



Diamond Valley Athletic Club Inc. Annual Report 2008/09

Annual General Meeting and Presentations

Friday May 8th, 2009 at Willinda Park, Greensborough

Agenda

1. Welcome
 2. Apologies
 3. Minutes of the previous AGM held May 2nd 2008
 4. Reports
 - i. President
 - ii. Secretary
 - iii. Treasurer
 - iv. Winter
 - v. Cross Country
 - vi. Registrar
 - vii. Track & Field/Summer
 - viii. Club Records
 5. Elections
 - a. President
 - b. Vice President
 - c. Treasurer
 - d. Secretary
 - e. Committee Members (6)
 6. Awards
 - Cross Country 2008
 - Track & Field 2008/09
 7. Other Business
 8. Meeting Closure
- Supper to follow AGM

Minutes 2008 AGM

Diamond Valley Athletic Club

Annual General Meeting, Friday 2nd May 2008 Willinda Park, Greensborough.

Meeting opened 7:50pm

Present: David Armstrong, Angela Hennel, Andrew Stirling, James Stirling, Lindley Cowell, Mal Williams, Carol Williams, Ashleigh Hamilton, Robyn Hamilton, Ian Hamilton, Darren Quix, Robin Broberg, Gary Hammett, Michael Cusack, Stephanie Griffin, Martin Murray, Maryann Murray, Travis Pike, Ruth Reidy, Bernie Smith, Sandra Wright, Sue Thom, Rob Wendel, Bernie Keirl, Mark Monahan, Crista Ashby, Wendy Ashby, Darren Corden, Benjamin Norman, Megan Lynch, Anthony Lynch, Dale Lyons, Mark Bevilacqua, Chiara DiGirolami, Kelvin Griffin, Stephanie Griffin, Glenn Hilling, Lyn Davis, Max Balchin, Breanna Williams

Apologies: Kim French, Michael Dixon, Jared Hammett, Jessica Campbell, Laura Campbell, Carolyn Fox, Matthew Williams, Andrew Drossinis, Sinead Murray, John Cust, Kerry Rindfleisch, Adam Griffin, Kim Miles, Chris Armet

Welcome from Gary Hammett. Hand-over to President Ruth Reidy.

Ruth Reidy: Congratulations to David Armstrong on his recognition as AV Administrator of the Year. Well done to Bernie Smith for his work as Coordinator of DVAC Coaches. Sign in the Attendance Sheet.

Minutes of previous AGM. moved Andrew Stirling that it be accepted. Seconded Mark Monahan. Carried.

Reports were then presented:

- **President** spoke to her report in the introduction
- **Treasurer:** (Gary Hammett): Club is in a sound financial position. \$310 per month toward the Willinda Club is a continual need for the club to be active in Fundraising. Latrobe Relays & Trivia Night are vital components in the club's Fundraising. REBEL cards are also important in raising funds for equipment. Any other ideas for equipment should be directed toward Gary.
- **Secretary** (Max Balchin): Need to get accurate email address's of all members so that club communication can be effective.
- **Registrar** (Lyn Davis):• as tabled.
- **Winter Report** (Robin): Winter season is really worth trying. Sprinters should consider the shorter events. Club competitions make it an enjoyable season for all competitors. Keep an eye out on the valleyaths.org web site. It is important for Robin to have accurate information on who is available for the relay events. DVAC has officiating duties throughout winter and needs members to support this.
- **Coaching Report** (Bernie Smith): Coaches are constantly taking extra courses and our range of coaches has improved. Thanks to Max Balchin & Lyn Davis for their work with the Track Relay Championships. Thanks to all of the DVAC Coaches for their great work. DVAC now has a range of elite athletes.
- Member Services (Cyrus).
- **Competition Support** (Andrew Stirling) As tabled.
- **Track & Field** – DVAC spreads itself thinly across all grades and should be proud of its achievements. 69 club records set throughout the season. Kurt D'lasselle set 11 club records, Ashleigh Hamilton 10! A more competitive club in Shield

