



**2020**

# **Information Package**





# TOWNSVILLE NORTH STAR ATHLETICS CLUB

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# **TOWNSVILLE NORTH STAR ATHLETICS CLUB**

## **2020 Registration Information Package**

Thank you for your enquiry regarding membership for the 2020 Townsville North Star Athletics Club track and field season.

### **About Townsville North Star Athletics Club (TNSAC) -**

Established in 1962, TNSAC is Townsville's premier track and field club. Our association is coordinated by a number of generous volunteers, mainly parents who donate their time to ensure the club continues to benefit the wider Townsville community.

TNSAC provides an affordable, community based active outlet and caters for individuals of all capabilities and ages from five years onwards. Our club is affiliated with Athletics North Queensland, which affords our members the eligibility to nominate for any Athletics Australia (AA) sanctioned events nation-wide.

TNSAC has a number of accredited coaches associated with the club who specialise in mentoring a variety of age groups and track and field events. Our weekly club competitions are conducted at the Townsville Sports Reserve affectionately known as the 'Red Track', which boasts state of the art track and field facilities. Over the years our club has produced a large quantity of noteworthy athletes that have competed and medalled at state, national, International competitions and the Olympics.

Whether you're looking to make new friends, enjoy an active lifestyle or compete at the next Olympic Games, Townsville North Star Athletics Club will have an event to suit you or your child.

### **About Athletics North Queensland (ANQ) –**

ANQ is Queensland Athletics' appointed agent in North Queensland. ANQ has over 3000 registered members and consists of almost forty separate track and field and road running clubs. These clubs stretch all over North Queensland from Rockhampton in the south, Longreach and Mount Isa in the west, and Cairns in the north. The ANQ office is located at Sports House, North Ward.



# **TOWNSVILLE NORTH STAR ATHLETICS CLUB**

## **Parental Involvement**

Athletics offers a great opportunity for all children to learn the basic motor skills, to keep fit and to socialise with others. For those who wish to progress further in the sport, the pathways are also there.

No other sport offers such a wide a range of events to all ages and to all levels of competitors. This is also one downside on that it makes athletics the most labour intensive of ALL sports.

All weekly training and track and field events conducted at our weekly club competitions are subject to parental involvement. PARENTS/GUARDIANS NEED TO ASSIST WITH THE RUNNING OF EACH EVENT. If there are not enough parents present to officiate each event in a safe and timely manner, then the event will be cancelled.

## **Club Uniform**

All athletes must wear the TNSAC club uniform and attach their ANQ registration number to both the front and back when competing at all club competitions and track and field carnivals. Uniforms can be purchased from the registration desk at each club competition.

## **Club Training (To be confirmed)**

- \$3 training fee per athlete, per session.
- This is the third year in which TNSAC will be holding training sessions at the Townsville Sports Reserve (Red Track).
- 7-9 year olds will be on Mondays 5 – 6pm
- 10 years and above will be on Wednesdays 5 – 6pm
- There will be no training at all on school or public holidays.
- Cancellation of training due to rain will depend on how bad the rain is, and a decision will be made by 1pm on training days



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## 2020 Membership Structure and Fees

Membership for the 2020 season runs from 1<sup>st</sup> April 2020 to 31<sup>st</sup> March 2021.

### **FULL MEMBERSHIP:** The complete package

5yrs to 9yrs:        \$225

10yrs and above: \$250



- Registration with Athletics North Queensland as a Townsville North Star member
- ANQ registration package
- Access to participate at all ANQ sanctioned Carnivals and Championships throughout the season  
(carnival and championship nomination costs not included)
- Eligible to nominate for State and National Championships until 31<sup>st</sup> March 2021  
(qualifying standards must be met in order to nominate)
- Unlimited access to weekly TNSAC competition nights
- Unlimited access to weekly TNSAC training sessions (\$3 training session fee)
- Eligible to accumulate “competition points” which contribute to some end of season trophies
- Eligible to have weekly competition performances recognized for “Club Records”
- Eligible to receive awards on Presentation Day (minimum 50% attendance at TNSAC club competitions required)
- Invitation to attend end of season Presentation Day function FREE OF CHARGE

