



Essendon Athletics Club New Member Information

Athletics Essendon

Moonee Valley Athletics Track

Corio Street, Moonee Ponds, 3039



Website: <https://athleticsessendon.org.au>
Email: secretary@athleticsessendon.org.au
Socials: For important club news please follow our socials.



WhatsApp: Join your group, and our Team Manager will communicate relevant information on events and volunteering; will co-ordinate team events and are able to answer any general queries. Your relevant Team Managers details can be found later in this handbook.



Facebook: www.facebook.com/athleticsessendon/



Instagram: www.instagram.com/athleticsEssendon



Twitter: <https://twitter.com/athsessendon>



LinkedIn: <https://www.linkedin.com/company/athleticsessendon/>



Strava: <https://www.strava.com/clubs/athleticsessendon>



TikTok: <https://www.tiktok.com/@athleticsessendon>

Acknowledgement of Country: Athletics Essendon respectfully acknowledges the Traditional Custodians of this land and the Wurundjeri Woi-wurrung People of the Kulin Nation; and we pay our respects to their Spirits, Ancestors, Elders and Community Members past and present.

Welcome to Athletics Essendon

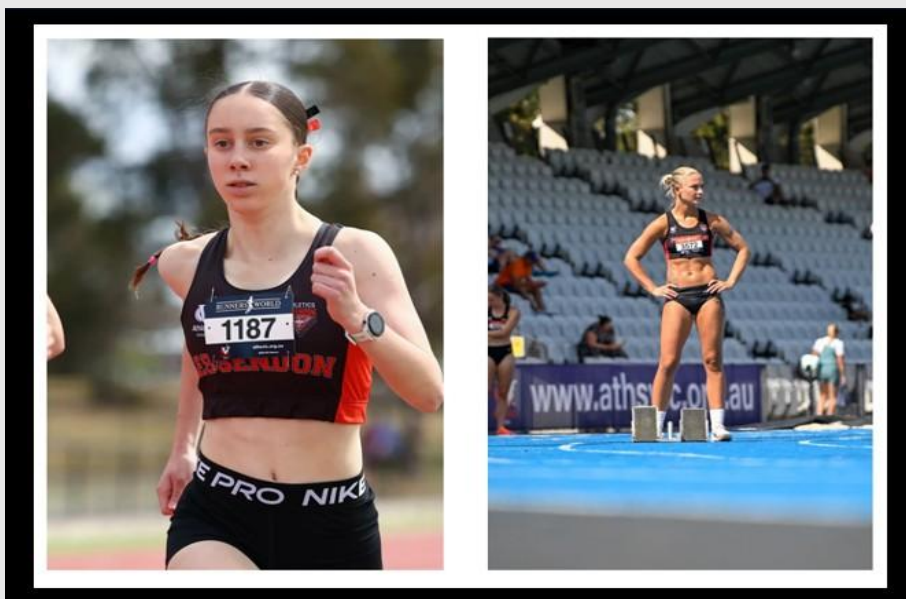
We are delighted to have you join our vibrant and diverse community of athletes. Our club is built on a foundation of community, fitness, and the shared joy of staying active at every stage of life.

Athletics Essendon welcomes athletes and para-athletes aged 12 and above of all abilities and experiences, from social running through to Olympic and Paralympic representatives. Whether you're here to continue your journey from Little Athletics, returning to the sport or joining for the first time you will find the opportunity to improve your personal best, or simply enjoy the social connections that sport brings.

This handbook is designed to guide you through everything you need to know about our club, from training opportunities to events and member benefits.

Welcome to the club!

The Committee





About us

Founded in 1897, Athletics Essendon is one of the oldest and most distinguished track & field and cross-country clubs in Australia. With a strong club spirit and a proud history, we pride ourselves on being a club that caters for all.

We are affiliated with Athletics Victoria (AV), which oversees competitions, records, and athlete development pathways.

Overview

The Summer track and field program is held from **October to March**, and the Winter cross country program is from **May to September**. Both are open for all athletes aged 12 and above.

With a range of membership packages, athletes can compete at weekly track & field and cross-country competitions as well as specialist meets. Both programs are generally held on Saturday afternoons, with some specialist meets held on other days. Competitions are held across metropolitan Melbourne and regionally. Athletes also have the opportunity to qualify and compete at state and national championships.

Members have exclusive access to a state-of-the-art track, private gym and to highly qualified coaches across all disciplines. Coaching availability can be found [here](#).

[Athletics Essendon Coaches](#).

The Athletics Victoria competition program has been established to provide equal opportunities for para-athletes from club through to national level. Para-athletes are encouraged to register for formal classifications that relate to their impairment to ensure the correct score adjustments are applied. The full list of classifications for para-athletes can be viewed on the Athletics Australia website. Please contact info@athsvic.org.au to begin the classification process.