Elections then took place

- ◆ **President: Rob Wendel:** Nominated by Gary Hammett, Seconded by Bernie Smith. Elected
- ◆ **Vice President: Bernie Smith:** Nominated by Ruth Reidy, Seconded by Rob Wendel. Elected.
- ◆ **Treasurer: Gary Hammett:** Nominated by Bernie Smith; Seconded by Rob Wendel. Elected
- ◆ **Secretary: Max Balchin:** Nominated by Rob Wendel; Seconded by David Armstrong. Elected.
- ◆ **General Committee.** (6 positions)
 - ◇ **David Armstrong:** Nominated by Isabelle Smith, seconded by Bernie Keirl. Elected.
 - ◇ **Ruth Reidy:** Nominated by Ruth Reidy, seconded by Mark Monahan. Elected.
 - ◇ **Mark Monahan:** Nominated by Ruth Reidy; Seconded by Bernie Smith. Elected.
 - ◇ **Sue Thom:** Nominated by Lindley Cowell, seconded Malcolm Williams. Elected.

The above four were elected unopposed due to no further nominations.

It was noted that the committee can co-opt members to positions of the committee. An appeal was made to alert anyone who maybe suitable to fill any of the vacant positions to contact the club.

JOINT STATEMENT

Rob Wendel read the following joint statement regarding the discussions with Ivanhoe Harriers about the possibility of forming a single senior club based at Willinda Park.

Joint Statement

Dear members, as you may know DVAC and IH have commenced formal discussions in relation to the formation of a single senior athletic club based at Willinda Park.

Both clubs believe one senior club with catchments covering most of North-East Melbourne would have potential benefits for the current members of both DVAC and IH, as well as providing a better platform for promoting athletics in the region (most important for potential future members). More specifically, a single club would offer a number of advantages compared to the two current stand-alone clubs with:

- A greater diversity and depth in available coaching;
- More flexibility with training times at Willinda Park;
- Alignment with Little Athletics ensuring natural progression;
- Competition;
- Strengthened club administration/officials and helpers with a greater pool of competent people;
- Greater scope for publicity, sponsorship and fundraising;
- Less competition in recruiting

Both committees wish to be transparent on this matter and intend to keep you informed in regard to any material developments and hence both clubs will make similar statements at their respective AGMs.

A working group has been set up with an equal number of representatives of each club to work on a proposition for amalgamation that will be put forward to both memberships for approval. As part of this proposition the working group is working on all aspects of the potential amalgamated entity amongst which its purpose:

- To facilitate the appreciation and enjoyment of Athletics in the area north-east of Melbourne.
- Assist members and the community to achieve personal goals that match both their desires and ability.
- To build cooperative relationships with athletic associations, government, the community and other sporting associations for the benefit of all interested parties.
- To create a supportive club environment that fosters personal development and pride in achievement and participation.

Excellent progress is being made by the working group and subject to agreement we are aiming to have a single senior athletic club established at Willinda Park by the start of the 2008-09 Track and Field season with the following indicative milestones along the way:

- May/June - Working Group will be preparing proposals in collaboration with the respective committees;
- July – Proposal to be sent to the respective memberships;
- August – Separate voting by DVAC and IH members;
- September – Implementation; commencement of the new senior athletic club;
- Mid/late October – Shield Competition starts.

As stated before, your committee feels that we need to be transparent throughout this process and this approach will allow you, our members and other stakeholders, the opportunity to voice any concern or excitement about this matter that you feel the committee should consider. We intend to keep you fully briefed of further progress regarding this matter.

The joint steering committee is committed to make this process a success and is looking forward to achieving our agreed milestones for what must be a significant step in both the club's histories.

If you have any feedback, positive or negative, please use the clubs' email mechanism to voice your concern or enthusiasm so we can consider it going forward.

Following the reading of this statement, there was a series of questions from the members in attendance to Rob Wendel about the practicalities of the proposed 'merger' of the two clubs.

Rob Wendel suggested that by July it would be possible to call a meeting of members to put forward the details of the proposed merger. Athletics Victoria have suggested that additional benefits of the the formation of a new, stronger club could be gained.

