



MEMBERS HANDBOOK





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Message from the President

Welcome to Bellarine Athletics Track & Field Club.

Our primary aim is to provide a supportive environment where everyone can achieve success, satisfaction, and enjoyment in athletics. Regardless of your background or abilities, we are committed to ensuring that your involvement is a positive experience for you, your family, and your friends. Our club, though small, welcomes athletes from Geelong, the Bellarine Peninsula, and beyond, irrespective of age or skill level.

Our athletes participate in a diverse range of events, often surpassing expectations with notable successes in various age categories. We pride ourselves on keeping our membership fees affordable to encourage participation and are grateful to those who support our club and athletes whether through volunteering or providing financial support such as sponsorship.

Kind regards
Chris Unthank

Vision

To be the club of choice for friendly, relaxed, happy, supportive & caring participation in track & field athletics in the Geelong region.

Mission

To provide a friendly avenue for track & field athletes to participate in Athletics Victoria sanctioned events, including those conducted by Geelong Athletics. To encourage & assist athletes to compete at Athletics Australia events & where appropriate International Athletic meets. To encourage & assist athletes with disabilities to participate & compete to the best of their abilities. To encourage the enjoyment of track & field for all participants no matter their ability.



Values

- A supportive & caring environment is important for the development of individuals & teams.
- A happy, friendly & relaxed atmosphere builds enjoyment & long-term success
- Sharing of knowledge & experience enables improvement.
- Friendly competition against self & others aids improvement.





Club History

Our club was officially founded on March 24th, 1976. Originally the intention was to form Newcomb Senior Athletics Club with Eddie Smith a coach at Newcomb Little Athletics having twelve U14 male athletes who wanted to join Seniors. He had approached another Geelong Club but was told the Newcomb athletes were not good enough. As a result, Eddie spoke to Geelong Centre President, Stuart Robley who advised him that the recently formed East Geelong Club headed by Mick Gaskin were considering folding. A meeting was held with both Eddie & Mick present & it was agreed to amalgamate the two.

It was decided to establish Bellarine Athletics Club as a club which would not only take athletes from the East of Geelong but also athletes from all over the Bellarine Peninsula. At the request of Eddie, the bright red colours worn by East Geelong were adopted by Bellarine.

Joining the Newcomb athletes were three athletes who came across from East Geelong – David Melvin, Rob Claridge & Dale Keating. These Bellarine athletes first took to the track back on October 2nd, 1976.

