



**SANDRINGHAM
ATHLETIC CLUB INC.
(SAC)**

**MEMBER INFORMATION
HANDBOOK 2024/25**

Glamis Ave, Hampton 3188
0411 966 231
www.sandyaths.com.au

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All other club policies and Code of Conduct can be found on our website:

<https://www.sandyaths.com.au/sacpolicies>

A message from the Club

Welcome to a new season of Cross Country and Track & Field with the Sandringham Athletic Club!

To our returning members, we once again thank you for all your efforts to be a better athlete, a better member of the club, to be a role model and a great individual. We look forward to celebrating your achievements in the forthcoming season.

For our new members, welcome to the family. Thank you for selecting the Sandringham Athletic Club to continue your passion for cross country and track and field. We cannot wait to support you to achieve your goals and reach your full potential. We hope you embrace our club culture and always exhibit our club values:

Integrity Respect Inclusion Wellbeing Sportsmanship

Our club operates entirely on the efforts of volunteers. We aim to share the work around and we need your support to build upon the outstanding culture and environment we enjoy and aim to maintain. Part of the fees you pay as an athlete incorporates a duty levy that will be reimbursed once you (or a family member) complete a volunteer AV duty. Information on the duty levy can be found on page 9.

If you have any questions or concerns throughout the season please do not hesitate to get in touch with the club, we are here to help! For competition information, registration and entries always refer to the Athletics Victoria website.

We welcome all new and existing members to our following club events at the Sandringham Athletics Track:

- XCR Season welcome BBQ - Sunday 21st April 4pm
- Club AGM - 5th May 2024
- Summer Season BBQ - TBC

Come and meet the committee, other athletes, coaches and ask any questions you may have. Uniforms will be on sale and bibs can be collected if issued.

Enjoy the 2024/25 season. Go Sandy!

Our Vision, Mission and Values

Our Vision

A premier athletics club of Victoria that is a leader and known for our successful and strong club culture.

Our Mission

- Pursue excellence
- Cultivate a positive and enthusiastic environment
- Motivate members to participate and develop in track, field, and cross country
- Help members strive to reach their goals and full potential
- Safeguard the club's sustainability and financial security
- Encourage a healthy lifestyle
- Promote and support camaraderie and inclusiveness
- Maintain a respectful, fair and safe environment and promote these values to the community
- Establish connections, roots and an identity within the local community

Our Values

RESPECT

Remain respectful and value those who help our sport grow, including our club mates, coaches, officials, supporters and all stakeholders.

INTEGRITY

Always act with honesty and maintain strong morals.

INCLUSION

Be encouraging and accepting of all those who appreciate the sport of track and field, no matter their background or ability.

WELLBEING

Recognise that athletics is above all a contributor to a healthy lifestyle for everyone and always put the physical and mental wellbeing of the athlete ahead of performance.

SPORTSMANSHIP

Always act ethically and fairly; in line with the club values and club code of conduct. Show respect to other competitors, officials and supporters.

Club Profile

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 moved 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.

In the 2023/24 season 45% of the SAC membership was made up of women (including athletes and coaches). SAC provides great facilities for athletes to develop and train, along with a large coaching team who serve the club and broader sport of athletics.

How to join – via the [Athletics Victoria website](https://athletics.vic.gov.au/) or via our website www.sandyaths.com.au under membership.

Key Contacts

Club Contacts

Phone: 0411 966 231

Email: sandyaths@gmail.com

- *President - Ruby Holten*
- *Secretary - Penny FitzGerald*
- *Coaching Enquiries – please email sandyaths@gmail.com*
- *Registrations/Track & Field Summer Season Events - Kathy Tanojevic ktanojevic@optusnet.com.au*
- *Cross Country Season Tim O'Shaughnessy – timoshaughnessy53@gmail.com*
- *Duty roster – 0411 966 231*
- *Track Bookings – Detsy Holten sandyathstrackbookings@gmail.com*

All coaches, officials and committee members are required to have current WWC cards

Committee Members

President

Ruby Holten



Secretary

Penny FitzGerald



Treasurer

Greg Scerri



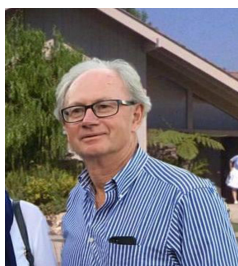
Registrar & Team Manager

Kathy Tanojevic



General Committee

Tim O'Shaughnessy



General Committee

Jonathan Reeve



General Committee

Steve Coulson



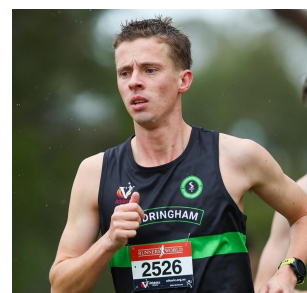
General Committee

Jared Denton



General Committee

Tom Thorpe



Membership and Fees

There are a number of different membership types available depending on the type of competition you are interested in. If you have questions or are unsure which membership you require, please contact our [Welcoming Officer, Kathy Tanojevic](#).

All memberships need to be ordered through the [Athletics Victoria website](#), where the costs are bundled together as one payment. You can purchase a membership and then add in competition packages at a later stage. A breakdown of the fees structure is below.



