

# **Sandringham Athletic Club Inc. (SAC)**

Glamis Ave, Hampton 3188  
0417 538 045

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

## **Member Information Booklet**



**SANDYATHS**

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# A message from the President

*Sandringham Athletic Club members face a big challenge each year in order to better their performances from the year before. This must prove difficult because they achieve at the highest level in so many areas.*

*For all the members from last season, we once again thank you for all your efforts to be a better athlete, a better member of the club, to be a mentor and a better individual. We look forward to celebrating your achievements in the forthcoming season.*

*For new members, thank you for selecting the Sandringham Athletic Club to continue your passion for track and field. We will welcome you as one of our own, coach you, mentor you, help achieve your goals and develop your athletic ability to its fullest potential.*

*All we ask in return is for you to embrace the Sandringham Athletic Club and its culture, and perform at your best.*

*Last season was one of the strongest in terms of our participation at both the Victorian and Australian Championships, producing national champions, medallists, personal bests and the thrill of representing the club and the state.*

*A pleasing aspect of the last season has been the growth and development of our junior athletes. We look forward to that trend continuing and extending our participation and presence at the weekly Shield competitions.*

*Our Open Woman look forward to defending their 4 x 100m and 4 x 400m state relay titles. We hope that their achievements will continue to inspire our junior athletes and the Open Men to reach those same high standards.*

*As our club continues to grow in size, so does the officiating roster we must fill at Shield competitions each week and at championship events. We remind all members that you will be expected to do your part at various times throughout the season.*

*Our club operates entirely on the efforts of volunteers. We need to share the work around and we need your support to build upon the outstanding culture and environment we enjoy and maintain. Sandringham Athletic Club is unique but can only be as good as the efforts of the volunteers who work to sustain it.*

*Enjoy the 2018/19 season. Go Sandy!*

**Tom Morehouse**

**President**



# Our Vision, Mission and Values

## Our Vision

*To be recognised as a leading Club in the physical and emotional development of athletes in the sports of Track & Field and Cross Country*

## Our Mission

*The mission of the Sandringham Athletic Club is to help athletes achieve their full potential with a methodical training program accompanied by a healthy lifestyle. We encourage and assist local communities in the Bayside Area to organise and conduct athletic competition*

## Our Values

*Encourage and support club members in their endeavours as athletes, coaches and/or officials*  
*Conduct training sessions for our members in a safe environment*  
*Transition new and younger members of the club into appropriate coaching groups to facilitate the best possible athletic development*  
*Always encourage team involvement in athletic competitions to foster good relationships between athletes*



## Club Profile

## Key Contacts

*The Sandringham Amateur Athletic Club was formed at a meeting held on 8th April, 1930. The first recorded event was an 880 yards handicap at the Beach Oval (now Sandringham Football Ground).*

*The club to its new and present home at Glamis Ave., Hampton in May 1960. 1960-1961 saw the completion of the clubrooms and the track officially opened in October 1962.*

*60% of our members are from the immediate Bayside area and another 40% from suburbans on the fringe. SAC not only provide facilities for athletes to develop and train there is also a large coaching and officials membership base who serve the club and broader sport of athletics*

**How to join** – via the Athletics Victoria website [www.athsvic.com.au](http://www.athsvic.com.au)

### **Club Leaders**

*Tom Tanojevic, Clodagh Grogan, Anna Plessinger, Stuart Cafarella*

*Our Club leaders are happy to help all members with their enquiries so please do not hesitate to ask. Our club leaders can assist with club info, weekly relay teams, etc*

### **Club Contacts**

- [sandringhamac@hotmail.com](mailto:sandringhamac@hotmail.com) Secretary Elena Clarkin 0490 947 631
- Coaching Enquiries – Darryl Hunt 0411 104 138
- Cross Country Season – Andrea Eastman [aceastman@bigpond.com](mailto:aceastman@bigpond.com) 0408 391 61
- Track & Field Season Events - Kathy Tanojevic [ktanojevic@optusnet.com.au](mailto:ktanojevic@optusnet.com.au) 0402 686 362
- Track Bookings – Detsy Holten 0413 466 750
- Registrar – Ruby Holten 0432 580 103
- Duty Roster – Jo Linford 0418 551 070