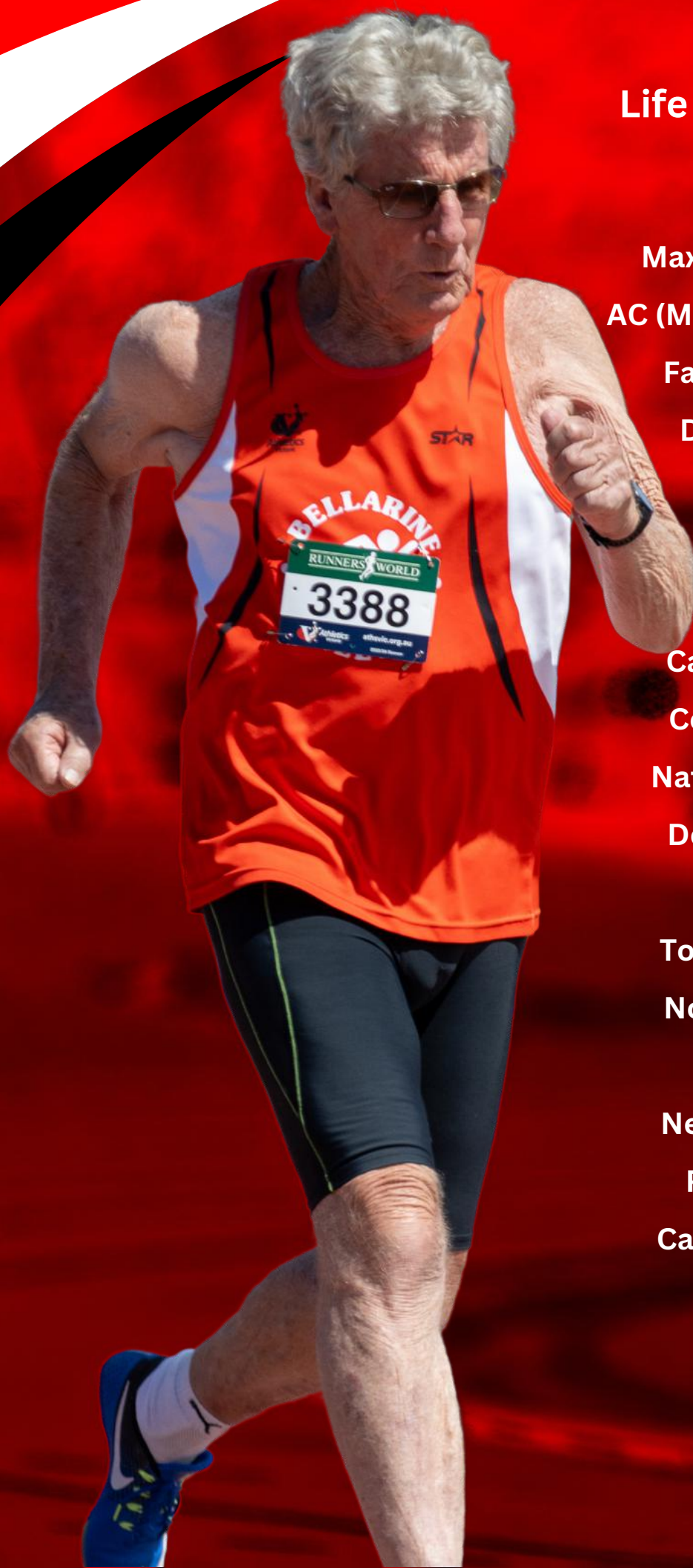


During the 1976-77 season Landy Field underwent works to upgrade from red cinder to a rubberised bitumen track & competition was transferred to Goldsworthy Reserve in Corio.

The new club was determined to do well but it was not until the 1984/5 season that Bellarine won the Men's Open section – the Club's first pennant. Eddie moved to Ballarat around this time & Laurie Blair, who had come from Lara Athletics in 1977, took over. Laurie, although now residing in Scotland is still an avid follower & Life Member of our Club.

Over the years our Club has had many dedicated & long serving Committee Members & athletes who have helped keep our small but proud club going. Many you will find listed as Life Members below.

Today our members come from all over the region. We are a family friendly Club & our members range from social to elite athletes. Both past & present athletes have represented Australia on the international stage including our most decorated athlete, former World Champion & Olympic Bronze medal race walker, Nathan Deakes.



Life Members

Eddie Smith

Max Winnecke*

AC (Mick) Gaskin*

Faye Keating*

David Melvin

Laurie Blair

Alan Foot*

Val Foot

Calum Storrar

Colin Colenso

Nathan Deakes

Doug Deakes*

Peter Lamb

Tony Bradford

Nola Bradford

Beth Bauer

Neil Whitmore

Paul Stewart

Cathryn Hoare

Club Profile

Bellarine is a family friendly club for athletes of all abilities from Under 14 to 60+. We are one of five senior athletics clubs that form Geelong Athletics. We were founded in 1976 specifically to cater for athletes from the East of Geelong including the Bellarine Peninsula, but our members now come from all over the region including as far away as Lavers Hill & Warrnambool.

We aim:

- to provide a friendly avenue for track & field athletes to participate in Athletics Victoria sanctioned events, including those conducted by Geelong Athletics
- to encourage & assist athletes to compete at Athletics Australia events & where appropriate International Athletic meets.
- to encourage & assist athletes with disabilities to participate & compete to the best of their abilities.
- to encourage the enjoyment of track & field for all participants no matter their ability.



Summer competition is at John Landy Athletics Field, corner Barwon Terrace & Bellarine Street, South Geelong, usually on Saturday afternoons, generally from October through to February/March.

Landy Field is open & available free to the public during daylight hours (see signage at the gate for exact opening & closing times) except when booked e.g. for a school athletics carnival.

Athletes, officials & coaches join by registering with Athletics Victoria. They are then covered by Athletics Victoria insurance when participating in officially sanctioned AV activities. Clubs are required to provide a quota of officials/helpers on each day of competition.

