



Address: Duncan MacKinnon Reserve,

Phone: 0407 922 597 (Trevor)

Email: hunteraths@gmail.com

Location: Corner North and Murrumbeena Roads,
Murrumbeena VIC 3163

Member Information Booklet

2020 / 2021

Facebook: facebook.com/glenhuntlyathletics

Website: www.glenhuntlyathletics.com

Twitter: <https://twitter.com/ghyaths>

Instagram: <https://instagram.com/ghyathletics>

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President's Message

Welcome to the Glenhuntly Athletic Club, a community based sports and recreation club, which focuses on providing athletic pursuits to the local community.

As can be seen from the information provided in this booklet, our Club has a long history in promoting male and female fitness, as well as having a very successful history of competition in International, National, State, and local competition.

We welcome members of all abilities, male and female, and from age 11 years and older. We have a strong and committed master's group (40+). As well as offering competition, we also offer opportunities to coach or volunteer as officials; both very rewarding experiences.

Our club has grown to become one of the largest and most successful athletics clubs in Victoria, and we pride ourselves as being a progressive and innovative Club with over 200 members.

We have recently introduced further training groups to cater for young kids who would like to try athletics without competition "Running for kids", There are in addition to our wide offerings of coaches in most athletics events. We also conduct an annual athletics competition for students attending special schools.

We are committed to providing a fun experience for all abilities of athletes and look forward to you joining us in our endeavours to provide a positive fitness experience.

I look forward to meeting you and I am always keen to hear from members and potential members as to ways we can improve your enjoyment of athletics.

Michael Ryan, President.

Our Vision, Mission, and Values.

Vision:

Our Club has been a very successful one for almost 100 years in providing participation opportunities in athletics to the men and women of Victoria and particularly to the local Glen Eira community. Our vision is to build on this strength and remain ahead of the pack. We hope to keep abreast of the ever changing nature of the work/sport/leisure mix in our community and continue to provide a first class environment for the involvement in competitive or recreational athletic activities.

Mission:

As a voluntary athletic and physical recreational club we provide highly rewarding competitive, participative and social opportunities to people of all skill levels and ages. The Club seeks to appeal to a broad section of the community.

Values:

The Club provides accessibility to athletes of all abilities and welcomes both able-bodied and athletes with a disability.

Our club values the equality of opportunity for all of its members, young and old. It endeavours to encourage all members to achieve to the best of their potential and to involve themselves in the team aspects of the sport.

We provide opportunities for leadership and are committed to provide encouragement and guidance to each athlete in their chosen discipline.

Club Profile - A Brief History of the Club

The Glenhuntly Athletic Club has served the men and women of the community of Glen Eira (formerly Caulfield) outstandingly for almost 100 years.

Although not the earliest athletics club in the district (Caulfield Tally Ho existed for 5 years 1911-1916) the Club was formed in the aftermath of WW1 (1921), mainly from footballers in the local amateur football club. As men and boys took advantage of a more settled life of the 1920s, the club enjoyed instant success; with five premierships (3 A Grade) and a tie in its first decade. Its members took out State titles, set new records, and the club's executive were active in many innovations to promote the sport of athletics to the local community; Carnivals and activities for junior boys. The Club executive was also prominent in the push for women to be able to enjoy the sport of athletics too and this proved successful in 1929 as seven athletic clubs for women formed their own organization; the Glenhuntly Women's Amateur Athletic Club being one of the seven. In 1995, the two clubs merged to form the current Glenhuntly Athletic Club (GAC).

The Men's Club (GAAC) was fortunate in 1926 to obtain clubrooms, (old jockey changing rooms), in the grounds of Glenhuntly Park in Neerim Road, adjoining the racecourse, and remained there until 1975 when a new athletics facility was provided by council in North Road Murrumbeena. The Women's Club also acquired a small club room next to the tennis club.



- A photo of the club rooms in the 1930s; note the small membership.

Glenhuntly had representation in the first Empire Games (1930) held in Vancouver Canada when Australia had a team of just six athletes. The 30's depression and the onset of WW11 saw both clubs struggle for survival, but the holding of the Olympic Games in Melbourne in 1956, enabled new enthusiasm and a stunning

revival during the mid to late 50s. The men began to dominate the Winter cross country season, winning premierships regularly, while the women's club had enormous success in the summer track and field; winning five A Grade pennants in succession.

