



2019

Information Package





TOWNSVILLE NORTH STAR ATHLETICS CLUB

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TOWNSVILLE NORTH STAR ATHLETICS CLUB

2019 Registration Information Package

Thank you for your enquiry regarding membership for the 2019 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 and international competitions.

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.



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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)

\$2 training fee per athlete, per session.

This is the second year in which TNSAC will be holding training sessions at the Townsville Sports Reserve (Red Track).

6-9 year olds will be on Mondays 4:30 – 5:30pm

10 years and above will be on Wednesdays 4:30 – 5:30pm

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



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2019 Membership Structure and Fees

Membership for the 2019 season runs from 1st April 2019 to 31st March 2020.

FULL MEMBERSHIP: The complete package

5yrs to 9yrs: \$200

10yrs and above: \$225



- 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 2019
(qualifying standards must be met in order to nominate)
- Unlimited access to weekly TNSAC competition nights
- Unlimited access to weekly TNSAC training sessions (\$2 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 the following discounts will apply -

- The two (2) eldest family members will pay the full membership price for their age group
- Subsequent family members will pay 50% of the full membership price for their age group



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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 2019
- 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.



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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



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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 2019 Sign On Days - 9th March and 10th March, 10am to 12pm at the Townsville Sports Reserve
3. In person at any of our club competition nights



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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 \$200 for 9 years and under and \$225 for 10 years and over. We also accept "Get Started 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, the two eldest family members will pay the full membership price for their age group. Subsequent family members will pay 50% of the full membership price for their age group.

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 3:30pm at the Townsville Sports Reserve.

Q. When does the season start?

A. Our first meet being an Athlete and Parent Education Program (APEP) which will be held on the 29th of March, 2019. Our first club competition will be held on the 26th of April, 2019. (These dates are still to be confirmed)

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

A. Training sessions are held on Monday afternoons for 6-9 year olds and Wednesday afternoons for 10 year olds and above. Sessions are conducted from 4.30-5.30pm at the Townsville Sports Reserve. Training sessions are \$2 for our full membership holders ONLY. Training sessions for Non-members will cost \$5



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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. (Second 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.

Q. What does the club uniform consist of?

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

Q. How quickly can my child start athletics?

A. Athletes must be a minimum of five years of age by the 31st of December 2019 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 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



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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 blue polo shirt and name badge.





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2019 SEASON CALENDAR

MAR 7-10	QUEENSLAND CHAMPIONSHIPS (U/14- OPEN) Friday 7 th – Sunday 10 th March Main Stadium, QSAC, Nathan	QLD STATE CHAMPS
MAR 9-10	TOWNSVILLE NORTH STAR SIGN ON DAYS Saturday 9 th – Sunday 10 th March 10am-12pm Townsville Sports Reserve	CLUB SIGN ON
MAR 29	ATHLETE & PARENT EDUCATION PROGRAM - NIGHT 1 Friday 29 th March 6pm Townsville Sports Reserve	CLUB MEET
MAR-APR 30-7	AUSTRALIAN ATHLETICS CHAMPIONSHIPS Saturday 30 th March – Sunday 7 th April Sydney, NSW	NATIONAL CHAMPS
APR 5	ATHLETE & PARENT EDUCATION PROGRAM - NIGHT 2 Friday 5 th April 6pm Townsville Sports Reserve	CLUB MEET
MAY 3	TNS COMP 1 Friday 3 rd May 6pm Townsville Sports Reserve	CLUB MEET
MAY 4-5	MACKAY TRACK AND FIELD CARNIVAL Saturday 4 th – Sunday 5 th May Mackay	NQ EVENT
MAY 10	TNS COMP 2 Friday 10 th May 6pm Townsville Sports Reserve	CLUB MEET
MAY 18-19	BOWEN TRACK AND FIELD CARNIVAL Saturday 18 th Sunday - 19 st May Bowen	CARNIVAL
MAY 24	TNS COMP 3 Friday 24 th May 6pm Townsville Sports Reserve	CLUB MEET
MAY 25	CAIRNS TWILIGHT MEET Saturday 25 th May 3pm Barlow Park, Cairns	NQ EVENT
JUN 1-2	ANQ STUDENT GAMES / ALL COMERS CHAMPIONSHIP Saturday 1 st – Sunday 2 nd June Townsville Sports Reserve, Townsville	ANQ EVENT
JUN 3-7	TOWNSVILLE PRIMARY INTERSCHOOL TRACK & FIELD Monday 3 rd – Friday 7 th June Townsville Sports Reserve	CARNIVAL



