



MENTONE ATHLETIC CLUB

Mentone Athletics Club Member Handbook



Dolomore Reserve, Queen Street, Mentone, Victoria 3194

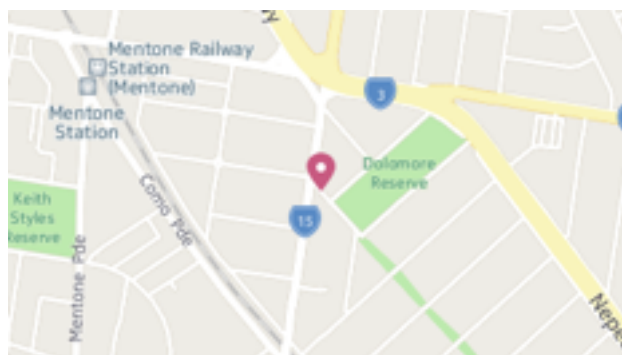




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MENTONE ATHLETIC CLUB

About the Club

Mentone Athletic Club is located in Bayside Melbourne. The club provides access to athletics training and competition for people of all abilities aged 13 and over. The club culture is one based on fun and fitness.

We cater for all events and are one of a few clubs with specialist throwing and pole vault coaches and facilities.

The summer track and field season starts in October and runs through to February/March each year. Competition is held most Saturday afternoons in the Blue region.

The winter road and cross country season starts in April and runs through April to September. Mentone has a strong tradition of cross country teams and caters for juniors, open and 40+ athletes of all abilities.

Training is held at Dolomore Reserve on Tuesday and Thursday evenings from 7pm and Sunday mornings.

Members of the Mentone Athletic Club (MAC) are able to benefit from full use of the club facilities (Dolomore Reserve), gym and coaching during club trading times.

All members must adhere to all club policies (please see club website for full policies). Members may make additional arrangements with their coach which may or may not incur an additional fee.

As part of the conditions of membership, all members will be required to volunteer for a minimum of one club duty throughout the winter and/or summer season, as outlined in the club duty roster.

Message From the President

This section should include a brief welcoming address from the club president, thanking new members for their support and a message of appreciation to existing members for their continued support.

It is also a good opportunity to provide a quick recap on the notable events of the previous year/season and any important news for the coming year/season.



MENTONE ATHLETIC CLUB

Our Vision, Mission and Policy

Our Vision

To be a medium sized club that is friendly, inclusive and recognises all abilities across a diverse range of competitions. We focus on building a strong club culture that reflects our vision.

Our Mission

In 2017 - 18, we aim to grow the club to 100 members, with a focus on building a strong club culture that reflects our vision.

Our Policy

The main objective of our Member Protection Policy (policy) is to maintain responsible behaviour and the making of informed decisions by participants in this club. It outlines our commitment to a person's right to be treated with respect and dignity, and to be safe and protected from abuse. Our policy informs everyone involved in our club of his or her legal and ethical rights and responsibilities and the standards of behaviour that are required. It also covers the care and protection of children participating in our club's activities.

Responsibilities

Our Responsibilities

We will:

- Implement and comply with our policy;
- Promote our policy to everyone involved in our club;
- Promote and model appropriate standards of behaviour at all times;
- Respond to breaches or complaints made under our policy promptly, fairly, and confidentially;
- Review this policy every 12-18 months; and
- Seek advice from and refer serious issues to Athletics Victoria or Victoria Police (whichever is most appropriate).

Individual Responsibilities

- Everyone associated with our club must:
- Comply with the standards of behaviour outlined in our policy;
- Treat others with respect;
- Always place the safety and welfare of children above other considerations;
- Be responsible and accountable for their behaviour;



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- Follow the guidelines outlined in this policy if they wish to make a complaint or report a concern about possible child abuse, discrimination, harassment or other inappropriate behaviour.