Since 1956 the Club has been represented in every Olympics and Commonwealth Games team to represent Australia, and can now proudly claim 31 Olympians, 33 Commonwealth Games Representatives, 16 World Championship Representatives, and 16 World Cross Country Representatives.

Since 1960, both clubs have developed in depth and in influence in the athletic community, and members have assisted in the development of many facets of the sport; Little Athletics, Fun Runs, Women's Cross Country, and Masters (40+) athletics. Membership has grown to over 250 athletes, (one of the largest in the Athletics Victoria Association), coaches and officials, with members active on committees to provide these facets to the local community.

In 1995, the men's and women's clubs amalgamated to form one club; and success has been significant over the past 25 years. The Club is currently runners up as State Premiers in Track and Field (four times as premiers in last 8 years) and the Women were this year runners up in the Winter State Premiership (won 3 of the last 5 years) and the men finished fourth. In the Winter Cross Country season both men and women have performed at high standard to achieve 34 State Division 1 Premierships in men's competition while the Women have won 5 of the past 6 Division 1 titles. Juniors have also been active with 31 premierships for boys and 16 junior girls. Our master's teams have featured highly in all competitions.

With a new home base in Murrumbreena, at the Duncan Mackinnon Reserve, the Club is keen to continue to provide top class coaching and competition to athletes of all ages and abilities.



Club Committee



Michael Ryan
Club President
blue441@optusnet.com.au



Helen Rainey
Secretary
helenrainey@inet.net.au



Kurt Golonka
Treasurer
kurtgolonka@gmail.com



Andrew McEvoy
Vice President

Andrew.mcevoy1@gmail.com



Dana Dekkers
Registrar

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Jenny King
Communication

Jenny.King5451@hotmail.com



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Committee

Steven.Stern@vu.edu.au



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Jamie Rossjohn
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Joshua Plante
Committee

krupt55@yahoo.com



Pam Noden
Committee

noden48@optusnet.com.au



Kara Gilbert
Committee

kara.m.gilbert@gmail.com

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All Club Committee members, coaches and officials are required to hold a current Working with Children Check (WWCC).

Club Coaches and Training

Glenhuntly Athletic Club has a team of excellent coaches all of whom are registered and accredited with Athletics Australia. A registered Club member can join one of the many Squads under the guidance of these coaches. Training is available for all abilities (including disabilities) for Men and Women aged 11 onwards.

Most of our Coaches operate at Duncan Mackinnon Reserve although some use other venues. Coaches are available for specialist group or individual sessions and some coaching fees may apply. This should be discussed with the individual coach you wish to work with.

Access to our training squads is available to registered club members via our 'Coaching Contacts'. For information on the various squads/coaches and or referral to an appropriate squad.