Volunteer Note: Bellarine Athletics Club is run entirely through volunteer support. We ask that you respect this, thank people whenever you can & that every member is prepared to lend a hand in some way.



Membership Fees & Additional Costs

Membership Options 2024/25	Adult	Junior
Bellarine Membership Fee	\$30	\$15
AV Base Membership (Pay As You Go)	\$185	\$145
AVSL Package	\$330	\$270
Max Package (XC & TF)	\$420	\$350
XCR Package	\$365	\$280

Junior is under 20 (i.e. 12-19). AVSL package covers the 12 rounds of Shield competition. AV offers a %15 discount per member when 3 or more Open or Junior athletes at the same address register at the same time. The AV Base Membership incurs a \$26 per round fee for AVSL competitions.

All Athletes must enter via the Portal before entries close (Wednesday midday). Entry on the day is NOT possible. Find out to how to enter [here](#)

Additional Membership Options:

Social	\$45	Official	\$0	Club Transfer	\$50
Recreational Runner	\$10	Coach	\$0	Bib Replacement	\$50





Bellarine Club Fees (additional to AV fees) & Geelong Athletics. The total collected by AV includes the Bellarine membership fee. Currently Geelong Athletics is not charging clubs for membership. There are no fees for officials or coaches. Payments are made direct to Athletics Victoria (AV), see www.athsvic.org.au

Additional Costs: Athletes will need suitable running shoes & the club uniform ([see below](#)). Starting blocks, hurdles, steeples, field implements (javelin, discus, shot, hammer, poles), photo finish, measuring equipment etc. are supplied by Geelong Athletics. The Club also has a small range of equipment available for training on request. The AV fees cover entry for 12 rounds of Shield Competition. There are additional entry fees (per event) for Championships.

See AV Season Fees 2023/24 [here](#) or visit <https://athsvic.org.au/> for more information.



Uniforms & Attire

Our club uniform consists of:

- Top - Singlet Red with white side panel & inner black stripes or Crop Top Red with white side panel
- Bottoms - Shorts Black, Black Bike Shorts/Leggings or Black Briefs

This uniform must be worn along with your competition bibs/numbers for all AVSL, AV Championship and Specialists meets.

Please note that we are currently not offering second hand uniforms due to a change in our uniform logo. Members will have a 2-year period (starting 2023-2024 season) to transition from the old uniform to the newly branded uniform.

Singlets & crop tops are available online via our Club Shop [here](#)
Black shorts or briefs should be purchased directly by the athlete.



Women's Singlet
\$35



Women's Crop Top
\$35



Men's Singlet
\$35



Optional Training
Top \$15 (Limited)



Officials & Helpers

To put on an athletics meet, whether it be shield competition in Geelong or a Championship Event, Technical Officials are required to ensure the meet is conducted successfully & follows the rules of the competition. Whether it is the Competition Director overseeing the entire competition or the pit raker for the long jump or the recorder for the javelin, they all form part of a single team providing the athletes the best opportunity for them to compete at their best.

It is a great way to be "close to the action" & to be involved. It can become a family affair, such that the children might be competing & the parents officiating.

The Athletics Australia website (athletics.com.au) has an "e learning section level 1", which provides you with the theoretical knowledge to conduct an event. So the next stage would be to put into practice that knowledge on the field of play, whether it be at the long jump, shot put or on the track & to "have a go" at shield. .

If you want to be involved on the IT side of the meet, such as event entries & seedings, photo finish or EDM (electronic distance measuring), there are opportunities to learn these skills as well

We encourage all Bellarine parents & athletes to complete the level 1 on-line course & then put that knowledge into practice by helping at weekly Shield events as we need to provide a number of officials each week.

The 'jobs' you will be given are not hard & there will always be a chief official at the event who will instruct you on what is required. If, however, you want to take it to the next level & become a 'registered official' & move through the levels of officiating, there is a support & mentoring network to assist you.

We implement a duty roster and we ask that each member assists with a duty twice throughout the season. Our duty registration process will be communicated at the beginning of the season and our duty roster will be managed by our Roster Coordinator.



