

# Clubs in-focus

'A Club Development Initiative'

Single Point of Call – 9400 4268

[www.joondalup.wa.gov.au](http://www.joondalup.wa.gov.au)

**JANUARY 2010**

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## ▲ Clubs in-focus News

### Focussing on Water Sustainability

The City of Joondalup is committed to becoming a Waterwise Local Government and places a high priority on the environmentally sustainable practice of conserving water. As part of that commitment, the City is monitoring and reducing its groundwater use for irrigation.

The City does not have an unlimited supply of water to use on irrigation, and as with all WA local governments, is required to comply with its Department of Water licence, which allocates a maximum amount of groundwater that each local government can use every year.

The City is also one of the first metropolitan local governments to install water meters on all its bores to accurately record water use and is implementing a number of strategies to become more waterwise and efficient.

The new irrigation scheme will operate all year round on all irrigated areas in the City. The scheme will have minimal effect on the playing surfaces of sporting ovals, however, the effect will be more noticeable on the perimeter of ovals and reserves, as well as on medians and verges as the program of drought tolerating these grasses commences. Reduced water use in verges and medians allows for water resources to be concentrated on areas that have greater community benefit, like playing fields and public open space.

Providing good quality playing surfaces for clubs is a high priority for the City, and this has been taken into account when the reduction targets were put together. The City is closely monitoring all its parks to reduce the potential for any decline, and adjustments will be made to ensure that the risk is minimised.

### Realities of Risk Information Seminar

Thank you to all club representatives who attended the Realities of Risk Information Seminar at Beaumaris Community Hall on 18 November 2009. The session provided an overview of the legal issues facing clubs, the importance of insurance as an option for managing risk and how to incorporate risk assessment and treatment in business plans. The information seminars are a great place to up-skill your volunteers.

### Effective Meetings Information Seminar and Sundowner

Thank you to the club representatives who attended the Effective Meetings Information Seminar and Sundowner at Sorrento Bowling Club on 7 December 2009. The session provided an overview of how to run successful and effective club meetings and was followed by an opportunity for attendees to network with other club representatives through a sundowner and round of lawn bowls. Congratulations to those clubs who won door prizes of Jim Kidd Sports gift vouchers and movie tickets.

This was the final seminar for 2009 and the Clubs in-focus team is planning topics for the information seminars to be held quarterly in 2010 based on your feedback.

### The Club Doctor – What Sponsors Want

When trying to get sponsorship for your club, you shouldn't have to get down on your knees and beg. However, being successful in gaining sponsorship, like marriage, starts with a good proposal.

There is no single way to present a successful proposal and there is a lot to be said for an original approach. As a starting point, however, you should include:

- A covering letter thanking the potential sponsor for taking the time to look at your proposal. Address the letter to the manager/owner or marketing manager.
- A cover sheet containing general club and event information.
- Provide information on the type of people you expect to attend your event, highlighting how it links to the sponsor's target market.
- List exactly what it is you will provide to the sponsor and the value of each item.

More tips can be found in the Sponsorship – Seeking and servicing a sponsor guide on the Department of Sport and Recreation website at [www.dsr.wa.gov.au](http://www.dsr.wa.gov.au).

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## Club News

### Tri-athletes of the Future

North Coast Triathlon Club is the only club in Perth to offer a program specifically for junior athletes aged 12 - 17 years. This has been made possible through the receipt of a development grant from the City of Joondalup to implement a program to bridge the gap between their very successful Trystars program and the Senior competition. The Club is in the second year of the junior development program and with the funding assistance has successfully implemented a number of initiatives and now has a well established junior development program.

Specific discipline training sessions are conducted throughout the week with Friday evening sessions combining Juniors (12 - 17 years) and Trystars (7 - 11 years) for running, swimming and cycling skills sessions and competitions. Some of the older juniors have taken on mentoring roles with younger athletes during these sessions.

Junior participation numbers have increased as a result of the initiative, which is aimed to suit a range of junior interests from introductory to competitive.

For further details on both the Trystars and Junior programs, visit the website at [www.northcoasttriclub.org.au](http://www.northcoasttriclub.org.au) email [membership@northcoasttriclub.org.au](mailto:membership@northcoasttriclub.org.au) or call 0424 911 521.



### Duncraig Badminton Club

Once again the Club has had a successful year with players not only enjoying their social games on a Wednesday night but several club members making a great contribution to the sport at a State and National level, as can be seen below:

- Judith Cousins: Awarded Life Membership of Badminton WA and is the current Badminton WA President
- Kim Rodgers: A Board Member of Badminton WA
- Donna Dewitt: A Board Member of Badminton WA
- Kay Terry: Coach of the WA Under 17 Team
- Trevor Briedis: Manager of the WA Under 17 team
- Louise Onslow: Coach of the WA Under 15 team

- Winston Allen: Won Silver and Bronze medals at the World Masters Games, Sydney
- Kay Terry: Won a Gold and three Bronze Medals at the World Masters Games, Sydney
- Cheryl Coles: Won a team Gold Medal at the Australasian Ladies Daytime Competition, Noosa
- Trish Turner: Won a team Gold Medal at the Australasian Ladies Daytime Competition, Noosa.