Membership & Registration

How do I become a member?

There are alternative membership options and full details can be found here.

[Athletics Essendon Membership](#)

At a minimum, you are required to register as a member of Athletics Essendon which will provide you with free access to club training facilities.

If you wish to compete you will also need to join Athletics Victoria.

Both memberships have different tiers to choose from.

Families are most welcome at Athletics Essendon and discounts for family membership are available through both Athletics Essendon and Athletics Victoria.

Athletics Essendon Family discount details can be found here.

[Family Discounts](#)

Volunteer requirements

Athletics Essendon and indeed Athletics Victoria, rely on volunteer participation. A requirement of your membership is to give some of your time to help the club supply volunteers to run various events. In an effort to have strong participation in volunteering, we have introduced a payment for any fulfilled session of volunteering (2-hour block) for the club during a season. Details can be found here.

[Volunteer / Club Helper Guidelines](#)

Additional Costs

Some of the additional costs to be aware of include mandatory uniform, entry to events (depending on membership level) and travel to competition.



Policies

There are several policies and regulations in place for the continued safety of members and the integrity of the club. They can be found here.

[Athletics Essendon Policies](#)



Training & Coaching

Training schedules

All members have access to train at the following times:

MONDAY: 6.30PM TO 9.00PM

TUESDAY TO THURSDAY: 5.00PM TO 7.30PM*

SATURDAY: 1PM TO 7PM

SUNDAY: 9AM TO 1PM

* On Wednesday, lanes 1, 2 and 3 are available for circular training. Other lanes on the front straight are reserved for Essendon Little Athletics, rear straight for seniors

Track etiquette

As a member of the club, it is expected that you will show respect to all members, and this includes understanding and complying with track etiquette. For those new to athletics this includes.

- All track users must always be aware of others on the track and conduct their sessions safely. Further, ensure the track is clear before crossing.
- Athletes must always run in an anticlockwise direction during senior club's allocated training times
- Lanes 1 and 2 are to be kept clear for the exclusive use of middle- and long-distance runners and race walkers to perform their training routine safely.
- Warm-up activities, prior to "run throughs" may only be conducted in the outside lanes (8 and 9) of the front straight or on the apron of the track where appropriate. i.e. no javelin or high jump training is being conducted
- Athletes shall clear the track when resting between drills/training so as not to interfere with other athletes training



- Maximum spike length permitted is 7mm (except for high jump and javelin, which is 9mm.). See Council signage near the entry gate regarding acceptable spikes for use on track. Spikes are not to be worn in the club rooms.
- 'Throwing in progress' signs must be displayed when using javelins, discus' or hammers. Any other use of the grass infield is not permitted when these signs are displayed. Do not cross the grass infield between reps when these signs are displayed.
- Hurdle training for senior male athletes may only be conducted on the front straight where the appropriate distance (110 meters) and hurdle markings are displayed. This policy may be varied if agreed by AE registered coaches and athletes
- The high jump, pole vault and horizontal jump areas are not to be used for warmups or drills when the area is being used for the coaching of these events.

Coaching

It is not mandatory to have a coach, to be a part of Athletics Essendon. If you would like to take your discipline to the next level, or simply strive for a personal best, the club has several coaches that run sessions at our facility.

Note that these coaches will charge for their services, and this is by direct arrangement between the athlete and the coach. Essendon Athletics does not provide any direct services or payment.

[Athletics Essendon Coaches](#)



Competitions

Do I have to compete?

Although it is not a requirement to compete to be a member of Essendon Athletics, most members will do so. The way the competitions are structured ensures that all athletes get to compete at their own level/ability – regardless of age or experience.

How do I enter competitions?

AV Open a registration portal on a Wednesday the week before scheduled competition at 5pm. This is advertised by AV on social media however it is recommended that you enter the dates into your calendar to ensure you don't miss out. Field events have a fixed number of competitor slots, so it is best to register as soon as possible once the portal opens. AV have a Youtube video to assist with getting started.

<https://www.youtube.com/watch?v=aHAEbELVEAE&t=108s>

Where do I find my results?

Results are found at Athletics Victorias Results Hub

<https://athsvic.resultshub.com.au/>

Relay and Team Events

Team Managers will supply information and build teams for these events. Expression of Interest will be sought from you in the first instance.

Uniforms

Remember that you must be registered and wear a uniform and name tag to compete. The uniform consists of an Athletics Essendon competition singlets/crop top and black shorts. For State or National Competitions, black shorts **must NOT have pockets or any visible logos** including clothing brand names. To purchase a uniform contact your Team Manager or a Committee Member.

What if I have more questions?

Your age group Team Manager is here to help. If you have any more questions, please reach out to them directly.

U14 to U20

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Welcome to the club, and good luck for the season!