### **FAMILY DISCOUNTS:**

Where 3 or more “immediate family” members take out full membership a \$50 discount will apply to the 3<sup>rd</sup> membership.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

**TRIALS:** For the beginning athlete, school athlete or casual user

**(Maximum of 3 “trial” visits after which athletes are required to join as a full member to continue)**



**All age groups: Competition fee: \$10/competition**

(payable **BEFORE** you compete in that night’s competition)

- Athletes will NOT be registered with Athletics North Queensland as a TNSAC member
- Ineligible to participate at ANQ sanctioned Carnivals and Championships during 2020
- Ineligible to participate at State and National Championships
- Access to a MAXIMUM of 3 weekly TNSAC competition nights at \$10 per competition
- No access to TNSAC training sessions
- Ineligible to accumulate “competition points” which contribute to end of season trophies
- Ineligible to have weekly competition performances recognized for “Club Records”
- Ineligible to receive awards at the end of season Presentation Day
- No invitation to attend Presentation Day function

## ***MEMBERSHIP UPGRADE:***

A trialling athlete may upgrade to full membership at any time by paying the total cost of the full membership.



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

**For those athletes who have exceptional circumstances  
eg. Athletes who live out of Qld but wish to be TNSAC members to allow  
them to compete at higher levels of competition.**



- Athletes who believe they qualify for this form of membership need to submit details of their circumstances to the TNSAC committee for individual assessment. Terms and conditions of “special” memberships will be set by the committee.

## **VISITORS:**

**Athletes from another Athletics Australia or Little Athletics affiliated club wishing to compete at a TNSAC competition night.**

**All age groups: Competition fee: \$10/competition** (payable before you compete in that night's competition)

- Access to unlimited weekly TNSAC competition nights at \$10 per competition
- No access to TNSAC training sessions
- Ineligible to accumulate “competition points” which contribute to end of season trophies
- Ineligible to have weekly competition performances recognized for “Club Records”
- Ineligible to receive awards on Presentation Day
- No invitation to attend Presentation Day function





# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## Registration

Prior to registering all athletes must –

- Pay any fees outstanding from previous seasons – registrations will not be accepted until outstanding fees are paid.
- If you have signed up previously with Athletics North Queensland in the last 3 years, please include your ANQ registration number when renewing your registration.
- If this is your first season at TNSAC **we need to sight your birth certificate**. Please present this when registering in person or when collecting your ANQ registration numbers.

## How to Register

Registration can be submitted in one of three ways –

1. Online through our website
2. In person at one of our 2020 Sign on Days - March 14 and March 15, 10am to 12pm at the Townsville Sports Reserve
3. In person at any of our club competition nights at the Registration office beside the Finish line.



# **TOWNSVILLE NORTH STAR ATHLETICS CLUB**

## **Frequently Asked Questions**

**Q. I couldn't make it to your Sign On Days. Can I register at any other time?**

A. Yes, you can sign up online through our website or at any of our club competitions.

**Q. How much does membership cost?**

A. Full membership costs \$225 for 9 years and under and \$250 for 10 years and over. We also accept "Fair Play Vouchers".

**Q. How can I pay for membership?**

A. Cash and EFTPOS/credit card facilities are available.

**Q. Can I get a family discount?**

A. Where three or more "immediate family" members take out full membership, a \$50 discount will apply to the 3<sup>rd</sup> or more membership.

**Q. When and where are your club competition nights?**

A. Most Club competitions are held on Friday nights from 6:00pm along with a couple of Sunday twilight meets from 4pm at the Townsville Sports Reserve.

**Q. When does the season start?**

A. Our first club meet being Athlete and Parent Education Programs (APEP) which will be held on the 3rd April 2020. Our first club competition will be held on Friday 24<sup>th</sup> April 2020.

**Q. When are your training days and how much does it cost?**

A. Training sessions are held on Monday afternoons for 7-9 year olds and Wednesday afternoons for 10 year olds and above. Sessions are conducted from 5 – 6pm at the Townsville Sports Reserve. Training sessions are \$3 for our full membership holders ONLY. Training sessions for Non-members will cost \$5



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

**Q. How long does the season go for?**

A. Our season begins in April and extends to the end of September culminating in the ANQ North Queensland Championships held in September. (middle weekend in the September school holidays)

**Q. What extra costs are there?**

A. Club uniforms (compulsory) and appropriate running shoes. Membership entitles our athletes to be able to nominate to compete at many track and field carnivals however these incur additional nomination fees. Training for club members \$3.