*Coaches must be a financial member of Athletics Australia

**Family discount: a 15% discount per person is available when three (3) or more Open or Junior athletes reside at the same address and register at the same time

Additional Notes:

- **XCR package** provides entry into all individual rounds and eligibility for relay events (excludes All Schools XC and Half Marathon for Juniors)
- **T&F package** provides access to all rounds of AV Shield competition
- **Max package** provides access to all XCR and AVSL competition rounds
- Entry into Vic T&F Championships is not included in the above packages and event entry fees apply
- The SAC Club fee for Open and Junior Athlete memberships includes the \$50 duty levy that will be refunded to the club member when they or a family member completes an official duty at AV Shield or other designated competition.
- More information - <https://athsvic.org.au/membership2022-2023/>

Club Communication

Emails

The club will use emails for important updates, relay announcements, committee communication and newsletters only. The email address we use will be the one you nominated with your AV membership. The club will not share your email address without your permission.

Social Media

You can also follow along on social media for the most recent results, photos and announcements. We have a [members only Facebook group](#) you can use to communicate with other members. In addition to a public [Instagram - @sandyaths](#) and [Facebook page - Sandringham Athletic Club](#) that we use to celebrate our amazing club!

Uniform

UNIFORM SALES are available through the **REV Sport Portal** – queries about sizes or urgent pick-ups please contact team manager, Kathy Tanojevic.

Compulsory Uniform Items

- SAC Competition Singlet or Crop Top \$50
- Can use own shorts, leggings or briefs - **must be black**

Club Apparel (non-compulsory) - prices online

Hoodie Green or Black	Training tops short sleeve
Black Spray jackets	Black female running Briefs
White run cap	Old crops and singlets (training)
Beanies	Training top long sleeve

The club has set up a secondhand uniform shop on REV Sport. If you have an old singlet you no longer need, please consider donating it to the club to re-sell.

[Click here](#) to go directly to the online uniform shop - or have a look at the uniform on [our website](#).

Coaching and training at SAC

SAC Training days and times

Monday to Thursday from 4.30pm – 7.00pm and Sunday 9am – 12pm

Track availability outside the club training times can be found on the live calendar on our website - <https://www.sandyaths.com.au/book-track>

Training is available for all athletes from the age of 12 years. For all coaching enquiries please contact **our secretary email – sandyaths@gmail.com**

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 directly with them.

Full details of club coaches can be found on the website - <https://www.sandyaths.com.au/coaches>

Duty Levy & Roster Rules

The Sandringham Athletic Club have implemented a duty levy to all athlete memberships. This has come about due to the difficulties in the past of having people turn up for duties that we are allocated through Athletics Victoria.

Reimbursement of duty levy will take place as follows:

- Completion of duty allocated per athlete - this may be at Shield or Championships as allocated from Athletics Victoria with the person aged 16 and over.
- Correctly signing in with Sandringham Team Manager and/or Athletics Victoria prior to commencing duty.
- At the completion of duty, complete the bank account details for levy reimbursement to be paid.

Should an athlete (family member) not be available/report in for allocated duty you will forego your duty levy. The duty will be offered to others and the levy will be paid to the person completing the duty, with that person having to complete the following to receive the levy:

- Sign in with **both** Sandringham Team Manager and/or Athletics Victoria prior to commencing duty.
- If the person completing the duty is an athlete and the duty is at Shield, we would prefer them to compete in a minimum of 1 event on the day.
- If the person completing the duty is a parent of an athlete and the duty is at Shield, the child (athlete) we would prefer the athlete to compete in a minimum of 1 event on the day.
- At the completion of duty, complete the bank account details for levy reimbursement to be paid.

For extenuating circumstances where you are unable to do duty and provide a minimum of 5 days' notice, an athlete/family member can apply to the SAC committee for reimbursement of duty levy by 15 March. These will be assessed on an individual basis.

Should you not be allocated a duty by the end of the season (both Cross Country and/or Summer Season), a request for refund of duty levy is to be submitted to the SAC Committee by 15 March.

If a request for refund is not sent by 15 March each year you will forego your bond.

Medical Information & Insurance details

Athletics Australia National Insurance Program

Gow-Gates Insurance is the new Insurance Broker for Athletics Australia (AA) and affiliates. The new certificate begins on 30th April, more information is available on the Athletics Victoria website. 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.

<https://athsvic.org.au/av-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 strongly recommended that all members have ambulance cover.**

<https://www.ambulance.vic.gov.au/>

Competition, Fixtures & Events

Age groups and cut off dates for age groups

Age groups results will show for shield results even though total points now go to the whole club in our division. 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 of athlete as at 31 December that year (athlete may be U16 for shield but must move up to U17 for championships).

Please refer to the [AV website](#) for details.

Club Records

We try to pick up all club records but we ask, if you believe you have broken a club record during the season please email our team manager at ktanojevic@optusnet.com.au with the heading 'club record'. The club record policy and claim form can be found on the website - <https://www.sandyaths.com.au/sacpolicies> with more information.

Competition and event information

Event information and calendars are available on the AV website;

<https://athsvic.org.au/avevents/>

We aim to share all upcoming events entries on our social media channels as a reminder but we encourage all athletes to regularly check the AV website and be organised in knowing when event entries open and close.

Problems or Complaints

If an issue arises at any time during the season, please contact the President of SAC, Ruby Holten, on 0432 580 103. Or if it involves a member protection concern you may also contact the **Child Safety Officers** appointed by the committee are Tom Morehouse and Steve Coulson.

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;

<https://athsvic.org.au/about/av-rules-policies/>

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 respectfully and away from training or competition.

Club Sponsors



SAC Member Discounts Apply

03 9583 5248

150 Tulip Street, Sandringham, VIC 3191

Sandringham Sports Physio - Sandringham Sports Physio



Sandringham

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Giving more to the local community

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www.hodges.com.au