Robin Broberg pointed out that for a significant change to the club's constitution, a vote in favour of that change by three quarters of the DVAC membership would be needed. It was possible for three main types of responses to flow from the talks – the formation of a new entity, a take-over by DVAC or a take-over by Ivanhoe Harriers. The assets of DVAC would go where the members of DVAC determined should the club in its present form be wound up.

Andrew Stirling pointed out that the proposed merger would risk throwing away five years of hard work in bringing the Little Aths and DVAC closer together so that junior athletes saw a clear pathway in athletics. DVLAC was the largest junior club in the state – 720 members.

The question of usage of the track at Willinda Park was raised by Lyndley Cowell. Gary Hammett pointed out that the way in which Willinda Park was established meant that fencing the park was not possible.

Following the presentation of awards, the meeting viewed a video of the Stawell Gift victory by Catherine Brennan. Catherine and Chris Brennan were in attendance to speak to the presentation.

Conclusion

The President thanked all those in attendance, and invited everyone to stay back for a light supper.

Meeting Closed 9:25pm

President's report

The 2008/2009 athletic year was a mixed year with regard to athletic performances. The winter season had few highlights whilst the Shield competition was perhaps one of the most successful in the club's history. 10 teams made the top four at the East Region which is probably the most competitive of the regions, seven went through to the Region Finals and two won Shield titles.

Whilst participation remains relatively high in summer, no doubt by events like 'Reclaim the Track' we could do with a lot more road and country enthusiasts making use of club runs like the 'Blue Lake Classic'.

Memorable results during the winter season were Mary Ann Murray's 5th at the Burnley half marathon and the Men's 3rd position in Division 2 at the LaTrobe 15 K

OpenScore, the AV scoring system, could legitimately be called a Summer season's low whilst Chris Ahmet's silver and Diamond Valley's first Australian open medal was a towering 2:20 meters high.

Diamond Valley representatives again did very well in Relay, State and National championships. More on this in the coaches report.

During Winter DVAC and IH held formal discussions in relation to the formation of a single senior athletic club based at Willinda Park. A working group was set up to work on a proposition for amalgamation that was put forward to both memberships for approval. The amalgamation was approved by the Ivanhoe Harriers but defeated by the Diamond Valley membership. The proposal was not accepted as only 24 out of 46 eligible members voted in favour when a majority of 75% is required for these types of constitutional amendments. The working group should be congratulated for the manner in which this initiative was handled and I wish Ivanhoe Harriers all the best.

The club enjoyed a financially sound year. Our fundraising events like the LaTrobe stall, chocolate drive, Kismet, Phantom Melbourne cup, the great Australian run and the recent 'Run for Kids' officiating delivered us steady revenue streams. Significant investments were funded through the Willinda club, like carpeting, the track upgrade and yet to be installed shade sails while their insurance costs reduced considerably. Diamond Valley Athletic Club invested primarily in Gym equipment.

The club's operation was driven by the formation of portfolios and greatly assisted by the assignment of tasks by portfolio. The eight portfolios are Recruiting & Membership, Marketing & Sponsorship, Communication & Publicity, Social & Fundraising, Competitions, Coaching, Facilities & Equipment and Uniforms & Merchandise. We rely heavily on volunteers helping us with the numerous tasks that make up operating the club together with committee members who themselves are obviously volunteers also. Fortunately we co-opted some volunteers but not nearly enough and hence the duties fall on mostly the same extremely dedicated shoulders which naturally tend to buckle under the weight. So please remember many hands make light work. Volunteer your services even if it is for a single task.

I would like to remind members about the Working with Children Check.

The Victorian Government has introduced a new checking system which applies to adults who work with children or are engaged in volunteer roles involving children (any person under 18 years of age). To ensure that our Club is protected under the new arrangement, the following persons need to obtain a Working with Children Check:

Anyone that is paid to help out, the Club committee, Coaches and people in supervisory roles at competition (judges etc) must have a WWCC. Also those who come in contact with children within a voluntary capacity with our club regularly (more than once) must have a WWCC.

So a parent or person (without children competing on the day) helping out once will not require a WWCC. Parents are exempt if their children are competing within the sport on the day that the parent is helping out.

