741 6922



Symmetry Physiotherapy Altona, Hoppers Crossing, Tarneit, Taylors Lakes

Web: <http://symmetry.physio/>



Athletics Victoria Web: <http://athsvic.org.au/>



Werribee Little Athletics Web: <http://wlac.com.au/>



Brimbank Little Athletics Centre Web: <http://www.brimbanklac.com.au/>



Altona Little Athletics Centre Web: <http://altonalac.com.au/>