Coaching

Members of the club train with a number of different coaches depending on their special events & the times & places at which they can be available. Others mostly just want a buddy to run with. We will do what we can to find what is right for you. Please contact the Club for advice or discussions as the Club is happy to make recommendations & provide introductions. The Club will also seek to provide some support for any member who wishes to undertake appropriate training courses for officials & coaches.

Current AA Accredited Coaches:

Chris Unthank

Level 3 Performance Coach
0427 976 701
redlinerunningsquad@gmail.com
Events Coached:
Middle Distance (800m-1500m)
Long Distance (3000m-Marathon)
Steeplechase
Trail Running
Cross Country

Erica Fountain

Level 2 Recreational Running Coach
0404373470
Events Coached:
Sprints (100m-400m) Relays
Middle Distance (800m-1500m)
Long Distance (3000m-Marathon)
Ultra Marathon (>42km)
Trail Running





Competition Fixtures & Events

Age groups

Open, Under 20, Under 18, Under 16, Under 14, Vets 40+, Vets 50+, Vets 60+ (Men)

Underage groups for fees & interclub competition are determined according to age on next 31st December. Age for Championships is usually as of the first day of the particular Championship.

Track events are conducted in heats with athletes placed in heats according to their (previous) performance, not age. Field events are conducted in age groups using implement weights appropriate to the age group. Detailed information can be found in the Geelong Athletics Summer Handbook.

Important: Due to resurfacing of Landy Field the track will be closed from 19 June 24 and will not be available for training or competition for potentially the first half of the AVSL season. Athletes will be able to compete at either Ballarat or one of the metro venues.

View the Summer Calendar [TBC](#) | Full Event Calendar [here](#)

Summer Competition (AVSL)

Runs most Saturday afternoons from early October to early February with breaks for Championship events & Christmas. Find out about AVSL [here](#).

Championships

AV Country Championships – open to all Country athletes, venue rotates between regions (Bendigo in 2025), held over the Australia Day long weekend.

National Championships – held in April they require qualifying standard & selection.

There are also All Schools Championships & Relay Championships.

For athletes over 30, there are the Victorian & Australian Masters Athletics Championships (divided into 5 year age groups).

Cross Country (XC) Competition

A XC competition is conducted by AV during winter from late April to September. Club athletes represent Geelong in both male & female teams & compete against other teams who are affiliated with AV. Further details [here](#).





Local XC Competition - This is a non AV event run by Geelong Cross Country Club during Winter you can find out more about this competition [here](#)

Specialists Meets (below) [find out more here](#)

AV Throwers - Hammer, Discus, Shot Put & Javelin

High Velocity - Sprints, Hurdles, Horizontal Jumps & High Jump

Rare Air - Pole Vault

Victorian Milers Club - 800m, 1500m, Mile & 3000m

Victorian Race Walking Club

Training

Is up to the individual and/or their coach. Landy Field is open 8 am to 8 pm September to March, otherwise 8 am to 7 pm.



Club Events

- Bellarine Annual General Meeting & Presentation Night
Held in April/May each year
- Geelong Athletics Presentation Night
Held in April each year
- Fundraising/social or running events
Events to raise money for Athletes support fund & club expenses
- Occasional BBQs
After competition (most likely Powerplay Rd) during the Summer Season
- Social events
As arranged and advised

Details of any upcoming Club and Social events will be communicated via Social Media & Email.

Code of Conduct

Bellarine requires all athletes, coaches, members, officials & volunteers to:
Provide a friendly avenue for track & field athletes to participate in Athletics Victoria sanctioned events, including those conducted by Geelong Athletics;
Encourage & assist athletes to compete at Athletics Australia events & where appropriate International Athletic meets;

- Encourage & assist athletes with disabilities to participate & compete to the best of their abilities;
- Encourage the enjoyment of track & field for all participants no matter their ability;
- Be ethical, fair & honest in all their dealings with other people & the Club;
- Treat all persons with respect, courtesy & with proper regard for their dignity, rights & obligations;
- Comply with Athletics Victoria rules & policies including our Member Protection Policy;
- Operate within the rules & spirit of the sport;



- Comply with all relevant Australian laws (Federal & State), particularly anti-discrimination & child protection laws;
- Be responsible & accountable for their conduct.