**Q. What does the club uniform consist of?**

A. TNSAC shirt or singlet or crop top and plain black shorts or plain black bike pants.

**\*\*Please note the new uniform is compulsory for 2020\*\***

**Q. How quickly can my child start athletics?**

A. Athletes must be a minimum of five years of age by the 31st of December 2020 to be eligible for membership this season.

**Q. Are there any older athletes in the club?**

A. Yes, while most of our members are youths, we do cater for mature/masters aged and professional athletes.

**Q. What other events are held throughout the North Queensland track and field season?**

A. Athletics North Queensland assists in the running of many events throughout the year. Full details are available on the ANQ website under the 'Competition' tab.

**Q. At what age can my child compete in spikes?**

A. 10yrs & 11yrs: laned track events, long jump, high jump  
12yrs: laned track events, all jumps, javelin  
13yrs and over: all events except discus and shot put



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

**Q. What do I do while my child is competing?**

A. Parental involvement is essential for the timely and safe running of our competition nights. If there are not enough parents present with their children to run the events safely then an event may need to be cancelled.

**Q. How do I qualify for an end of season trophy?**

A. Athletes must attend a minimum of 50% of club competition nights to be eligible and all outstanding fees must be paid in full.

**Q. What do I do if I've left something at the Sports Reserve?**

A. Please see our volunteers at the registration desk on the following Friday night for collection of lost property.

**Q. If I have a question or concern on a competition night whom should I speak to?**

A. Please approach a committee member who can be identified by their white or blue polo shirt and name badge.





# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## 2020 SEASON CALENDAR

|                            |   |                   |
|----------------------------|---|-------------------|
| <b>FEB</b><br><b>15</b>    | <b>ALL-COMERS SUMMER MEET 1</b><br>Saturday 15th February<br>Townsville Sports Reserve                                | SUMMER MEET       |
| <b>FEB</b><br><b>29</b>    | <b>ALL-COMERS SUMMER MEET 2</b><br>Saturday 29th February<br>Townsville Sports Reserve                                | SUMMER MEET       |
| <b>MAR</b><br><b>5-8</b>   | <b>QUEENSLAND CHAMPIONSHIPS (U/14- OPEN)</b><br>Thursday 5th – Sunday 8th March<br>Main Stadium, QSAC, Nathan         | QLD STATE CHAMPS  |
| <b>MAR</b><br><b>14-15</b> | <b>TOWNSVILLE NORTH STAR SIGN ON DAYS</b><br>Saturday 14th – Sunday 15th March 10am-12pm<br>Townsville Sports Reserve | CLUB- SIGN ON     |
| <b>MAR</b><br><b>21-29</b> | <b>AUSTRALIAN ATHLETICS CHAMPIONSHIPS</b><br>Saturday 21st March – Sunday 29th March<br>Sydney, NSW                   | NATIONAL CHAMPS   |
| <b>APR</b><br><b>3</b>     | <b>ATHLETE &amp; PARENT EDUCATION PROGRAM</b><br>Friday 3rd April 6pm<br>Townsville Sports Reserve                    | CLUB MEET         |
| <b>APR</b><br><b>11-12</b> | <b>NQ GAMES</b><br>Saturday 11th April – Sunday 12th April<br>Townsville Sports Reserve                               | NON CLUB CARNIVAL |
| <b>APR</b><br><b>24</b>    | <b>TNS COMP 1</b><br>Friday 24th April 6pm<br>Townsville Sports Reserve   | CLUB MEET         |
| <b>MAY</b><br><b>1</b>     | <b>TNS COMP 2</b><br>Friday 1st May 6pm<br>Townsville Sports Reserve  | CLUB MEET         |
| <b>MAY</b><br><b>2-3</b>   | <b>MACKAY TRACK AND FIELD CARNIVAL</b><br>Saturday 2nd – Sunday 3rd May<br>Mackay                                     | CARNIVAL          |
| <b>MAY</b><br><b>8</b>     | <b>TNS COMP 3</b><br>Friday 8th May 6pm<br>Townsville Sports Reserve  | CLUB MEET         |
| <b>MAY</b><br><b>9</b>     | <b>CAIRNS TWILIGHT MEET</b><br>Saturday 9th May 3pm<br>Barlow Park, Cairns  | CARNIVAL          |
| <b>MAY</b><br><b>15</b>    | <b>TNS COMP 4</b><br>Friday 15th May 6pm<br>Townsville Sports Reserve   | CLUB MEET         |



