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Mackay Athletics Club Inc.

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2011 Athletics Season to begin.

Welcome back to another year of athletics for our club and our region.

It's been another very wet start to the year but we are pleased to say that the grounds are in a much better condition this year than last. Although we still have much preparation work still to do before the season start in March.

That is why I am asking for assistance at a club working bee on Saturday 26 February anytime from 8.30am. We have quite a bit to do in the club shed and final preparations of the track and field with mowing and line marking. We are also having another mowing morning on Saturday 19 February from 8.30am. I wish to thank the VERY SMALL team who turned up a couple of weekends ago with their push mowers.

Unfortunately for many clubs to the south and north of us, the season start has been severely set back due the recent flooding and cyclone crossings. We wish them the best as they rebuild their region and their facilities.

Regards

James Grech
President – Mackay Athletics Club Inc.

2011 SIGN-ON & ORIENTATION TO ATHLETICS DAY

Saturday 5 March

Sign-on from 12pm Orientation from 1pm to 4pm

New and returning members welcome

*This year's sign-on day will be on **Saturday 5 March** from 12pm at the Club Venue, Mackay State High School Athletic Grounds via English Street or Penn Street. **For a quick registration process**, download the 2011 ANQ Registration Form from our website, complete it, print it and bring it along with you. For new members, a copy of the athletes Birth Certificate will be required for viewing. The minimum age for membership is 4 at the start of the season.*



An orientation to athletics will be the same day from 1pm to 4pm. The Orientation afternoon will give those interested in joining the opportunity to have a go at the various activities, which are part of our program at our weekly club competition days. This will be an informal afternoon, but the children (and parents) will get an idea of how events run and what is involved. Our club competition will commence the following week, which will consist of five track and field events each week rotated on a four week program.

The 2010 membership fee of Mackay Athletics Club for the year is \$90.00 per athlete. Additional members from the same family are \$80.00 per athlete. There are no weekly or attendance fees during home Club Competition days. Payment methods are Cash or Cheque and must be paid on registration.

Come and try. The club provides a trial period for new members. This is available for a two-week consecutive period. The Trialist fee is \$10.00 each and is non refundable. After this time the athlete must either complete the registration formalities or not participate. The \$10.00 trial fee is deducted from the membership fee if membership continues. Trial period ceases at the end of April. Please complete the registration form for each Trialist and bring along a copy of their Birth Certificate.

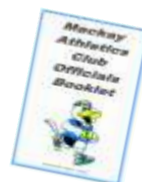
Can't make it that day? You can sign on at any club competition day but remember to be early as the days events start at 12.45pm. See our [Event Calendar page](#) for dates.

MEMBERSHIP KITS



Again this year, fully paid members will receive a membership kit courtesy of ANQ and Mackay Athletics Club. The kits include a backpack bag, pen, wrist band, tattoo and the ANQ Kids Booklet 'Athletes for Life'.

Also each family will receive a copy of the clubs handbook and a copy of the clubs Officials Booklet (see below).



Fully paid new members will also receive a results folder to store results cards and keep a track of personal bests. Returning members will receive a new kit to place into there existing folder.

EVENT CALENDAR & CLUB PROGRAMME



The clubs 2011 Event Calendar and Club Competition Programme can now be viewed or downloaded from the ['Event Calendar'](#) page of the website.

WET WEATHER PHONE NUMBER



Due to the nature of Athletics being held outdoors, for the safety of all athletes it may be necessary to cancel events or club competition days due to the wet grounds. Cancellation notices are usually published on the home page of our website on the day of competition or you can call **0431 973 129** after 10am on the day of competition for information.

2011 CLUB HANDBOOK

Our 2011 handbook will soon be available for download from the club website. Packed with useful information for our athletes, parents and carers and those interested in the club itself and what we do. Printed copies will be available to all families on registration.



OFFICIALS HANDBOOK

This booklet has been developed for the many parents and carers who volunteer and assist at the club competition days. The details listed within are a guide to each of the events held at our club. It includes some very important safety considerations, some of the rules of competition and how to record or measure an event.