Annual General Meeting (AGM)

We hold an Annual General Meeting once a year in April. This is where we vote in office bearers, determine club fees for the year and any other business. Anyone is welcome to attend our AGM.

Uniforms & Attire

Required Uniform Options for Participants:

Please refer to the Mentone AC Uniform List (on the club website) for all available items including official Mentone AC regulation competition uniform.

Cost of Uniforms:

Please refer to the Mentone AC Uniform List (on the club website) for price list. The club does not subsidise for any uniform costs.

Order Information:

Should you like to order your uniforms, please email our Uniform Coordinator with a Mentone AC Uniform Order Form (on the club website) and payment for uniforms are to be made via EFT to the Mentone AC bank account (details on the Uniform Order Form).



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Membership Fees

Mentone Athletic Club Membership Fees are:

2017-2018	AV Fees	Mentone fees	Total
Open	100.00	70.00	170.00
U18/U20	80.00	20.00	100.00
U14/U16	80.00	10.00	90.00
Recreational runner	40.00	55.00	95.00
Dual (11-14 only)	50.00	5.00	55.00

In order to be a fully registered and insured competitive member athletes must pay the Athletics Victoria (AV) fees and the Mentone fees. For athletes who wish to use our facilities at Dolomore but that do not wish to become affiliated with AV or who belong to another AV affiliated club, Mentone AC has a Facilities Membership Fee (on the club website).

Please note that Athletics Victoria's membership structure and fees will not differ from 2016/17. Below is a full list of *AV membership* fees and additional AV membership options for the 2017/18 season.

	AV Base Membership Fee 2017/18	XCR'17 Package	T&F Package	Summer Special T&F Package**	Max Package (both XCR & T&F)
Open	\$100	\$125	\$125	\$65	\$200
Junior	\$80	\$100	\$100	\$55	\$150
Dual*	\$50	\$55	\$55	\$30	\$75

*Must have current Little Athletics Victoria membership

**Available after first 6 rounds of shield

AV Membership fee 2017/18	
Social	\$40
Recreational Runner	\$40
Coach	\$0
Official	\$0
Club transfer *	\$50
Alternate First Claim	\$40
Family discount**	-\$15 per athlete

*Applicable to athletes only

**Applicable to Open and Junior athletes only (terms and conditions apply)



MENTONE ATHLETIC CLUB

Committee Members

Our Committee members are made up of volunteers and we love having new committee members, so please feel free to join us. We encourage people to help out as much as they can, and encourage an “everyone pitches in culture”.

Our current club committee members are:

- Heather Whitaker, President (0417 126 635)
- Robert Carter, Vice President
- Claire Johnson, Secretary
- Derek Couper, Treasurer
- Antony Symons, Registrar
- Kuniki Bowden, Uniform Registrar
- Madeleine Collis, Social Media Secretary
- Erina Cunningham, General Committee
- Glenda Smith, General Committee
- Kim Guignard, General Committee

Codes Of Behaviour

What to expect from the club

As a club, we believe in the policy of “Always treat people, the way you would like to be treated”.

- You can expect to be treated with respect and equal to others
- Receive help and/or training for you to learn and develop skills
- Be provided with safe working conditions and protected by insurance

What the club expects from you

In return, the club expects that all members/volunteers:

- Treat everyone with respect, be polite and well behaved
- Follow the rules and procedures and adhere to the Codes of Conduct
- Work together with other volunteers
- Volunteers are expected to follow codes of conduct.

It is inappropriate to use bad language, theft, breach trust of fellow members, neglect the duties and responsibilities of the club. We must aspire not to give the club a bad name.

Inappropriate behaviour may lead to disciplinary measures from the Committee.



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Concerns or Complaints

From time to time, issues and grievances will occur within the club and the club will take necessary measures to resolve your concerns.

Should you have a concern or a complaint:

- Speak directly to the person around which the complaint is directed;
- Speak to the Coach or Summer/Winter Captains;
- Or speak to the Club President.





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