In summary those that need WWCC are Committee members, all coaches that are linked with Bernie, and regular helpers that do not have kids competing on competition day. For training nights, parents' children also need to be present to be exempt, otherwise they need to get a WWCC as they are classified as more than a once off volunteer working with children.

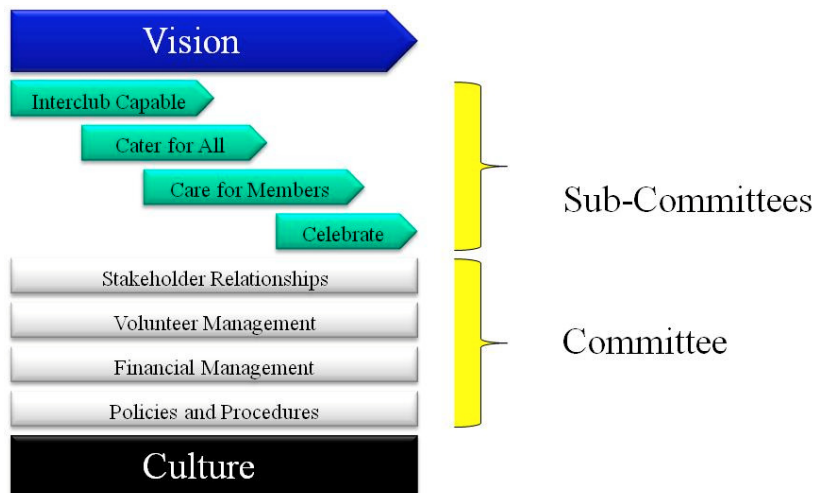
To obtain a check, obtain a form from your local Post Office (Athletics Victoria has a supply of forms if you have any difficulty obtaining one). NOTE: The Check is FREE for any person involved as a volunteer e.g. Club Committee Member and Club Volunteers. Complete the form and return it, together with a passport photo and items of identification, to the Post Office who will send off the application and give you a receipt. The check normally takes about six weeks to process.

In the latter part of the summer season the committee has spend some time planning for the next few years.

Whilst we have a small group of motivated volunteers, are well equipped, have great facilities, a strong core of athletes, and enthusiastic and capable committee, an attractive club culture, a great On-Line presence and solid financials there are also areas where we can significantly improve.

These include in no particular order: volunteer management and recognition (few mostly the same), Winter numbers, female participation, community and business involvement, Willinda Park upgrade, relationships with Willinda Club and DVLAC, team managers, officials, marketing, merchandising and in particular athlete progression.

4 Core objectives and 4 enablers have been identified as those we will pursue over the next couple of years.



Core Objectives:

Interclub capable: To upgrade the Willinda Park facilities to be able to run Interclub and / or specialty meets. Whilst we seek no ownership or exclusivity we would like to promote the use of the pavilion as our clubhouse.

Cater for all: To ensure our members have access to a structured coaching service that allows them to achieve what they set out, whether elite or fun, able or disabled. The service needs to allow for maximal individualisation and aligned to AV/AA developmental programs.

Care for members: To ensure we address current imbalances within our membership. Our plan will not include specific quantitative aspirations with regard to our membership. However, we believe that by focusing on getting our club's fundamentals right the club will automatically grow healthily. The fundamentals are based on our values and optimising facilities, coaching and relationships as per our overall plan.

Celebrate: To organise an appropriate recognition event for our 25th anniversary in autumn 2010.

Enablers:

Relationships with Stakeholders: Our ability to improve and maintain good relationships with DVLAC, Willinda Club, the Council and the community in general.

Promoting/Caring for Volunteers: Our ability to attract, retain and appropriately recognise the required number of volunteers to operate the club effectively and efficiently.

Fundraising: Our ability to raise enough funds to make the investments required.

Policies and procedures: Our ability to put in place the required policies and procedures supporting our plan.

It is our intent to assign these objectives to subcommittees to work out the details, funding and approval. If you feel you could contribute to these let your committee know.

Finally, I'd like to congratulate everyone on their athletic performance during the year and extend my sincere gratitude to those people who have contributed to the successful operation of the club...the committee, volunteers, winter captain, team managers, Willinda club representatives, fundraisers, event organisers, coaches...