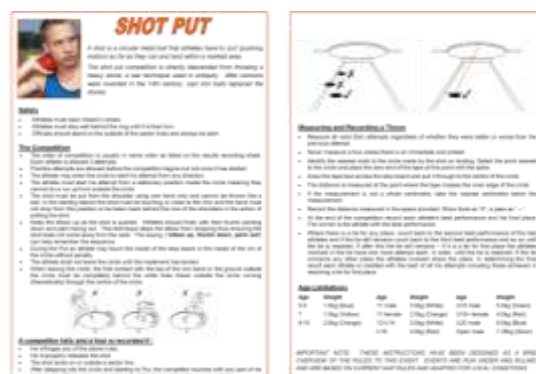
The event rules the club follows is based on the competition rules of the IAAF (International Association of Athletics Federation), the world governing body of athletics. However the rules also state that events may be held in a different format and shall be decided by the respective bodies having control over the competition (rule 100).

As each and every athletic club in the world may alter the rules slightly to suit local conditions, it is important to note that events held at other centres may have different rules than those we run on club competition days. This may also include special events or carnivals held at our own club. We recommend you make enquiries with the organising club of the event for the rules that will apply.

A copy of the IAAF Competition Rules is kept in the Club House for reference if required, or can be downloaded from our website www.mackayathletics.com.au

If you need any clarification on the events, please see a committee member who will be able to assist.

A copy of the handbook will be available for all member families and a copy has also been placed in each of the results clipboards.



ENJOY OFFICIATING

CODE OF CONDUCT POLICY

The club introduced a Code of Conduct Policy last year to make all aware of the expectations whilst participating, spectating or officiating. We encourage you to read the policy which can be found in the club handbook and on [our website](#) and on the club notice board at the club house.

In essence, the sport of Athletics is very much an individual sport rather than a team but the focus of team spirit must not be lost and all spectators and all officials and in particular athletes of all age groups, must be reminded of this.

On club days, we never emphasise a first, second or last placing, but rather encourage all athletes to have a go and if achieving a personal best is the result of having a go then it's a bonus. Athletes must show support and respect for each other regardless of how others have performed or likely to perform.

2011 CLUB COMMITTEE

Our 2011 Club Committee is.



President, Registrar & Web
Vice-President & Head Coach
Secretary & Public Relations
Treasurer & Uniforms
Equipment & Grounds
Canteen Coordinator
Results & Records Officer
Other Committee Members

James Grech
Cameron Quirk
Joscelyn Grech
Rhonda Bates
Wade Bates
Balinda Gall
Cheryl Burns
Tracey Kucks

Contact details are on our website.

NUTRITION AND HYDRATION

It is important to pay attention to what you eat and drink. As well as ensuring that your body has enough fuel to enable you to continue with your athletic programme, more generally a well balanced, nutritious diet is vital for a healthy, active lifestyle.



Staying Hydrated

All the time your body is losing fluid that needs to be replaced, which is even more the case when you exercise. The organs and cells in the body need fluid to be able to carry out their individual functions. If fluid is not replaced then this leads to dehydration.

During hot weather you will sweat more and so will need to drink more to replace the lost fluid.

It's a good idea to drink regularly every day. Have a bottle of water on your desk throughout the day and refill it each time you get up.

After training many runners take a sports drink which not only replaces fluid but also elements and minerals lost through sweat that water cannot replace. There are many sports drinks available with different tastes. Try a few until you find one that you like.

When to Eat

Most people find out the answer to this question fairly quickly by themselves. If you eat too close to training you may feel "heavy" and experience a discomfort in your stomach. Eat too far away from training and you'll feel tired and listless.

Try eating a main meal at least three to four hours before you train, then have a light snack if you feel "empty" closer to training. If training in the morning before work, perhaps a cup of tea or coffee before your run will suffice and have breakfast afterwards.

If training in the evening, try having lunch at the usual time, and perhaps a light snack (a piece of fruit or a sandwich, maybe) about two hours before training. Then have a light dinner in the evening after training.

Before too long you will find what works best for you.

Source: *The World Keeps Running* – IAAF Athletics www.worldkeepsrunning.org

MAC EVENT CALENDAR

What's on in the MAC & ANQ region?

Month	Dates	Event	More information available from
February	13	Mackay Sports Expo – MECC	
February	19	Mowing Morning from 8.30am	
February	26	Working Bee – Club House from 8.30am	
March	5	Sign-on and Orientation Day	
March	12	MAC Club Comp Day – Programme A	
March	19	MAC Club Comp Day – Programme B	
March	26	MAC Club Comp Day – Programme C	
April	2	MAC Club Comp Day – Programme D	
April	3	ANQ Cross Country Championships – Mackay	
April	9	MAC Club Comp Day – Programme A	
April	30	MAC Club Comp Day – Programme B	
May	1-2	Sarina Combined Events	
May	7	MAC Club Comp Day – Programme C	