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JUN 7	TNS COMP 4 Friday 7 th June 6pm Townsville Sports Reserve	CLUB MEET
JUN 14	TNS COMP 5 Friday 14 th June 6pm Townsville Sports Reserve	CLUB MEET
JUN 17	NQ PRIMARY TRACK & FIELD MEET Tuesday 17 th June Townsville Sports Reserve	CARNIVAL
JUN 21	TNS / OCEANIA ATHLETICS INVITATIONAL CLUB MEET 6 Friday 21 st June 6pm Townsville Sports Reserve	INVITATIONAL CLUB MEET
JUN 22-23	LITTLE ATHLETICS NORTH QUEENSLAND WINTER CARNIVAL Saturday 22 nd June – Sunday 23 rd June Townsville	CARNIVAL
JUN 25-28	OCEANIA TRACK & FIELD CHAMPIONSHIPS Tuesday 25 th June – Friday 28 th June Townsville Sports Reserve	OCEANIA CHAMPS
JUL 19	TNS COMP 7 Friday 19 th July 6pm Townsville Sports Reserve	CLUB MEET
JUL 26	TNS COMP 8 Friday 26 th July 6pm Townsville Sports Reserve	CLUB MEET
AUG 2	TNS COMP 9 Friday 2 nd 6pm Townsville Sports Reserve	CLUB MEET
AUG 9	TNS COMP 10 Friday 9 th August 6pm Townsville Sports Reserve	CLUB MEET
AUG 15-16	QLD PRIMARY TRACK & FIELD CHAMPIONSHIPS Thursday 15 th – Friday 16 th August Main Stadium QSAC, Nathan, Brisbane	QLD STATE CHAMPS
AUG 16	TNS COMP 11 Friday 16 th August 6pm Townsville Sports Reserve	CLUB MEET
AUG 17-18	CORAL COAST Saturday 17 th – Sunday 18 th August Barlow Park, Cairns	CARNIVAL



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AUG 19-22	TOWNSVILLE SECONDARY INTERSCHOOL TRACK & FIELD Tuesday 19 th – Friday 22 nd August Townsville Sports Reserve	CARNIVAL
AUG 23	TNS COMP 12 Friday 23 rd August 6pm Townsville Sports Reserve	CLUB MEET
AUG 30	TNS COMP 13 Friday 30 th August 6pm Townsville Sports Reserve	CLUB MEET
SEPT 1-7	OCEANIA MASTERS TRACK & FIELD CHAMPIONSHIPS Sunday 1 st September – Saturday 7 th September Mackay	OCEANIA MASTERS CHAMPS
SEPT 6	NQ SECONDARY TRACK & FIELD MEET Friday 6 th September Townsville Sports Reserve	CARNIVAL
SEPT 8	TNS COMP 14- ALL COMERS CLUB MEET - SUNDAY Sunday 8 th September 4pm Townsville Sports Reserve	INVITATIONAL CLUB MEET SUNDAY
SEPT 13	TNS COMP 15 Friday 13 th September 6pm Townsville Sports Reserve	CLUB MEET
SEPT 18-23	AUSTRALIAN PRIMARY TRACK & FIELD CHAMPIONSHIPS Friday 18 th – Saturday 23 rd September Arafura Athletics Stadium, Darwin NT	NATIONAL CHAMPS
SEPT 21	TNS COMP 16 Friday 21 st September 6pm Townsville Sports Reserve	CLUB MEET
SEPT 27-29	NORTH QUEENSLAND TRACK AND FIELD CHAMPIONSHIPS Friday 27 th – Sunday 29 th September Townsville Sports Reserve, Townsville	NQ CHAMPS
OCT 12	TNS AGM & PRESENTATION - TBC Saturday 12 th October 2019 TBC	AGM/PRESENTATION DAY
OCT 17-21	QLD SECONDARY TRACK & FIELD CHAMPIONSHIPS Thursday 17 th – Monday 21 st October Main Stadium, QSAC, Nathan	QLD STATE CHAMPS
DEC TBC	AUSTRALIAN ALL SCHOOLS TBC TBC	NATIONAL CHAMPIONSHIPS



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

0 Rowland Street,
North Ward
TOWNSVILLE QLD 4810

CONTACT US

Ph: 0428 867 827
Email: info@townsvillenorthstar.org.au
Web: www.townsvillenorthstar.org.au

CORRESPONDENCE

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**Our committee and existing members look forward to
welcoming you to our 2019 season!**