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

|                            |  |                        |
|----------------------------|--|------------------------|
| <b>MAY</b><br><b>23-24</b> | <b>BOWEN TRACK AND FIELD CARNIVAL</b><br>Saturday 23rd - Sunday 24th May<br>Bowen  | CARNIVAL               |
| <b>MAY</b><br><b>24</b>    | <b>TNS COMP 5 – SUNDAY MEET</b><br>Sunday 24th May 4pm<br>Townsville Sports Reserve  | SUNDAY CLUB MEET       |
| <b>MAY</b><br><b>29</b>    | <b>TNS COMP 6</b><br>Friday 29th May 6pm<br>Townsville Sports Reserve  | CLUB MEET              |
| <b>JUN</b><br><b>5-7</b>   | <b>ANQ STUDENT GAMES / MASTERS QLD CHAMPIONSHIP</b><br>Friday 5th – Sunday 7th June<br>Townsville Sports Reserve, Townsville | ANQ/CHAMPIONSHIP EVENT |
| <b>JUN</b><br><b>12</b>    | <b>TNS COMP 7</b><br>Friday 12th June 6pm<br>Townsville Sports Reserve   | CLUB MEET              |
| <b>JUN</b><br><b>19</b>    | <b>TNS COMP 8</b><br>Friday 19th June 6pm<br>Townsville Sports Reserve   | CLUB MEET              |
| <b>JUN</b><br><b>20-21</b> | <b>LITTLE ATHLETICS NORTH QUEENSLAND WINTER CARNIVAL</b><br>Saturday 20th June – Sunday 21st June<br>Townsville              | LAQ CARNIVAL           |
| <b>JUN</b><br><b>26</b>    | <b>TNS COMP 9</b><br>Friday 26th June 6pm<br>Townsville Sports Reserve   | CLUB MEET              |
| <b>JUL</b><br><b>18-19</b> | <b>CAIRNS CORAL COAST</b><br>Saturday 18th – Sunday 19th July<br>Barlow Park, Cairns   | CARNIVAL               |
| <b>JUL</b><br><b>24</b>    | <b>TNS COMP 10</b><br>Friday 24th July 6pm<br>Townsville Sports Reserve  | CLUB MEET              |
| <b>JUL</b><br><b>25</b>    | <b>CHARTERS TOWERS TRACK AND FIELD CARNIVAL</b><br>Saturday 25th July<br>Charters Towers                                     | CARNIVAL               |
| <b>JUL</b><br><b>31</b>    | <b>TNS COMP 11</b><br>Friday 31st July 6pm<br>Townsville Sports Reserve  | CLUB MEET              |
| <b>AUG</b><br><b>7</b>     | <b>TNS COMP 12</b><br>Friday 7th August 6pm<br>Townsville Sports Reserve   | CLUB MEET              |
| <b>AUG</b><br><b>10-14</b> | <b>TOWNSVILLE PRIMARY INTERSCHOOL TRACK &amp; FIELD</b><br>Monday 10th – Friday 14th August<br>Townsville Sports Reserve     | SCHOOL CARNIVAL        |