COACHES are required to:

- Respect the rights, dignity & worth of every person regardless of their gender, ability, cultural background or religion.
- Support, encourage & involve all athletes regardless of their talent level.
- Always consider the wellbeing & safety of participants before performance & results.
- Encourage participants to value their performances & not just results.
- Encourage & guide participants to accept responsibility for their own performance & behaviour both on & off the track or field.
- Maintain respectful & appropriate relationships with all participants.
- Ensure all activities are appropriate to the age, ability & experience of participants.
- Always respect the officials' decisions & support them to carry out their role.





- Display consistently high standards of good sporting behavior.
- Hold appropriate valid qualifications before commencing to coach.
- Never condone rule violations, unfair 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.

ATHLETES are required to:

- Respect the rights, dignity & worth of every person regardless of their gender, ability, cultural background or religion.
- Play by the rules & respect the officials' decisions.
- Display good sporting behaviour at all times.
- Never use offensive language or behaviour towards anyone or engage in sledging or bullying of any person.
- Co-operate with your coach.
- Never behave in a manner that would damage the reputation of the club either during or outside competition.



Problems or Complaints

Our club takes all complaints, in or outside competition, seriously. We will handle complaints based on the principles of procedural fairness (natural justice), that is:

- all complaints will be taken seriously;
- both the person making the complaint (complainant) & the person the complaint is against (respondent) will be given full details of what is being said against them & have the opportunity to respond (give their side of the story);
- irrelevant matters will not be taken into account;
- decisions will be unbiased & fair; and
- any penalties imposed will be fair & reasonable.

For further information & procedures please refer to Section 10 of the Members Protection Policy.

Please raise any problems or concerns with a member of the Committee without delay. Hopefully, it will lead to improvements for all members. Please remember that the Club is staffed by volunteers.

Policies

The following policy documents are available (please contact the Secretary for copies):

- Member Protection Policy: outlines our commitment to a person's right to be treated with respect & dignity, & to be safe & protected from abuse. Contains information on legal & ethical rights & responsibilities & the standards of behaviour that are required. It also covers the care & protection of children participating in our club's activities.
- Bellarine Communication Policy: outlines responsible behaviour in our communications.
- Bellarine Photography Policy: outlines required behaviour particularly as far as obtaining parental permission for any photographs of those under 18.
- Bellarine Inclusion Policy: we include people with disability in our club in both active & support roles to the greatest extent that we can.



Insurance & Medical Information

Please notify the Club Registrar of any medical condition relevant to participation in athletics. Members are covered by AV Insurance when participating in sanctioned events.

St. Johns Ambulance staff are on duty at the track at Saturday competition.

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 may have to bear the cost of this transport. It is therefore recommended that all members have ambulance cover.





Member Communications

Members will be kept informed throughout the season via email website & social media. Members & family are encouraged to follow & join our social media channels & check emails & websites for news & updates.

Websites:

General Club Website - bellarineathletics.weebly.com/

Members Website - revolutionise.com.au/bellarine

Social Media:

facebook.com/groups/bellarineaths - this is a private group so you will need to request to join or be invited. This group page contains specific member communications.

facebook.com/bellarineaths - our official Facebook page is open to the public & provides broader content which is suitable for both members & the public.

instagram.com/bellarineaths

Email:

Automatic emails will be sent via the REVSport site upon registering/joining. Ad hoc emails will be to members regarding rosters, event information etc.

Club Committee & Contacts

President Chris Unthank
10 Wattle Grove, Wallington 3222
0427 976 701 | president@bellarineaths.au

Treasurer Navid Rashid
0427 707 808 | treasurer@bellarineaths.au

Secretary Amanda Unthank
0439 305 801 | secretary@bellarineaths.au

Registrar Sarah Cotchett
registrar@bellarineaths.au

Social Media/Marketing Amanda Unthank
hello@bellarineaths.au

Roster Coordinator Sarah Cotchett

Team/Relay Manager Jacinta Burns/Donna Braden

GA Delegates Joanne Lambert / Nick Foley





facebook.com/bellarineaths



instagram.com/bellarineaths



hello@bellarineaths.au



0404 231 125



revolutionsisesport.com.au/bellarine
bellarineathletics.weebly.com



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