



JOONDALUP

JOURNAL



BIB & UNIFORM PICK-UP DAY

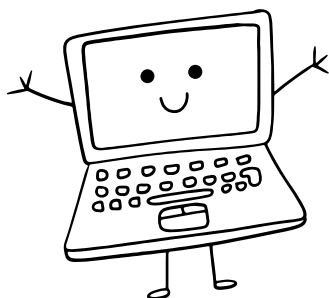
- Bib Collection
- Pre-ordered Uniforms collection
- Uniform Shop open for purchases

SATURDAY 4TH OCT
9.30AM TO 12.30PM

CLUBROOMS, WESTERN OVAL

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How to Register



- Click **HERE** to take you to the Registration Portal
- Select NEW MEMBER if you are a new member or have only ever competed in our Little Athletics program.
- Select RETURNING MEMBER if you have competed in previous seasons as a Strive or Dual Member
- Follow the prompts to complete your athletes registration
- If you have an additional child, you can register both and pay fees together at end of process. Click on add additional member to do this.
- If you have a Kidsport voucher, DO NOT REGISTER until you have emailed admin@joondalupathletics.com.au with the Code/Amount/Membership Option.
- Kidsport families will then be provided with instructions on how to register.
- As this is a new registration portal, please upload Proof of Age at time of registering
- Once paid, you will receive an email confirming your registration. If you don't get this email your registration is not complete.
- Please contact Nicole via email or phone call if you are having difficulty registering.

CENTRE TRAINING UPDATE



Not long to go now before our season kicks off. Training will continue through the school holidays. If you are not sure what age group your athlete is in, or when they train please refer to the links below for details.

NOTE: We have amended the U12 to Open High Jump training day to Tuesday from 4.30pm to 5.30pm to avoid clashes with other event based training. Starting from this Tuesday 30th September.

2025-26 AGE GROUPS

AGE GROUP TRAINING SCHEDULE EVENT TRAINING SCHEDULE

Training Rules

1.

Parents with athletes in the U7 to U13 groups are required to remain at the training venue at all times, or have a parent act on their behalf.

2.

Parents to advise coach if another parent is acting as carer for their child for training session.

3.

Athletes are to arrive at the beginning of Event Training Session, not part way through the session. Athletes may leave session early.

4.

We have several groups training at any one time. Please be mindful of athletes using the track when crossing to the infield.

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Because your safety is our priority!

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ROSTERS NOW LIVE

Rosters are now live for the following programs:-

- **11th October 2025**
- **18th October 2025**

Families are required to volunteer and complete a minimum of 7 rosters during the summer. A copy of our Roster Policy can be found on our website. Click [HERE](#) to volunteer your time.

ROLES TO BE FILLED

For our Saturday competitions to run smoothly we have several vital rosters needing to be filled each week. We are still needing volunteers for the following roles this summer.

- Short & Long Track Starters
- End of Track Recorders
- Centre Announcer
- First Aid

If one of these roles interests you, please contact Nicole via email to discuss further.

Full training will be provided to all volunteers. You will have support during the summer from the JAC Board. These rosters go towards your 7 minimum required rosters needing to be completed.

WE NEED YOU



TEAM MANAGER

THIS SEASON WE ARE INTRODUCING TEAM MANAGERS FOR EACH AGE GROUP. AS A TEAM MANAGER YOU WILL BE RESPONSIBLE FOR FILLING ROSTERS AND COMMUNICATING IMPORTANT INFORMATION TO THE PARENTS IN YOUR AGE GROUP.

IF THIS ROLE INTERESTS YOU, PLEASE EMAIL NICOLE. IF WE GET MORE THAN 1 PARENT APPLY IT WILL BE OFFERED TO THE PARENT WHO NOMINATED FIRST.

AS A THANK YOU, YOU WILL BE EXEMPT FROM ALL ROSTER REQUIREMENTS THIS SUMMER.





FACEBOOK GROUPS & PAGES

Make sure you like our Joondalup Athletics Centre Facebook Page to keep up to date on Centre information.

Each age group and specialist event has a dedicated Facebook Page where training and competition information is relayed to families.

Click [HERE](#) for the link to our Facebook Pages

Don't forget to include your athletes name so we can accept you into the group.



SPIKE LICENCE

U12 to U18 athletes will be required to pass a Spike Licence in order to wear spikes. Contact Nicole for more details, or speak to your coach at training.