Rob Wendel

Secretary's report

The Diamond Valley Athletic Club Committee for the 2008 / 2009 year has worked very hard, faced up to challenges and achieved many positive outcomes. The Committee was comprised of Rob Wendel (President), Bernie Smith (Vice-President), Gary Hammett (Treasurer), Max Balchin (Secretary), and general committee members as elected at the AGM were Rebecca Deighton, Mark Monahan, Ruth Reidy and Sue Thom. Lyn Davis (Registrar) was later coopted onto the Committee. The DVAC Committee was never able to fill all six of the general committee positions provided for in the Constitution. Hopefully, this will be rectified in the coming year.

Communication with members is now almost exclusively electronic. Athletics Victoria now relies on this method of communication with clubs and members and in turn clubs have followed suit. It has highlighted how important it is to have accurate email addresses for each member, and how reliant the club is on members accessing their email on a regular basis. If there is any change in your email address then please advise the club promptly. Of course, our club is fortunate enough to have one of the best web sites in the Victorian athletics community, thanks to the great work of David Armstrong.

The proposal put to the Diamond Valley Athletic Club that it amalgamate with the Ivanhoe Harriers was given due consideration and worked through diligently by a hard working sub-committee before being put to members at a Special General Meeting. Regardless of the outcome, the DVAC Committee can take pride that the whole process was handled in a dignified and constitutional manner.

The shared focus on working for the good of athletics, be it local or state-wide, has added to the already busy schedule of members of the DVAC Committee. David Armstrong has represented the club at East Region Venue meetings as well as the AV Summer Committee. Mark Monahan and Ruth Reidy have represented the club on the Willinda Committee. Under the leadership of Rob Wendel, the Diamond Valley Athletic Club has commenced a series of planning meetings to look ahead at what the club needs for future growth and stability. Once again, the members of the DVAC Committee have supported this undertaking in a generous and supportive manner.

The Committee have certainly worked hard to keep DVAC on a financially sound footing. Sue Thom organised a very successful Chocolate Drive while Lyn Davis marshalled the DVAC troops to turn out at the Great Australian Run and the Run For Kids. Lyn and Rebecca Deighton are organising DVAC's participation in the Ritchie's IGA sponsorship that has the potential to generate a steady stream of funds in the future.

The rewards for a hard working Committee are to see the busy training nights down at the Valley on a good track with excellent Gym facilities also available. Our Coaching Coordinator, Bernie Smith is to be congratulated on his excellent work in looking after the needs of our coaches and athletes. Getting seven DVAC teams through to the Shield finals and winning two Shield Pennants, the Men's Under 16 and the Women's Under 20, capped off a very successful year of athletics at the Valley.

I congratulate the DVAC Committee on their commitment to the task of supporting the needs and direction of the Diamond Valley Athletic Club. I recommend the experience of working on the committee of a large and complex organisation such as the Diamond Valley Athletic Club to anyone who has an interest in the wonderful sport that is athletics.

Max Balchin

Treasurer's report

As another season ends it is time to report to the members the state of the club's finances.

Diamond Valley Athletic Club (DVAC) is in a good financial position, mainly because of the high numbers of registrations. Over the season the club took in \$6,855.00 in fees, which is an increase on last year.

Our fundraising events for the year were:

- Latrobe relay food stall and course set up. DVAC received \$1,619.00 profit for one day's work.
- In October DVAC ran a chocolate drive that raised \$1,046.00.
- A horse racing night was held in late October. The numbers of people attending were low but everybody had a good time and we raised \$40.00.
- We ran a Christmas raffle that brought in \$584.00.
- Equipment hire realised \$220.00.
- The Great Australian Fun Run proved very profitable for DVAC for little effort. All we did was supply people to help run the event. This raised \$1,320.00. DVAC also supplied people for the Run for the Kids and we will receive \$1,280.00. A big thank you to Lyn Davis who organised these events.

To members, partners and friends who helped at all or some of these events I extend a very big thank you on behalf of DVAC.

