



# Member Information

## 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 want you to 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 the winter Cross Country Road Racing and Walks competitions and in the summer Track and Field competitions. There are also specialist meets available and of course we have a large contingent who enjoy 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 fosters to deliver the best possible experience for all of our members.

Volunteers are the lifeblood of our club and coaches, committee members and club helpers all work together 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, throwing, walking and jumping! I am confident you will enjoy your membership of Western Athletics.

Peter Cashin

## 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 will 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 contribute to Western Athletics' success.

# Registration and Membership

Registrations commence from the 1<sup>st</sup> April. Registrations are to be performed online at <https://members.athsvic.org.au/SignIn>

Our main training nights are Tuesday and Thursday, but we also book the track on every day except Fridays. To train at the Victoria University & Wyndham Sporting Complex you need to be registered within three weeks of commencing your training. Talk to us if you have any queries.

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 Little Athletics Centre, have a booking for Mon & Wed evenings during 1 Oct - 31 Mar, Western Athletics are also registered users on those days, but give work around WLAC commitments.

The Recreational Runner membership provides access to the training facilities, personal accident insurance, discount entry fees for some events and you can upgrade at any time to another membership level.

## Uniforms

### Competition Uniform

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.



## Club Apparel

Polo Shirts, caps, hoodies and beanies can be purchased at various times throughout the season.



## 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/](http://www.athsvic.org.au/) .
- You can either take a season package or individual entries.
- You need to pre-enter the events via the AV Membership portal.  
<https://members.athsvic.org.au/SignIn?ReturnUrl=%2fprofile%2f>
- The Summer Team Manager and /or coaches 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.
- 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 and/or your coach know if you would like to compete at the ‘State Relay Championships’.

- Track event heats are organized based on time. The marshal will call your name.
- You will need to sign in for field and track events at the AV sign in table at least 30 minutes prior to your event's start time. It's best to do this when you first arrive, so that you don't miss out.
- AV posts the rounds final timetable on the Thursday night. Please ensure you check to see if starting times have changed.
- Each week Western Athletics is allocated duties at various events and we will need your help at least one or two times during the season.
- You have to enter championship events separately on the AV website.

Specialist Meets <http://athsvic.org.au/events/competitions/avcompetitions/specialist-groups/>

AV Throwers is for discus, shot put, javelin and hammer throwers.

High Velocity is for sprinters, hurdlers and horizontal jumpers.

Rare Air is for high jumpers and pole vaulters.

Victorian Milers Club is for 800m-5000m runners. <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/> .
- You will need to either purchase a seasons package or individual event entry through the AV Membership portal.
- The Cross Country (XCR) Team Manager and/or your coach 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 numbers. Wear the bib with the timing chip on the front and the other bib on your back.
- Report to the start line 15 minutes prior to the scheduled start time. Check in with your team's spotter if running a relay.
- 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 - 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
- Information nights
- Presentation 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
- 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.

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/>