# Committee Members

## President

Tom Morehouse



## Secretary

Ellie Clarkin



## Treasurer

Greg Scerri



## Registrar

Ruby Holten



## Summer Team Manager

Kathy Tanojevic



## Winter Team Manager Club Duty Roster

Andrea Eastman



Jo Linford



## General Committee

Ben King



## General Committee

Lizzie Dingeldei



## General Committee

Aaron Wood



## General Committee

Craig Baikie



# Membership, Fees, Uniforms, and Apparel

<b>Membership **</b>	<b>SAC</b>	<b>AV</b>	<b>and</b>	<b>XCR</b>	<b>or</b>	<b>AV Shield</b>	<b>XCR + AV Shield</b>
<i>Athlete – Open</i>	\$100	\$150		\$145		\$145	\$220
<i>Athlete – Junior (13 -19 yrs)</i>	\$70	\$130		\$120		\$120	\$170
<i>Athlete – Dual (11 – 14 yrs)</i>	\$50	\$50		\$0		\$0	\$0
<i>Coach* must be registered AA</i>	\$0	\$0					
<i>Official</i>	\$0	\$0					
<i>Social</i>	\$0	\$40					
<i>Alternate first claim</i>	\$100	\$40					
<i>Additional Gym Fee for</i>	\$100						
<i>Sandringham members</i>							
<b>Other</b>							
<i>Club Transfer</i>	\$0	\$50					
<b>Uniforms Compulsory Items – new uniforms 2018/19 season 2 year transition period of old uniforms.</b>							
<i>SAC Competition Singlet</i>	\$50 or						
<i>SAC Crop Top</i>	\$50						
<i>Can use own shorts/leggings, skins - must be black</i>							
<b>SAC Club Apparel (non compulsory)</b>							
<i>Hoody Green or Black</i>	\$50			<i>Training tops (few left)</i>		\$30	
<i>Black Spray jackets</i>	\$45			<i>Black female running Briefs</i>		\$50	
<i>Black cap</i>	\$12			<i>postage charges (if posted)</i>		\$10	
<i>Beanie</i>	\$10						
<i>UNIFORM SALES email <a href="mailto:ktanojevic@optusnet.com.au">ktanojevic@optusnet.com.au</a> stating item you want, size and email for your invoice to be sent out, we no longer take cash for uniforms contact Kathy Tanojevic</i>							
<i>* Must be a current financial member with Athletics Australia</i>							
<i>**Membership voting rights are eligible to member categories of Athlete, Coach, Official and Alternate First Claim please refer to the Full Constitution for further details.</i>							



# Medical Information & Insurance details

## **Athletics Australia National Insurance Program**

*V-Insurance Group are the Insurance Brokers for Athletics Australia (AA). V-Insurance has worked closely with AA to design this insurance program for its members. This insurance cover applies when members and other insured persons/entities are involved in activities that are sanctioned by AA. These activities include track and field events, training, meetings, and fundraising activities and travel to and from these activities.*

*Further information can be found at <http://athletics.com.au/About-Us/Insurance>*

## **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.***



**V-INSURANCE  
GROUP**

CORPORATE AUTHORISED REPRESENTATIVE OF Willis





# Coaching and training at SAC

## **SAC Training days and times**

*Monday to Thursday from 5pm – 8.30pm and Sunday 9am – 1pm*

*High Jump training Monday – Wednesday 4pm – 5pm*

*Training is available for all athletes from the age of 12 years. For all coaching enquiries please contact **Darryl Hunt on 0411 104 138.***

*Each SAC coach operates on a slightly different timetable so please check with your individual coach as to the exact times and sessions you will be involved with week by week.*

*Coaches may charge additional coaching fees, which can be discussed on an individual basis*

## **Our Coaches**

<i>Roy Boyd</i>	<b>Level 5</b>	<i>Hurdles &amp; Sprints</i>
<i>Kevin Prendergast</i>	<b>Level 5</b>	<i>Hurdles, Sprints &amp; Middle Distance</i>
<i>Lisa Hasker</i>	<b>Level 4</b>	<i>Hurdles &amp; Sprints</i>
<i>Cathy Woodruff</i>	<b>Level 5</b>	<i>Horizontal Jumps &amp; Sprints</i>
<i>Tim O'Shaughnessy</i>	<b>Level 5</b>	<i>Middle &amp; Long Distance</i>
<i>Jo Linford</i>	<b>Level 4</b>	<i>Throws &amp; Multi Events –Thurs 4.30 – 6.00pm</i>
<i>Justin Lewis</i>	<b>Level 3</b>	<i>Sprints, Middle &amp; Long Distance</i>
<i>Thomas Morehouse</i>	<b>Level 3</b>	<i>Throws, Sprints &amp; Hurdles</i>
<i>Priscilla Smith-Bizzotto</i>	<b>Level 2</b>	<i>Sprints &amp; Athlete Transition</i>
<i>Clodagh Grogran</i>	<b>Level 2</b>	<i>Sprints and Jumps - junior athletes</i>
<i>Carl Morehouse</i>	<b>Level 1</b>	<i>Horizontal Jumps, Hurdles &amp; Sprints</i>
<i>Darryl Hunt</i>	<b>Level 1</b>	<i>Athlete Transition &amp; Throws</i>
<i>Vic McFarlane</i>		<i>High Jump</i>