Coaching Contacts

Trevor Vincent

Middle & Long Distance / Walks / Athletes with a disability

Mobile: 0423 529 091

Max Binnington

Sprints / Hurdles / Jumps

Mobile: 0412 415 735

Coaches - Training Times

<p>Max Binnington/Gary Minihan/Tony Griffiths Sprints & Hurdles (sprint and 400 hurdles) Duncan Mackinnon Reserve Murrumbeena Tues & Thurs: 5:30 – 7:00 pm Sunday: 9:30 – 11:00 am Mobile: Max - 0412 415 735 Email: maxbinnington@gmail.com</p>	<p>Lesley Grimes / Andrew McEvoy Middle & Long Distance Duncan Mackinnon Reserve Murrumbeena Mon & Wed: 5:30 – 7:00 pm Mobile: Lesley – 0413676280 Email: lgrimes@yarracentre.com.au</p>
<p>Terri Cater Sprints & Middle Distance Duncan Mackinnon Reserve Murrumbeena Tues & Thurs: 5:30 – 7:00 pm Sunday: 9:30 – 11:30am Email: 0411 499 7540 Email: terricater@internode.on.net</p>	<p>Trevor Vincent/Len Johnson Middle and Long Distance Monash University, Clayton Tues: 6:00-7:00 pm Jells Park Sat: 8:30-9:30 am Mobile: Trevor – 0423 529 091 Email: trevvin@bigpond.net.au</p>
<p>Rod Kelly Sprints/Middle Distance Duncan Mackinnon Reserve Murrumbeena Tues & Thurs: 5:30 – 7:00 pm Sunday: 9:30 – 10:30 am Mobile: 0419 891 680 Email: rodkelly@optusnet.com.au</p>	<p>Jeffrey Lang High jump Duncan Mackinnon Reserves Times: TBA Email: jeffrey@force.net.au</p>
<p>Mike Edwards Hammer, Shot Put and Discus Lakeside Track Tues & Thurs: 4:30-5:30pm Saturday: 10:00-11:00 am Email: hme36@bigpond.net.au</p>	<p>Stuart Mackie / Alex Newman Pole Vault Duncan Mackinnon Reserve Murrumbeena Tues & Thurs: 5:00-6:00 pm Email: stuartmackie11@bigpond.com</p>
<p>Kevin Mannix Kids Athletics Sessions Duncan Mackinnon Reserve Mon 4:00 – 4:55pm and 5:05 – 6:00pm Wed 4:30 – 5:0pm Mobile: 0400 021 889 Email: run4bodyandsoul@optusnet.com.au</p>	<p>Joshua Plante Throws Duncan Mackinnon Reserve Times TBA Mobile: 0403 192 473 Email: krupt55@yahoo.com</p>

All Club Coaches are required to hold a current Working with Children Check (WWCC).

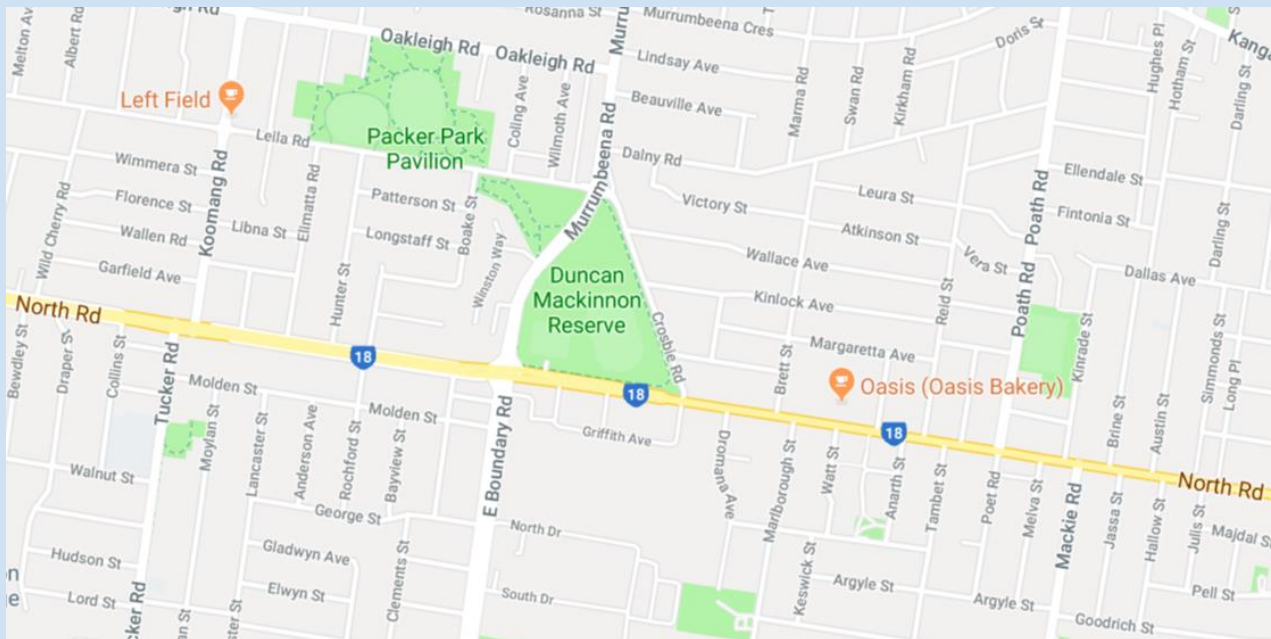
Where we are located/compete

Postal Address:

PO Box 325 Glenhuntly VIC 3163

Physical Address:

Duncan MacKinnon Reserve, Cnr North and Murrumbeena Rds, Murrumbeena, VIC 3163



The Club competes in the Athletics Victoria Shield competition in the “Blue Zone” grouping and its club rooms/training base is at Duncan MacKinnon Reserve in Murrumbeena.

