

MELVILLE ROAR ATHLETICS CENTRE REGISTRATION INFORMATION FOR SEASON 2018/2019

Hi and Welcome to Melville Roar Athletics,

We thank you for choosing Melville Roar Athletics and to get involved in the Melville spirit and make the club the best in Western Australia. We currently have a small seniors sub-committee and to improve our club standing we would like more personnel for get involved in developing the Club.

Please find below the fee structure and training plan for the upcoming season.

The fee structure is as follows and what is available as part of your fees:

- Training and Competition (Registration) membership - \$90 (Includes AWA, Melville & Training fees).
- Competition only - \$60 (AWA & Melville fees).
- LAWA members (U12 to U17) \$45 (AWA fee. Melville fee already covered).

The fees cover the end of year windup and trophy awards for nominated age groups and performance criteria's.

The plan in season 2018/2019 is to provide specialist event and rotational event training for the older Athletes, which will include training alongside U12 to U17 Melville Little Athletes at Len Shearer Reserve. This process will give a better club atmosphere and encourage personnel to strive for there best and assist others where possible.

Coaching Program:

Tuesday - Multi Event Training Program:

5pm - Warm Up

5:15pm - 5:35pm Event 1 (Sprints/Jumps/Throws rotated)

5:40pm - 6:00pm Event 2

6:05pm - 6:25pm Event 3

6:25pm - 6:30pm Warm down

Note: HJ training to be included every alternate week

Tuesday - Sprints/Jumps/Throws Specialist Training program:

5pm - Warm up Note: All athletes warm up together to increase social interaction.

5:15pm - 6:20pm Specialist event training

6:20pm - 6:30pm Warm down

Wednesday - Middle-Distance Training:

4:30pm – 4:45pm Warm up

4:45pm – 6:00pm Training and Warm down

If you would like any further information or have any questions regarding events, please go the Melville Roar Facebook page and/or the AWA website - <http://www.waathletics.org.au/> and Melville Seniors contact email address - seniors@melvilleroar.com.

An additional email address - gotoseniors@melvilleroar.com is for LA's that require any information about getting to senior's competition.

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The fees you have paid do not cover weekly completion at the stadium and are detailed at the following website: <http://www.waathletics.org.au/News/2018-19-membership-fee-structure>

When competing at AWA (Stadium) it is preferred that a Melville club uniform be worn. Uniforms (singlets and crop tops) are available at \$35 and can be purchase via - seniors-uniforms@melvilleroar.com

All the best for season 2018/2019

Melville Roar Committee
seniors@melvilleroar.com