# Competition, Fixtures & Events

## **Age groups and cut off dates for age groups**

Age groups for AV Shield are based upon Age Group at the start of the season and will remain that way for the entire AV Shield competition (EG athlete competes in U16 at shield from Oct – March). Age groups for Championship and any other competition will be taken based upon age as at 31 December (athlete may be U16 for shield but has to move up to U17 for championships) Please refer to the AV website for details.

<http://athsvic.org.au/get-involved/athletes/athlete-age-groups>

**Club records –** We try to pick up all club records but we ask, If you believe you have broken a club record over the season please email our secretary at [sandringhamac@hotmail.com](mailto:sandringhamac@hotmail.com) with the heading club record

## **Competition Events Information, Dates, Days and times**

XCR information and calendar is available at;

<http://athsvic.org.au/events/competitions/avcompetitions/xcr>

AV Shield information and calendar is available at;

<http://athsvic.org.au/events/competitions/avcompetitions/av-shield>

All Events Calendar is available at;

<http://athsvic.org.au/events/calendar>



# Club Code of Conduct

*All players, members, spectators, officials and volunteers are expected to follow our Club's codes. Failure to do so will result in disciplinary action.*

**COACHES** are required to:

- *Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion*
- *Support, encourage and involve all players regardless of their talent level*
- *Never ridicule or yell at players for errors or poor performance*
- *Always consider the wellbeing and safety of participants before performance and results*
- *Encourage participants to value their performances and not just results*
- *Encourage and guide participants to accept responsibility for their own performance and behavior both on and off the field*
- *Maintain respectful and appropriate relationships with all participants*
- *Ensure all activities are appropriate to the age, ability and experience of participants*
- *Promote the positive aspects of the sport (eg fair play)*
- *Always respect the official's decision and support them to carry out their role*
- *Display consistently high standards of good sporting behavior and appearance*
- *Follow all guidelines laid down by the national governing body and the Club*
- *Hold appropriate valid qualifications before commencing to coach*
- *Never condone rule violations, unfair or unduly rough play or the use of prohibited substances*
- *Never smoke or drink alcohol whilst in an official capacity*
- *Never use offensive language or behavior*
- *To act as a role model at all times.*



# Club Code of Conduct

**PLAYERS** are required to:

- *Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion*
- *Play by the rules and respect the umpire's decisions*
- *Display good sporting behavior at all times*
- *Never use offensive language or behavior towards anyone or engage in sledging or bullying of any person*
- *Co-operate with your coach*
- *Adhere to club policies including smoke-free areas and liquor license requirements*
- *Never behave in a manner that would damage the reputation of the club either on or off the field*

**VOLUNTEERS and SPECTATORS** are required to:

- *Act as good role models and ambassadors for the club at all times*
- *Always welcome opposition players, spectators, officials etc to the club*
- *Never use offensive language or behavior*
- *Treat everyone including the opposition with respect regardless of their gender, ability, cultural background or religion*
- *Display consistently high standards of good sporting behavior including respecting the official's decisions*
- *Adhere to the smoke-free policies of the club*
- *Not to consume alcohol in any place other than where the club's license allows*
- *Adhere to and support the Club policies*
- *Be trustworthy*



## Problems or Complaints

*If you have a problem or complaint please contact the President of SAC Tom Morehouse on 01417 538 045.*

*If you believe your issue requires further investigation or remains unresolved after this please refer to the Members Protection Policy on the AV website via this link;*

*<http://athsvic.org.au/wp-content/uploads/AV-Member-Protection-Policy-Final.pdf>*

*Please remember when considering a complaint that the Club is staffed by volunteers who are giving up their time to help facilitate your ability to compete and train with SAC.*

*It is expected that complaints are made away from training or competition.*



# The Year in Photos



coach Roy Boyd







# Club Sponsors



03 9583 5248

150 Tulip Street, Sandringham, VIC 3191