In summer, Shield competition is held at any one of a number of athletics tracks including Knox Athletic Track in Knoxfield, Ballam Park in Frankston, Casey Fields in Cranbourne, Yarra Ranges at Mt Evelyn, Nunawadding, Duncan MacKinnon Reserve in Murrumbeena and Lakeside Oval in Albert Park.

In Winter, the club competes at various venues including Jells Park, Sandown Raceway, Bundoora, Myrniong, Frankston, Albert Park, Ballarat and Burnley.

Major achievements as a club

Summer Track and Field Premierships

Men: Ten titles (1925, 1928, 1929, 1987, 1993, 2010, 2012, 2015, 2017, and 2018)

Women: Eight titles (1956, 1957, 1958, 1959, 1960, 2013, 2014, and 2015)

Junior Boys: 26 men premierships

Junior Girls: 16 women premierships.

Winter Cross Country and Road Premierships

Men: 34 Division 1 Women: 8 Division 1

Junior Boys: Five Junior Girls: One

Australian Representatives.

- 27 have become Olympians for 5 medals (Gold to Debbie Flintoff-King and Brenda Carr).
- 16 have become World Championship Representatives for 3 medals (Gold to Robert de Castella).
- 33 have become Commonwealth Games Representative for 35 medals. (Gold to Peter Bourke, Debbie Flintoff-King, Lawrie Peckham, Trevor Vincent).
- 16 have represented Australia at the World Cross Country Championships with Benita Willis winning Gold in 2004 and Anna Thompson being a representative at 7 championships.

On the National scene the Club has

- 28 men winning 81 titles.
- 11 women winning 23 titles.
- 11 men have won medals at Australian Cross Country titles with Robert de Castella winning 3 Gold.
- 4 women have won medals at Australian Cross Country titles with Anna Thompson winning 4 Gold.

At Victorian titles club members have

- 50 men have won 158 titles
- 27 women have 93 titles.

A breakdown of our membership demographic

Glenhuntly Athletic Club encourages athletes of all ages, from 11 upwards, and abilities to join our great club. Glenhuntly offers expert coaching for all ability levels.

Athletes under 11 should contact the local Little Athletics Centre for news on their training and competition programmes.

Glenhuntly Athletics is affiliated with Athletics Victoria, and competes in all summer and winter events.

The **summer season** provides competition in all track and field events from October to March. There is a Shield competition over 12 rounds with an Association premiership. There also state championships for all ages U14 upwards to 90+, along with State Relay championships, and the National championships. Athletes also have the opportunity to compete at specialist group events such as, The Milers Club, The Rare Air Club, High Velocity Club, Throwers Club, and Walkers Club as well as club held events.

The **winter season** provides competition from April to September. There are six individual championships (road and cross country) ranging in distance from 8 km to marathon as well as four distance relay events, and national cross country and road titles. There are club held events as well as many fun runs and charity runs.

Age groups exist for both males and females in the following:

U14, U16, U18, U20, Open, and Masters 40+

Opportunities also exist for volunteers to assist with officiating, team management, and coaching. The Club is always keen to encourage persons to develop their skills in these areas and provide avenues for education in these fields.

The Club has a strong committee structure and welcomes expressions of interest from both athletes, parents, and friends, in joining it.

The Club is keen to promote and grow its commitment to recreational running and its non- competitive training base.

How to join the club

Membership Enquiries: Trevor Vincent 0407 922 597

Email: hunteraths@gmail.com

Club Registrar: Dana Dekkers 0409 565 001

Email: GHYregistrar@gmail.com

Membership of Glenhuntly Athletics is offered as competing membership and non-competing membership.

Competing membership includes registration with Athletics Victoria from 1 April to 31 March.

Non Competing Membership: is for those who only wish to be a part of club training groups and to use the club track and facilities.

This can be upgraded later to full membership with no financial penalty insurance with Athletics Victoria.