The club has been fortunate with the Rebel Sport club loyalty card. Through this initiative DVAC has acquired a running \ walking machine for the gym to the value of \$1,700 plus. This season the coaches advised that new weight equipment was required so the committee allocated \$3,241.95. A Seiko stop watch and hammer wires were also purchased.

The ongoing cost for DVAC is to Willinda Club - \$310.00 per month. That fee is for the use of the track, lights, club office and function room area and for the track upgrade.

As a club we must provide the best for our members and to do that the financial state of the club is most important. As members, every body has a say in how the club is run and on what we spend our hard earned money. We started the season in a strong financial position and that is how we finished.

The cash flow chart reflects all the income and outgoings for the season. A registered accountant will audit the books as soon as possible.

Gary Hammett
DVAC Treasurer

**Statement of receipts and payments for the period
March 20th , 2008 to April 1st 2009**

Income		
Membership Fees DVAC	\$	6,855
Levy	\$	70
Registration Fees AV	\$	7,155
Season ticket	\$	378
Transfer	\$	70
Relays	\$	1,024
Fundraising	\$	1,019
Christmas Dinner	\$	1,299
- Chocolate Drive	\$	2,270
Great Aust Run	\$	1,320
pizza night	\$	46
Latrobe relay day	\$	1,619
Overpayment	\$	60
Bank error	\$	400
Bank interest	\$	98
Uniform Sales	\$	1,395
Donations	\$	162
Equipment hire	\$	220
Sundries	\$	35
Total Income	\$	25,495.00
Expenses		
AV Registration Fees	\$	6,423
Willinda Club expenses	\$	4,340
Season ticket	\$	-
relay payment	\$	1,010
Av club affiliation	\$	380
Fundraising expenses	\$	408
- BBQ\Christmas Dinner	\$	1,059
- Chocolate Drive	\$	1,224
Pizza nights	\$	395
Uniform expenses	\$	839
Postage	\$	50
Postal Box	\$	75
Coachs insurance	\$	508
Consumer affairs	\$	267
Equipment	\$	3,305
Trophies	\$	551
Stationery	\$	6
Refund	\$	30
Total Expenses	\$	20,870.00

Cashflow 2008/09

Income	April	May	June	July	August	Sept	October	Nov	Dec	Jan	Feb	March		
	Actual	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$	\$
Membership Fees DVAC		975	480	290	430	1,045	2,770	335	175			355	6,855	
Levy												70	70	
Registration Fees AV		1,140	165	160	130	965	4,055		180			360	7,155	
Season ticket		268										110	378	
Transfer							35		35				70	
Relays		118	31	146	237	116	36					340	1,024	
Fundraising		144			250		41		584				1,019	
Christmas Dinner								160	1,139				1,299	
- Chocolate Drive							914	982	48	244	82		2,270	
Great Aust Run											1,320		1,320	
pizza night			30								16		46	
- Trivia Night														
Latrobe relay day			1,619										1,619	
Overpayment					30	30							60	
Bank error												400	400	
Bank interest				53						45			98	
Uniform Sales		35	35			105	770	100	350				1,395	
Donations			5		15	1	6	5	130				162	
Equipment hire									220				220	
monies banked														
Sundries							35						35	
Total Income		2,680	2,365	649	1,092	2,262	8,662	1,582	2,861	289	1,418	1,635		25,495.00
Expenses														
AV Registration Fees		848			325		815	4,400	35				6,423	
Willinda Club expenses	930		310	620	620			620	310	310	310	310	4,340	
Season ticket														
relay payment		195			145		270				400		1,010	
Av club affiliation				380.00									380	
Fundraising expenses				228		180							408	
- BBQ\Christmas Dinner									665	394			1,059	
- Chocolate Drive							1,224						1,224	

Pizza nights			120			138	137						395
Uniform expenses									839				839
Postage			50										50
Postal Box		75											75
Coachs insurance		129	129	129								121	508
Consumer affairs		41					68		158				267
Equipment									63		3,242		3,305
Trophies		551											551
Stationery								6					6
Refund					30								30
Total Expenses	930	1,839	609	1,357	1,120	318	2,514	5,026	2,070	704	710	3,673	20,870.00
Starting Balance	15,429.14											Finishing Balance	20,019.61
Cheque Account Balance	14,029.41											Cheque Account	17,458.08
Bendigo account	1,191.73											Bendigo Account	1,244.53
Float	208.00											Float	1,317.00
Unpresented cheques totalling \$769.15													
Net profit \$4590.47													

Gary Hammett

DVAC Treasurer

Winter report

Winter 2008 saw Diamond Valley running teams in Men's Open Divs 2, 4 and 6 and

Women's Open Divs 2 & 4. As with the previous year we did not have the numbers in the junior ranks to complete any teams although a few individuals competed regularly. For the coming season we have some promising juniors available to compete with the prospect of having more representation at this level.

