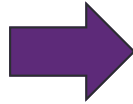




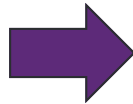
FREQUENTLY ASKED QUESTIONS

WHERE IS YOUR TRAINING AND COMPETITIONS?



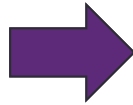
WE ARE CENTRALLY LOCATED AT ARENA JOONDALUP. WE TRAIN AND HOLD OUR WEEKLY COMPETITIONS ON THE WESTERN OVAL, ARENA JOONDALUP

WHEN DOES YOUR SEASON START?



OUR PRE-SEASON TRAINING STARTS FOR ALL AGE GROUPS THE WEEK BEGINNING MONDAY 15TH SEPTEMBER. OUR FIRST SATURDAY COMPETITION IS 11TH OCTOBER

HOW DO I KNOW WHAT AGE GROUP MY CHILD WILL BE IN?



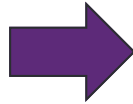
AGE GROUPS ARE DETERMINED BY THE YEAR OF BIRTH OF YOUR CHILD. OUR AGE GROUP TABLE CAN BE FOUND UNDER GETTING STARTED/REGISTRATIONS & FEES.

WHAT IS THE COST FOR MY ATHLETE?



OUR MEMBERSHIP OPTIONS AND FEES CAN BE FOUND ON OUR WEBSITE UNDER GETTING STARTED/REGISTRATION & FEES

HOW LONG IS MY MEMBERSHIP FOR?



YOUR MEMBERSHIP IS FOR 12 MONTHS AND INCLUDES ALL CENTRE TRAINING AND COMPETITIONS FOR OUR SUMMER PROGRAM & OUR WINTER CROSS COUNTRY PROGRAM.

HOW LONG IS THE SEASON?



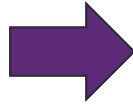
OUR SUMMER SEASON RUNS FROM MID OCTOBER TO END OF MARCH. WE THEN OFFER A WINTER PROGRAM THAT RUNS FROM MAY TO AUGUST. OUR SEASON CALENDAR IS LOCATED UNDER SEASON INFORMATION/COMPETITION CALENDAR ON OUR WEBSITE.

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FREQUENTLY ASKED QUESTIONS

DOES MY CHILD DO EVERY EVENT EACH WEEK AT YOUR SATURDAY COMPETITIONS?



NO, OUR PROGRAM IS SPLIT INTO 'A' AND 'B' PROGRAMS. AT THE END OF EACH FORTNIGHT ALL ATHLETES HAVE BEEN ABLE TO COMPETE IN EACH EVENT FOR THEIR AGE.

WHAT IS THE DIFFERENCE BETWEEN AGE GROUP AND EVENT TRAINING?



AGE GROUP TRAINING IS FOR ATHLETES U7 TO U12. THE ATHLETES TRAIN WITH A VOLUNTEER COACH FOR 1 TO 1.5 HRS A WEEK. THIS TRAINING IS RECOMMENDED FOR ALL ATHLETES, AS IT FOSTERS FRIENDSHIPS AND TEAM SPIRIT IN EACH AGE GROUP. OUR EVENT TRAINING IS FOR OUR U12 TO OPEN AGE GROUPS AND IS WITH OUR QUALIFIED EVENT COACHES. THIS TRAINING IS FOR ATHLETES WHO WISH TO SPECIALISE IN A PARTICULAR EVENT OR EVENTS. WE ALSO OFFER LIMITED EVENT TRAINING FOR OUR U10 TO U12 AGE GROUP. PLEASE REFER TO THE TRAINING SCHEDULE ON OUR WEBSITE. THIS CAN BE FOUND UNDER SEASON INFORMATION/TRAINING.

WHAT PARENT COMMITMENT IS REQUIRED?



EVERY FAMILY IS REQUIRED TO COMPLETE AT LEAST 7 ROSTERS DURING THE SUMMER PROGRAM. IF ROSTERS ARE NOT COMPLETED ATHLETES ARE NOT ABLE TO TAKE PART IN OUR CENTRE CHAMPIONSHIPS AND WILL BE INELIGIBLE FOR MEDALS AND AWARDS AT THE END OF THE SUMMER. IF YOUR ATHLETE TAKES PART IN A STATE EVENT, RUN BY ATHLETICS WEST A ROSTER IS ALSO REQUIRED TO BE COMPLETED. THIS IS OVER AND ABOVE OUR CENTRE ROSTER REQUIREMENTS.

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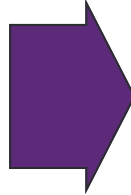
FREQUENTLY ASKED QUESTIONS

DOES MY CHILD NEED TO WEAR A UNIFORM?



YES, ALL OUR REGISTERED ATHLETES ARE REQUIRED TO WEAR A CENTRE UNIFORM. THIS CONSISTS OF EITHER A POLO SHIRT OR SINGLET. THEY CAN THEN WEAR PLAIN BLACK BOTTOMS. UNIFORMS CAN BE PURCHASED THROUGH OUR ONLINE SHOP AND WILL BE READY FOR COLLECTION AT OUR BIB & UNIFORM COLLECTION DAY OR BEFORE COMPETITION BEGINS ON SATURDAY MORNINGS.

DOES MY ATHLETE NEED TO WEAR A BIB NUMBER?



YES. EACH ATHLETE THAT IS REGISTERED FOR ATHLETICS WILL BE REQUIRED TO WEAR A BIB TO ENABLE US TO IDENTIFY THEIR NAME AND AGE GROUP. BIBS WILL BE AVAILABLE FOR COLLECTION AT OUR BIB & UNIFORM COLLECTION DAY - 4TH OCTOBER. BIBS MUST BE PINNED TO THE FRONT OF OUR CENTRE UNIFORM.

CAN WE DO A TRIAL BEFORE REGISTERING?



YES. WE OFFER A FREE TRIAL FOR NEW MEMBERS. THE TRIAL INCLUDES UP TO 2 TRAINING SESSIONS AND 1 SATURDAY COMPETITION BEFORE REGISTERING. DETAILS ON OUR COME AND TRY PROGRAM, INCLUDING DATES CAN BE FOUND ON OUR WEBSITE UNDER GETTING STARTED/REGISTRATION & FEES. OUR COME AND TRY PROGRAM OPENS FOR REGISTRATIONS ON 19TH SEPTEMBER

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