



# Important Dates

Competition			
Rd	Date	Venue	Program
1	Sat 18 Oct	Frankston	1
2	Sat 25 Oct	Knox	2
3	Sat 1 Nov	Glenhuntly	3
4	Sat 15 Nov	Frankston	1
5	Sat 22 Nov	Glenhuntly	2
6	Sat 29 Nov	Knox	3
7	Sat 6 Dec	Knox	1
8	Sat 13 Dec	Glenhuntly	2
9	Sar 10 Jan	Glenhuntly	3
10	Sat 17 Jan	Frankston	1
11	Thur 22 Jan	Knox	2
12	Sat 31 Jan	Glenhuntly	3
Final	Sat 7 Feb	Knox	Region Final
Final	Sat 16 Feb	TBA	Shield Final

Knox (Mel 73 D7) Frankston (Mel 103 B4)  
 Waverley (Mel 71 B5) Glenhuntly (Mel 69 A9)  
 Olympic Park (Mel 2G C9)

*(refer to the 2008/9 athsvic handbook for program details)*

# Contact Details

### President:

Kerry-Ann Carstairs 9803 6367

### Secretary:

Yvonne Glover 9802 6564

### Treasurer:

Darren McGee 9560 9728

### Registrar:

Evan Carstairs 9803 6367

### Committee Members:

Errol Amerasekera 9802 8366  
 Mark Baxter 9802 6879  
 Andrew Baxter 0403 738 247  
 Simone Albiston 0418 591 438  
 Ron Dempsey 9803 8518  
 Alan Glover 9802 6564  
 Sonia Farrell 0412 909 051  
 Terry McGrath 9590 0887  
 Ross Goodings 9763 9646  
 Yohan Amerasekera 9511 4520



[www.athleticswaverley.com.au](http://www.athleticswaverley.com.au)

# ATHLETICS WAVERLEY



**Established 1965**



**Information Brochure**

**Season 2008/2009**



## About Us

### History

Athletics Waverley was founded in 1965 and has a proud 42 year history. There have been numerous Waverley athletes who have represented Australia at the highest level in the Olympics and Commonwealth Games. These include Robert Stone, Michael Harvey, Kate Anderson, Michelle Baumgartner, Sonia Brito, Lisa Lightfoot and Brendan Cole.

We pride ourselves as being a friendly club that encourages athletes of all standards and all age groups (U14 to veterans) to have fun and achieve their athletic potential.

Our facilities at Central Reserve Glen Waverley, boast the best grass track in Victoria, a well-equipped weights room and excellent clubhouse.

We compete in the South Eastern Region summer competition from October to March at the Knox, Glenhuntly and Frankston venues. In winter (April to September) our cross-country runners compete in events around metropolitan Melbourne. In the 06/07 season both the Summer and Winter competitions has seen Waverley produce it best results for many years. The Summer team won a total of seven Venue Premierships and 5 State Premierships making it the most successful club in Victoria.

We also actively support the Glen Waverley Secondary College with a 6-week program that has enabled it to continue to win the past 10 of its district championships in Athletics.

We share the Central Reserve athletics facilities with the Waverley Little Athletics Centre and work together to motivate athletes of all ages.

## Registration

### Fees for the 2008/2009 season

Open	\$185.00
Under 18 - 20	\$155.00
(includes full-time students)	
Under 14 - 16	\$125.00
Assoc. Members	\$50.00

**Family Discount** Available

### First time Members

Open	\$175.00
Under 18 - 20	\$145.00
(includes full-time students)	
Under 14 - 16	\$115.00

### Dual Registration

VLAA (Little A's) \$25.00

This enables Little Athletes to run in the U14 and U16 competitions with seniors.

VAL (Pro's)	\$155.00
VAL Under 20	\$130.00
Masters (Vets)	\$155.00

### Registration covers:

Participation in competition, and the opportunity to enter State Championships

Full access to our track and clubhouse including weights room.

Insurance

## Coaching

### Program

Regular training with our club coaches takes place at Central Reserve on:

- Tuesdays from 4.30 pm
- Thursdays from 4.30 pm
- Sundays from 10.30 am

We encourage training groups and partners and will provide athletes with individual programs and a training group to suit their needs.

Coaching is available for all Track and Field events except pole vault. Our discus/hammer area is properly caged.

For more information contact our coaching coordinator:

- Terry McGrath on 9590 0887

### Uniform

All athletes compete in in our club uniform of red, black and white. Contact coaches or our Registrar for details and purchase

### Social Events

We organise regular social events for athletes and their families including:

- AGM and Presentation Night
- Christmas Party
- Club Pentathlon and BBQ