Use this form for registration for non-competing athletes located under "Membership > Become a Member" on the club website:

[Glenhuntly Athletics – Member form 2020-21](#)

Competing Membership: for those who would like to represent the Club in competition, then membership with Athletics Victoria, as well as with the Club, is required. This process is done online with Athletics Victoria accessed by www.athsvic.org.au

Juniors are those who have not turned 20 by 31 December 2020.

Masters are those who turn 40 by 1 April 2020

Once registered with Athletics Victoria and the Club with the base package, members can choose to select to purchase:

1. a winter XCR package (to cover all 6 winter events) or enter each event separately by the closing dates.
2. A summer shield T&F package (to cover the 12 rounds of shield competition plus the association final). There is no facility to enter weekly shield each week although a discounted package is available to compete in the final six rounds.

A Maxi Package is available which provides a \$50 discount if both a winter and summer package is purchased.

REGISTRATION for 2020-21 with Glenhuntly Athletics Club.

Active from 1st April 2020 to 31st March 2021

Membership can be either COMPETING or NON-COMPETING

1. **NON-COMPETING MEMBER**

For Club Associates and Club Supporters (non-competing): If you only wish to be a Club Supporter or a Club Associate (for training and access to club coaches purposes only) then you should complete the club's registration form and forward it to the club registrar:

Ms.Dana Dekkers P.O. Box 325, Glenhuntly VIC 3163
Tel: 0409 565 001 and Email: GHYregistrar@gmail.com

Banking Details: Bendigo Bank
BSB 633 000 Account # 139 341002

2. **COMPETING MEMBER**

Registration with our club for the 2020-2021 season (1st April 2020 to 31st March 2021) **is done online with Athletics Victoria.**

Competing Registration requires members to purchase:

An Athletics Victoria Base Package
+ Glenhuntly Fee
+ at least one of:
Winter XCR20 package**
Summer Shield T/F Package***
Maxi Package

** **Winter Package:** provides season ticket entry to all winter cross country and road championship events. There are 6 events. Winter events can be entered individually but a seasons ticket provides substantial discount.

*** **Summer Shield:** provides season ticket entry to the weekly shield competition for 12 rounds plus a final. There is no weekly entry for this series but a shorter package for the final 6 rounds is available in late November.

A substantial discount is available for members who purchase both a winter XCR20 package AND a Summer Shield T/F Package (known as a Maxi Package).

Note that ENTRY FEES are also payable for entry into State Championships, Specialist meets (Vic Milers Club, High Velocity club, throwers and vaulters) and Australian Championships.

To Register online with Athletics Victoria:

SELECT one of the options below.

A. For current members:

GO TO the Athletics Victoria website (<http://www.athsvic.org.au/>) and on the HOME PAGE click on **MEMBERS PORTAL** (located in top right hand corner of screen).

To renew your membership, LOGIN, and follow three steps. (If you have forgotten your login details click on FORGOTTEN USERNAME /PASSWORD and AV will email your username and new password details.)

Step 1. Access your **profile**. **PLEASE CHECK your profile for accuracy.**

Step 2. Once checked, click on **renew** (located on right hand side of page).

If you permit, click on allow the club to update your member detail.

Step 3. Confirm and make payment. Follow the prompts and pay on line (AV remits the club portion of the fees regularly to the club).

B. For new members:

GO TO the Athletics Victoria website (<http://www.athsvic.org.au/>) and on the HOME PAGE click on **JOINING** (located at the bottom left hand corner of screen).

FOLLOW the steps

You will need to create a profile.

To do this click on [Create a Profile](#)
Please complete all sections and, if you permit, click on allow the club to update your member detail.
Confirm details, check terms and conditions, and [submit](#).
Make payment. Follow the prompts and pay online (AV remits the club portion of the fees to the club).