The final AV ladders for both teams and individuals are available for any interested person to look at. These ladders are instructive as they show the importance of fielding a team each week to build up points and achieve a good final position. Our men's Division 2 team was completed and scored points in every event with a highest ranking of second place in round 6 (the Geelong 16 K. cross-country). This produced an overall 5th placing for the season with the team not far off a top three finish. 2009 promises to be a good season with some new faces coming in to the top men's team and a good depth available.

The women's Division 2 team performed well when it had a full complement of runners available starting off the season with a fourth place at Jells Park cross-country relays. However we only had a completed team on three occasions throughout the season so the overall placing consequently suffered with the team finishing in 10th position.

The men's 50 plus team performed creditably and with the availability of further members to swell the ranks of these "masters" this year consideration will be given to entering a 50 plus team in the remaining relays and therefore maximising the available points.

On an individual basis we did not have any category winners as in previous years but had a number of our athletes scoring points and finishing well up in their divisions.

In addition to the Athletics Victoria events there were as usual a number of club events including the Binnak Bowl and the Blue Lake handicaps which were well attended and enjoyable occasion for those participating.

A notice of upcoming events is posted on the club web site approximately one week prior to the next event. It is important to check the web notices for any important information. In particular it is vital to let the cross country captain (Robin Broberg) know if you are available for a relay as teams must be entered with AV on the Monday prior to the event.

Thanks to all our athletes who competed in the winter and turned up to complete teams for the club. A big thank you also to those people, both competing athletes and parents and friends who helped out with officiating duties. At all relays and some other events we must supply officials or lose points so this is a vital part of our participation in the winter season.

Robin Broberg, Winter Captain

30 April, 2009

Coaching Report

Season 2008/09 got off to a very early start for our growing number of talented juniors with a number of them earning the right to run for their state at the PSG games in Canberra in Nov/Dec. Our club was represented with no more than 11 athletes which is remarkable. Our success was also incredible with athletes winning a number of medals across different events.

Coaches play an important role and to mention a few, with the chance of missing some others (apologies!):

- Darren Quix - taking Chris Armet to runner-up at the Open Nationals.
- Ian Hamilton - coaching Ashleigh to a state championship in the Heptathlon & Matt Haynes to state champ's in the jumps.
- Maureen Reynolds - with a number of our junior athletes.
- Andrew Stirling - doing great things with the throws group.
- Chris Brennan - fantastic results with those juniors including Monica & Matt Haynes.
- Max who pushed along Stephen McCullough, Alastair Hughes, Paul Townsend and the U18 girls who have started from scratch.

Even though we have several elite distance runners who are well looked after, like Maryann Murray who is coached by Pam Turney (national distance coach), I would like to strengthen our distance coaching to help grow our numbers and resurrect our distance running tradition that was very strong 10 to 15 years ago.

We have made progress in possibly gaining a pole vault coaching service that we desperately seek. This was one of our goals from the previous season, so watch this space for more news on this matter.

A number of parents of our junior athletes completed level 1 coaching courses this season. I believe this is the best method of growth to enhance our coaching fraternity. Progression is good and will get better if we have a strong healthy working relationship with our Little "A"s committee and network. Working together can only make both parties stronger.

Another objective was to have all coaches obtain their Working With Children accreditations. This was achieved by all of our accredited coaches well ahead of the cut-off date, July 1st 2009. Just a reminder to any member who does any coaching during club training time and coaches athletes that are not siblings is obliged to apply for this accreditation. Interestingly we will all need to have the Athletics Australia and ATFCA accreditation certificate soon, as every athletic venue will need to have at least one accredited coach at the venue during club training times. Our club already satisfies this requirement but all coaches will have to be reaccredited every 12 months under the new guidelines. How this will be implemented is still unknown or undecided.