Based at the Duncraig Leisure Centre, the Club plays on Wednesday evenings 7.45 - 10.15pm. For further information contact Judy Cousins on 9448 6986.



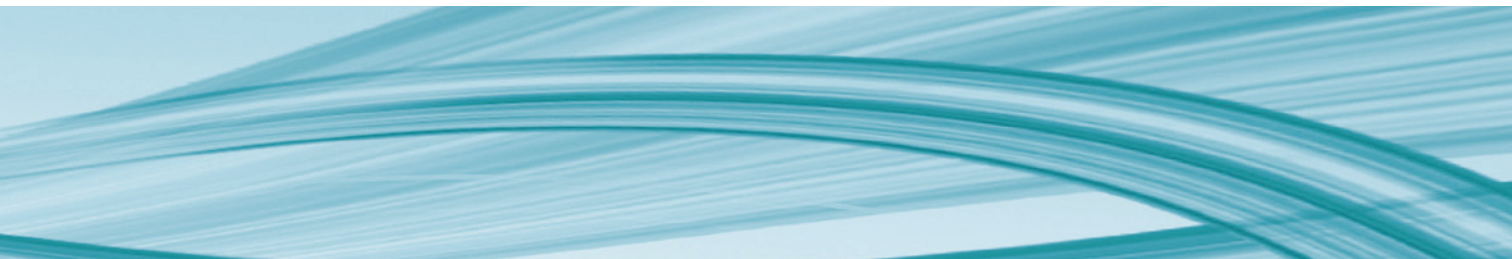
### Sorrento Duncraig Senior Cricket Club

The Sorrento Duncraig Senior Cricket Club recently travelled to Kalgoorlie to take on the Eastern Goldfields Cricket Association (EGCA) in the WACA run 'Statewide' Twenty20 competition.

Eastern Goldfields Cricket Association elected to bat and were off to a flying start losing their first wicket at 88 with only 9 overs bowled. 200 was looking like a walk-in from there, but to the Vikings' credit they steadily took wickets and restricted EGCA to 9 for 190 off 20 overs on a very quick and hard outfield. Pick of the bowlers: Tyson 3 - 33, Hickey 2 - 35 and Cooper 3 - 31.

Unfortunately the Vikings were never in the hunt after losing a few early wickets. The damage was done by an English import who bowled a particularly rapid spell. The innings was closed out at 8 for 102. Captain Jamie Sajich remained undefeated on 48 with other top scorers being French 15 and Harding 14. A little disappointing but not a bad result considering the opposition was the best of the Goldfields.

Great hospitality was offered after the game before the players flew back to Perth. All in all, a great trip and experience for the players.



### Sorrento Archery Club

Arrows whistling through the air on the South Perth foreshore? If you'd been there on Sunday 29 November you would have seen just that.

During 2009 several archery tournaments were held at Whiteman Park. At the end of the year, the top 16 archers in the two divisions were invited to the inaugural WA Archery Cup Final. The format was a knockout competition where the top 16 archers were reduced down to the 3 medallists. Competitors included Olympians, State and National team members.

In the morning, all the competitors shot 60 arrows from a distance of 50m at a target just over a metre in diameter. The best shooters got all their shots within the central gold, about the size of a dinner plate.

In the afternoon, the scores from the morning round were used to rank archers with the first ranked shooter competing directly against the 16th rank and so on. Both archers shot 12 arrows and the one with the higher score went through to the next round. Tension increased as one by one the archers were defeated, leaving only the top two in each division to shoot it out.

Eventual winners were Deonne Bridger (3 time Olympian) in the recurve division and Alan Pound in the compound division.

The event was a way to raise the profile of a relatively small sport, and passers by had a chance to try shooting arrows themselves during the event. If you would like more information about archery in WA please see [www.archerywa.com.au](http://www.archerywa.com.au)



### Joondalup Martial Arts

The ultimate black belt encourages members to perform random acts of kindness, environmental tasks and designing activities for the community. Traditional Taekwondo classes for the kids reflect this philosophy.

For further information contact Carla Luthwood on 9301 2990 or visit the [website](#).



## ▲ Exclusive Offers

### Healthy Club Sponsorship

Incorporated sporting clubs taking part in a recognised sporting competition over the 2010 Winter season may apply for up to \$2500 towards initiatives to make their club safer, healthier, and to train and educate volunteers.

Sponsorship funds can be used to purchase items including: first aid equipment, club safety equipment, sunscreen, Responsible Service of Alcohol training, healthy nutrition initiatives, and training and coaching courses for volunteers and parents.

In return for sponsorship, clubs are required to introduce some smoke-free outdoor areas and health issue strategies. Clubs will also need to develop and implement a Healthy Club Policy addressing the issues of smoking, sun protection, alcohol and healthy food choices.