Important Club Contacts

Club President:	Michael Ryan
Club Secretary:	Helen Rainey
Club Registrar:	Dana Dekkers
Club Welcoming Officer:	Trevor Vincent

WINTER SEASON (April to September)

Senior Men Winter Manager:	Trevor Vincent
Senior Women Winter Manager:	Helen Rainey
Masters (40+) Men Winter Manager:	Andrew McEvoy, Jamie Rossjohn
Junior Boys Winter Manager:	Michael Halloran
Junior Girls Winter Manager:	Helen Rainey

SUMMER SHIELD (October to March)

Senior Men Summer Manager:	Chris Byron
Masters (40+) Men Summer Manager:	Andrew Crawley
Junior Boys Summer Manager:	Michael Halloran
Senior Women Summer Manager:	Jenny King
Masters (40+) Women Summer Manager:	Louise McLean
Junior Girls Summer Manager:	Jenny King

Membership – Categories and Fees

Category	Athletics Victoria Base Fee	Club Base Fee	Competition Packages available
Open and Masters	\$170	\$98	Winter \$140 Summer \$140 (Maxi Pack) * \$230 Relay (club pay) \$0
Juniors (U20)	\$135	\$55	Winter \$115 Summer \$115 (Maxi Pack) * \$180 Relay (club pay) \$0
Recreational Runner (Seniors and Juniors)	\$10	\$98 (Seniors) \$55 (Juniors)	
Officials and Coaches (non competing)	\$0	\$0	Not applicable
Non Competing			
Senior	\$0 **	\$98	Not applicable
Junior (U20)	\$0 **	\$55	
Club Supporter	\$0	\$40	Not applicable

- A Maxi Pack is for athletes who wish to compete in winter races and summer shield (a discount applies).

** This can be upgraded to be an Associate of Athletics Victoria which allows for entry into competitions and includes athlete insurance.

Club Uniforms

To compete for the club in competition, members require a competition singlet and navy blue or black shorts or briefs.

Male



Female



Competition singlets are available for purchase from the Club at a cost of \$50 for singlets or \$60 for women's crop tops.

Club Contact for purchase of uniforms is Kurt Golonka: kurtgolonka@gmail.com

and can be collected at the Clubrooms at Duncan Mackinnon Reserve by appointment.

The Club also has a range of casual apparel in stock for purchase:

- Hoodies: Collegiate Style - \$60
- Hoodies: Zip Style - \$35
- T Shirts: Club T Shirt, TXU Style - \$45
- Men's Shorts (selected sizes)
- Men's and Women's running briefs (selected sizes)
- Long sleeve T-shirts (selected sizes)

Events

Events

- Annual General Meeting held in May
- Presentation Day(s)
 - Winter (at final event: TAN Relays)
 - Summer (a dinner in May)
- Fund Raising
 - Drink Station at Melbourne Marathon (October)
 - Assisting with Puffing Billy Train Race (May)

Medical Information and Insurance Details

While the Club does not expect prospective members to undergo a medical test or to produce a medical certificate, we do encourage members to seek medical advice before undertaking strenuous exercise. This is especially important if there is a family history of heart or other illness.

On becoming a registered member with Athletics Victoria, with the appropriate fees paid, a member is provided with insurance cover. The details of the insurance cover is included on the Athletics Victoria website under “Engagement Hub > Club Resources > Athletics Australia V-Insurance” (<https://athsvic.org.au/engagement-hub/club-resources/>).

It is also recommended that members consider having Ambulance Cover. The nature of injury sustained in athletic pursuit may require transport to a Hospital by ambulance in rare instances.

Code of Behaviour

- Be ethical, fair and honest in all your dealings with other people and Glenhuntly Athletic;
- Treat all persons with respect and courtesy and have proper regard for your dignity, rights and obligations;
- Always place the safety and welfare of children above other considerations;
- Operate within the rules and spirit of the sport;
- Comply with all relevant Australian laws (Federal and State), particularly anti-discrimination and child protection laws;
- Be responsible and accountable for your conduct.

Track Etiquette Protocols

These protocols are in place for the safety and wellbeing of all track users and patient communication is key to their consistent adoption. They are a guide only and the level of track use at the time will dictate their application.

Coaches will discuss with other Coaches their needs at the start of each session and then cooperate to ensure safe and coordinated use of the track.

