



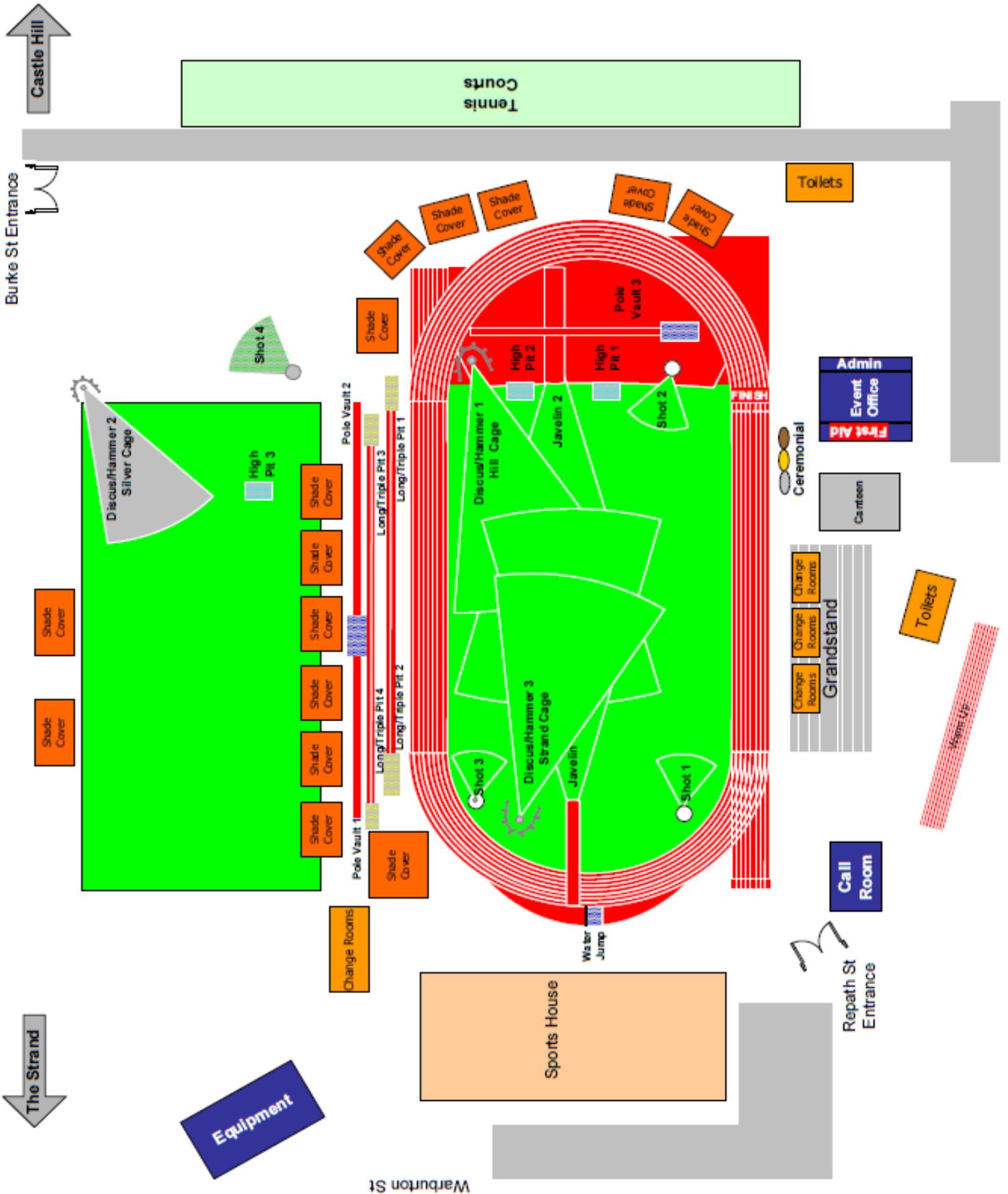
2020

Information

Package



TOWNSVILLE NORTH STAR ATHLETICS CLUB





TOWNSVILLE NORTH STAR ATHLETICS CLUB

CONTENTS

About Townsville North Star Athletics Club (TNSAC)	4
About Athletics North Queensland (ANQ)	5
Parental Involvement	5
Club Uniforms	5
Club Training	6
Membership Structure and Fees	7
Full Membership	7
Trials (Come and Try)	8
Special Membership	9
Visitors	9
How to Register	10
Frequently Asked Questions	11
Season Calendar	14
Further Resources	17



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 1st April 2020 to 31st 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 31st 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 3rd 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 3rd 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 24th 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

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



TOWNSVILLE NORTH STAR ATHLETICS CLUB

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



TOWNSVILLE NORTH STAR ATHLETICS CLUB

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