Guidelines and application forms can be obtained from the Sports Medicine Australia website at [www.smawa.asn.au](http://www.smawa.asn.au) or by contacting Sports Medicine Australia on 9285 8033.

### Learn First Aid in 2 hours from \$30

Do you have the skills to help your family and friends when they need urgent medical assistance? If not, you can get the training and confidence you need with a St John Ambulance first aid course. All the courses are simple and straightforward and start from as little as \$30. Make sure your Club is prepared to administer first aid when it's needed.

Visit [www.stjohnambulance.com.au](http://www.stjohnambulance.com.au) or book now on 9334 1233.

### Local Sporting Champions – Young Coaches and Officials

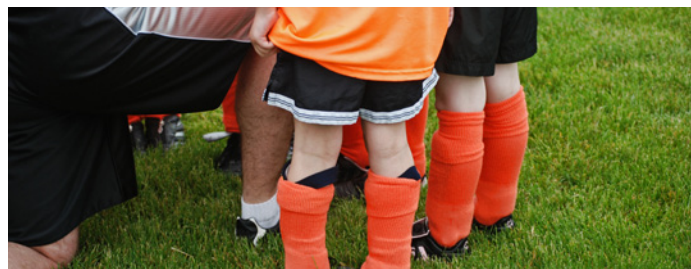
Young coaches and officials can now apply for their share of the Australian Sports Commission's annual \$1.6 million Local Sporting Champions grants – an Australian Government initiative to support junior sport.

The grants of \$500 per individual and \$3000 per team are available to help meet costs such as travel, equipment, uniforms, and accommodation. To be eligible to apply, applicants must be aged between 12 and 18 years and travelling more than 250km to participate as an athlete, coach, umpire or referee in upcoming state or national level sporting competitions.

For further information including application forms and eligibility visit the ASC [website](#).

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## Calendar of Events

### Presenter Training Course

15 January 2010, 12noon until 7.30pm  
Department of Sport and Recreation  
Vincent Street, Leederville

If you present accredited courses for your sport or would just like to brush up on your presentation skills, come along and learn some new techniques.

For further information or to register visit the Dept of Sport and Recreation [website](#).

### City of Joondalup Criterium

5 February 2010, Time: TBC  
Start line: Grand Boulevard, between Boas Ave and Reid Promenade

Race 1 of the Perth Criteriums will kick-off the series in style with racing in Joondalup on the first Friday night in February. Set in the main strip of the City of Joondalup, a number of local cafes and restaurants will be open to grab a bite to eat while watching the first night of the competitive series.

The course will utilise the purpose-built turning area which was used by some of Australia's best cyclists when the Australian Criteriums were staged in Joondalup. The start/finish line is located on Grand Boulevard between Boas Ave and Reid Promenade. The riders will complete a right hand U-turn over the purpose-built traffic island crossover before the finish sprint. This course will be fast and flowing and the pace will be on from the gun!

For further information visit [Perth Criteriums](#).

## Community Information

### Junior Soccer Registrations Days

The Kingsley Junior Soccer Club is holding 2010 Player Registrations Days on 31 January and 7 February from 10.00am - 2.00pm. Registration for the coming season will take place at Timberlane Park Hall, Althea Way, Woodvale rather than at the Chichester Clubrooms, as in previous years.

For further information, visit the Kingsley Junior Soccer Club [website](#) closer to the Registration Days.

### Graduate Diploma in Sport and Recreation Management

This is a one year full-time program or part-time equivalent offering a pathway into the sport and recreation industry.

Visit the Department of Sport and Recreation [website](#) for further information.

### Coaching and Mentoring Videos – ASC

The ASC has produced eight new coaching and officiating videos which are now available on the ASC [website](#).

### The Crawford Report

Read a perspective on the much-publicised Crawford report and its implications for physical activity in Australia. Trevor Shilton's perspective can be viewed on the Heart Foundation [website](#). There is also a link to the full report.

**Clubs in-focus** is a  
City of Joondalup initiative  
supported by



Department of  
Sport and Recreation



### Link your club to our website

As a major supporter of local sport and recreation groups the City of Joondalup encourages clubs to include the City's logo with a link to the City's Recreation page on your club website. If you would like further information on how to use hyperlinks and promote your club please contact **Sandra Hill-Williamson**, Club Development Officer on **9400 4252**.

### Update Article – Format

Promoting your clubs events is simple! Please provide information for the monthly update in the following format:

- ALL text in Calibri 11 point, 3-4 lines, single spacing
- Be sure to include the date, time, venue, address, costs
- A contact person, email and/or phone number must be supplied

- An image/photo for the article appreciated
- Provide a link to your website
- Please ensure that correct grammar and appropriate capitalisation has been used
- Do NOT bold text or use decorative headings
- Attached forms/documents will not be used

Please forward queries and articles to **Sandra Hill-Williamson**, Club Development Officer on **9400 4252**.