- Athletes will only run in an anti clockwise direction.
- Starting practice will only be done at the ends of the track, the 110m start line or runoffs beyond the finish line in both straights, and in the outside lanes. Bend starts are to use the outside lanes only.
- Hurdlers will only use the outside lanes.
- Walking and warm up jogging will only use the outside lanes or the grassed area (unless throws are taking place).
- Drills should be done in the outside lanes only.
- Do not stand on the track chatting, particularly at the finish line area.
- Loudly yell “track” to warn of a potential collision. If you hear the “track” warning, stop, look, and then make a decision on what action to take. That will usually be to stand still and let the athlete making the call pass you.

- Look both ways before crossing the track.
- Do not cross the in-field during throws practice (throws “warning” signs to be used to remind athletes of this requirement).

Problems or Complaints

We take all complaints about unacceptable behaviour seriously. We will handle complaints based on the principles of procedural fairness (natural justice), that is:

- both the person making the complaint (complainant) and the person the complaint is against (respondent) will be given full details of what is being said against them and have the opportunity to respond (ie. give their side of the story);
- decisions of the Committee will be fair and reasonable.

If the complaint relates to suspected child abuse, sexual assault or other criminal activity, then we will report the behaviour to the police and/or relevant government authority. Other complaints may be escalated to Athletics Victoria.

Disputes and Mediation

A procedure exists to settle disputes between:

- a club member and another club member
- a member and The Club.

If a dispute arises, the party claiming that a dispute has arisen (complainant) must give “written” notice to the party in the dispute. This should specify:

- the nature of the dispute (background and issues in dispute)
- what outcome the complainant seeks, and
- the action the complainant thinks will settle the dispute.

On receipt of the Dispute Notice, all parties to the dispute must, within 14 days of the dispute coming to the attention of all parties, meet and discuss the matters in dispute, and if possible, resolve the dispute.

Volunteering

Athletics Victoria competitions are run largely by volunteers. An army of officials sets up and runs both track and field competitions in summer at a variety of venues, as well cross-country courses and road racing events in winter. These officials ensure a safe and enjoyable environment for the benefit of all Club members.

This is why our club is required to provide a number of volunteers for athletics and cross-country events. Volunteers may find themselves raking the sand in a long jump pit, providing directions on a cross country course, helping out measurement at hammer throwing or helping collecting shot-puts.

Whatever the task, you are assured of an enjoyable experience, getting close to the action and seeing some of Victoria's and our club's athletes go through their paces. Volunteers can be athletes who have already completed their race or their family members.

Each member is required to perform 3 hours of volunteering duty for the year at the start of the season or when you sign-up and you can nominate yourself or your family member or else you will be advised of your duty within 2 weeks of the season or when you sign-up.

The duty roster will be broken into 1 hour blocks and athletes may choose any 3 of them throughout the year (eg Shield duty, canteen, etc). This will allow athletes the flexibility to do their favourite events and still perform their duty requirements.

Volunteering is a rewarding experience that contributes to the continuing success of our club.

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Mediation

Glenhuntly Athletic Club aims to resolve complaints expeditiously wherever possible. In many cases, complaints can be resolved by

agreement between the people involved with no need for disciplinary action. Mediation allows those involved to be heard and to come up with mutually agreed solutions.

The people involved in a formal complaint - the Complainant and the person complained about (Respondent) - may also seek the assistance of a neutral third person or a mediator. Lawyers are able to negotiate on behalf of the Complainant and/or Respondent.

Mediation may occur either before or after an investigation of a complaint. If a Complainant wishes to resolve the complaint with the assistance of a mediator, the Club President, in consultation with the Complainant will arrange for a neutral third party (mediator) to mediate the complaint.

Competition Fixtures

- Athletics Victoria Cross Country incorporates 12 rounds at various venues with various lengths (6km to 21km for Open and 3km to 8km for Juniors)
- Athletics Victoria Shield competition incorporates 12 rounds of athletics and a Shield Final held at Albert Park Lake stadium in February/March
- Glenhuntly vs Western Districts 5km run held alternating in Adelaide and Melbourne in August

Club Policies

- Communication Plan
- Communication Policy
- Inclusion Policy
- Member Protection Policy
- Photography Policy
- Risk Management Plan
- Volunteer Information Policy
- Volunteer Management Plan

Club Communications

The Club has a number of forums for communication with its members.

- A Website
- A regular newsletter
- A Facebook Page – Senior and Junior
- Email
- Twitter
- Instagram
- Athletics Victoria member updates
- SMS