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

|                             |   |                          |
|-----------------------------|---|--------------------------|
| <b>AUG</b><br><b>14</b>     | <b>TNS COMP 13</b><br>Friday 14 <sup>th</sup> August 6pm<br>Townsville Sports Reserve   | CLUB MEET                |
| <b>AUG</b><br><b>18-21</b>  | <b>TOWNSVILLE SECONDARY INTERSCHOOL TRACK &amp; FIELD</b><br>Tuesday 18 <sup>th</sup> – Friday 21 <sup>st</sup> August<br>Townsville Sports Reserve               | SCHOOL CARNIVAL          |
| <b>AUG</b><br><b>21</b>     | <b>TNS COMP 14</b><br>Friday 14 <sup>th</sup> August 6pm<br>Townsville Sports Reserve   | CLUB MEET                |
| <b>AUG</b><br><b>28</b>     | <b>TNS COMP 15</b><br>Friday 28 <sup>th</sup> August 6pm<br>Townsville Sports Reserve   | CLUB MEET                |
| <b>SEPT</b><br><b>1</b>     | <b>NQ PRIMARY TRACK &amp; FIELD MEET</b><br>Tuesday 1 <sup>st</sup> September<br>Townsville Sports Reserve  | SCHOOL CARNIVAL          |
| <b>SEPT</b><br><b>3</b>     | <b>NQ SECONDARY TRACK &amp; FIELD MEET</b><br>Thursday 3 <sup>rd</sup> September<br>Townsville Sports Reserve   | SCHOOL CARNIVAL          |
| <b>SEPT</b><br><b>6</b>     | <b>TNS COMP 16</b><br>Sunday 6 <sup>th</sup> September 4pm<br>Townsville Sports Reserve   | CLUB MEET                |
| <b>SEPT</b><br><b>13</b>    | <b>TNS COMP 17</b><br>Sunday 13 <sup>th</sup> September 4pm<br>Townsville Sports Reserve  | CLUB MEET                |
| <b>SEPT</b><br><b>18</b>    | <b>TNS COMP 18</b><br>Friday 18 <sup>th</sup> September 6pm<br>Townsville Sports Reserve  | CLUB MEET                |
| <b>SEPT</b><br><b>25-27</b> | <b>NORTH QUEENSLAND TRACK AND FIELD CHAMPIONSHIPS</b><br>Friday 25 <sup>th</sup> – Sunday 27 <sup>th</sup> September<br>Mackay Aquatic Recreation Centre - Mackay | NQ CHAMPS                |
| <b>OCT</b><br><b>10</b>     | <b>TNS AGM &amp; PRESENTATION - TBC</b><br>Saturday 10 <sup>th</sup> October<br>Townsville Sports Reserve   | AGM/PRESENTATION DAY     |
| <b>OCT</b><br><b>13-14</b>  | <b>QLD PRIMARY TRACK &amp; FIELD CHAMPIONSHIPS</b><br>Tuesday 13 <sup>th</sup> – Wednesday 14 <sup>th</sup> October<br>Main Stadium QSAC, Nathan, Brisbane        | SCHOOLS QLD STATE CHAMPS |
| <b>OCT</b><br><b>15-18</b>  | <b>QLD SECONDARY TRACK &amp; FIELD CHAMPIONSHIPS</b><br>Thursday 15 <sup>th</sup> – Sunday 18 <sup>th</sup> October<br>Main Stadium, QSAC, Nathan                 | SCHOOLS QLD STATE CHAMPS |
| <b>NOV</b><br><b>20-24</b>  | <b>AUSTRALIAN PRIMARY TRACK &amp; FIELD CHAMPIONSHIPS</b><br>Friday 20 <sup>th</sup> – Tuesday 24 <sup>th</sup> November<br>Barlow Park, Cairns                   | SCHOOLS NATIONAL CHAMPS  |



# TOWNSVILLE NORTH STAR ATHLETICS CLUB

## Further Resources

**Athletics North Queensland (ANQ)**

<http://athleticsnorthqld.org.au>

**Queensland Athletics (QA)**

<http://www.qldathletics.org.au>



**Athletics Australia (AA)**

<http://athletics.com.au>



### **CLUB VENUE**

Townsville Sports Reserve  
14 Warburton Street,  
North Ward  
TOWNSVILLE QLD 4810

### **CLUBHOUSE**

2A Rowland Street,  
North Ward  
TOWNSVILLE QLD 4810

### **CONTACT US**

Ph: 0428 867 827  
Email: [info@townsvillenorthstar.org.au](mailto:info@townsvillenorthstar.org.au)  
Web: [www.townsvillenorthstar.org.au](http://www.townsvillenorthstar.org.au)

### **CORRESPONDENCE**

Townsville North Star  
Athletics Club Inc.  
PO Box 621  
CASTLETOWN QLD

**Our committee and existing members look forward to  
welcoming you to our 2020 season!**