COMPETITION UNIFORM

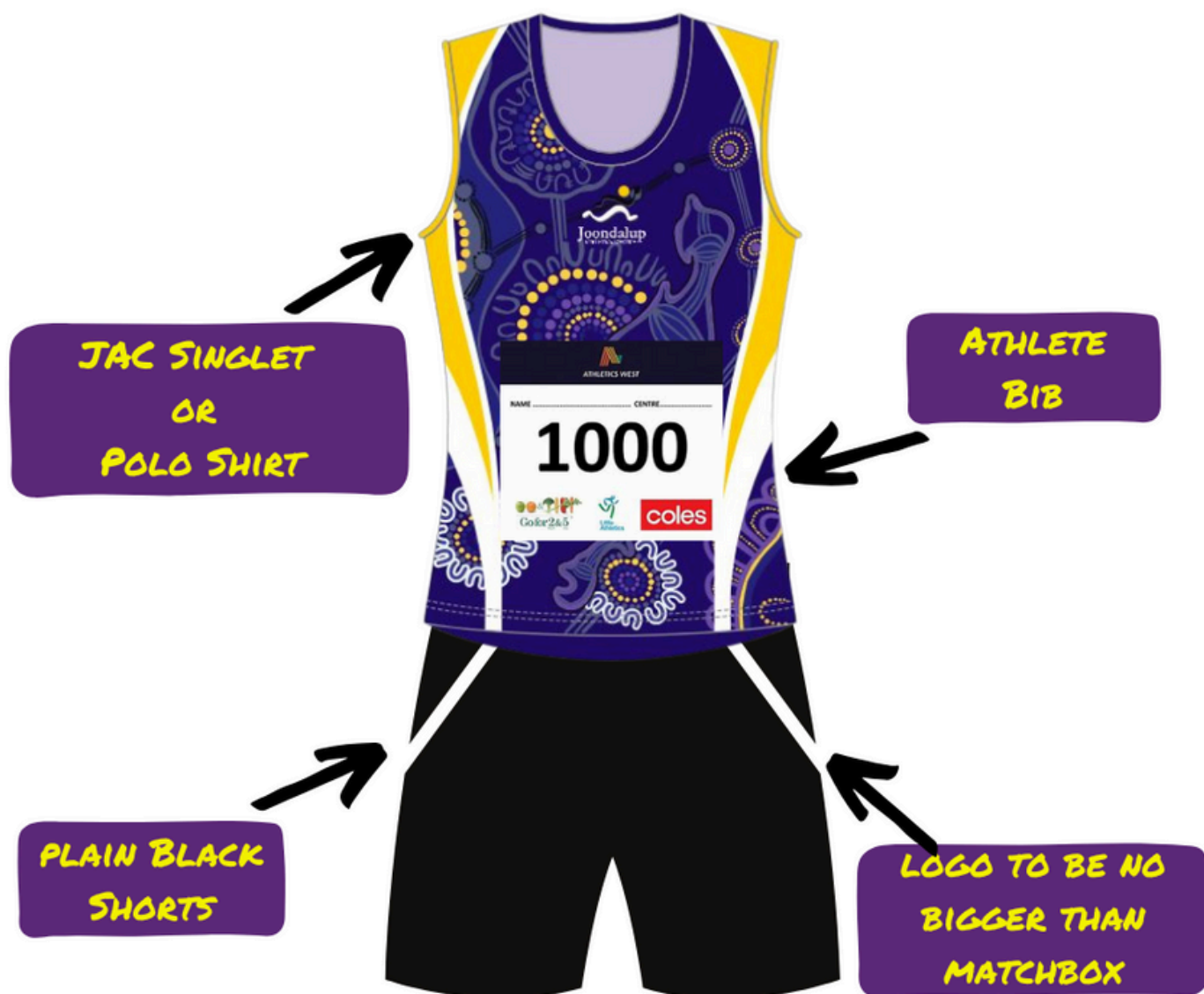
All athletes must wear our Joondalup Uniform for competition on Saturday morning. Our Uniform consists of:

JAC Singlet or Polo Shirt

Athlete Bib (new bib number each season) attached with 4 pins

Plain black bottoms

Uniforms can be purchased through our Online Shop or at our Bib/Uniform Day this Saturday. Any uniform purchased after this date will be available for collection on Saturday morning.



LET'S TALK SHOES

Please take the time to read and familiarize yourselves with what shoes athletes can wear for our Saturday Competition



Under 7 to Under 11

Waffles or Joggers are to be worn for our training and at our Saturday Competition.

Under 7 to Under 11

Spike shoes with blanks inserted are not to be worn for training or Competition.



Under 12 to Open

Spike shoes are permitted after you have obtained your Spike Licence. Athletes will be given a Red tag to pin to their bib.

All Age Groups

Athletes must train and compete in shoes at all times. Socks or bare feet are not suitable for training or on Competition days.





What is Strive?

Strive is a program offered by Athletics West for athletes 12 years and over. It runs from October to March. Competitions are held weekly with athletes selecting the events they wish to compete in. The program runs on a Friday evening at the WA Athletics Centre from October to April.



Joondalup Athletics Centre offers a Senior registration to athletes to enable them to compete in the Strive Program. If you are a registered Junior Athletics Athlete you can purchase a Dual Membership. If you are too old for Junior Athletics you can register as a Senior Athlete. Registration Fees are on our Website. Strive only members can also compete at our Saturday Competitions as part of their Membership

Strive Events are World Athletics sanctioned events and therefore are qualifying meets for State, National and International Team Selection. All athletes who compete in the Strive Events offered each week will gain points for our Seniors Club. These points go towards the Douglas Memorial Shield, awarded to the Champion Club at the end of the Season.



For more information please contact Nicole

0478 601 653

admin@joondalupathletics.com.au



OCTOBER CLINICS & EVENTS

Below are the links to upcoming Clinics and Strive Competitions with Athletics West. Click on the link for more details or to register.

Steeplechase & Hammer Throw Clinic	Friday 17th October (WAAS)	Click here for details
Track & Field Season Strive Program A	Friday 17th October Closes Wed 15/10/25 @ 11.59pm	Click here for details
State Team Information Session	Monday 20th October (Online)	Click here for details
Long Hurdles & High Jump Clinic	Friday 24th October (WAAS)	Click here for details
Track & Field Season Strive Program B	Friday 24th October	Click here for details
Level 2 Development Coach Course	Saturday 25th & Sunday 26th October	Click here for details

All athletes taking part in Strive this season need to create a Roster Athletics Account. Click [HERE](#) for more details.

WA ALL SCHOOLS

OPEN TO ATHLETES BORN 2008-2012/13

31 OCT TO 2 NOV

WA ATHLETICS CENTRE, MT CLAREMONT

REGISTRATIONS NOW OPEN

**MORE INFORMATION
WWW.JOONDALUPATHLETICS.COM.AU**