Finally, I would like to thank all of our coaches for the long hours and meticulous planning that they put in week in week out during the season. Our results prove we are on the right track. Special thanks to Max and Lynley Cowell for their support at training and on competition days without your help everything would not run as smooth as it does. I really appreciate it! Thank you to the committee for your never ending support, this is the hardest working committee I have been on, Rob, Gary, Lyn and David, I thank you.

Bernie Smith

Coaching Coordinator DVAC

Membership report

Over the past five years the DVAC membership has been stable with the 2008 / 2009 year showing some increases in the membership across most categories.

	08 / 09	07 / 08
TOTAL	167	147
MALES	113 (67.5%)	98 (66.6%)
• OPEN	32	21
• OVER AGE	39	41
• U/20	8	5
• U/18	14	14
• U/16	13	13
• U/14	7	4
FEMALES	54 (32.5%)	49 (33.3%)
▪ OPEN	14	10
▪ OVER AGE	8	6
▪ U/20	7	5
▪ U/18	11	12
▪ U/16	7	10
▪ U/14	7	6
AV registered athletes	139	138
AV registered coaches	9	7
AV registered officials	4	3
LIFE MEMBERS	7	6

Some points of interest:

- in this data a number of members are represented in more than one category.
- Over the past 5 years DVAC has had a yearly membership of between 140 – 170 with up to 140 of these being AV registered athletes.
- A significant number of the membership is in the 40+ age group (28%)
- Whilst there is some movement within the membership each year (ie. ‘some new’ and ‘some exiting’ members) it appears that we are not losing members to other athletic clubs nor even necessarily to other sports.
- Female membership continues to be lower than male membership – 32.5% in 08/09 year.
- DVAC continued to be one of the largest metropolitan clubs in Melbourne.

Lyn Davis

Summer report

Last summer season was another great season for our club. A number of rounds were cancelled due to bad weather including the venue final. A number of teams achieved the ultimate prize in the State.

Sprinter Clint Youlden set season off to a flying start by recording the fastest 100m in the club's history. Youlden ran a strong race in the fastest heat of the day to finish in second place. His time of 10.92 was the first time a Valley athlete had gone under 11 seconds on the electronic timing.

Catherine Brennan, 16, who finished last season off by winning the Women's Stawell Gift, started the new season in great form. In the 100m Brennan won the premier heat at the venue in a time of 12.11 that equalled the DVAC club record. Brennan was edged out of first place in the 200m by Katie Moore of Ringwood, but still lowered her club record time to 24.5.

Monica Brennan, 14, claimed one of her older sister's club records in the 200m. Running in the fastest heat with her sister, Monica lowered her own best time to 25.0.

Clint Youlden added the club 200m record to his belt in **Round 2**. Youlden blitzed through the 200m in 22.37 to equal the club record. Crista Ashby (U18), who medalled in the sprints at the Secondary Schools State Championships during the week, was able to back up on the weekend with strong performances in the 200m and 400m.

The depth of the Valley sprint team was demonstrated when the club was able to put out 14 teams in the 4x100m. Valley teams finished in first or second place in eight of the fourteen Divisions. Winners included the Men's Division 3, Men's 40+, Men's Under 20, Men's Under 18 and Men's Under 14.

Matthew Haynes, competing in **Round 3** of the AV Shield competition, made the most of his first meet for the season in the Valley colours. Haynes, with a previous best effort of 6.13m in the Long Jump, added thirteen centimetres to that when he leapt a distance of 6.26m. His effort replaces his own Valley club records for the Under 15 and 16 age groups. Haynes is coached in the Long Jump by Ian Hamilton.

Crista Ashby led the way for the Valley in the 400m. Ashby ran the fastest time at the venue for the Women's 400m when she came through in 59.80. Ashby has been working with coach, Bernie Smith, to peak for the Pan Pacific Games broke the minute barrier for the first time this season.

The Medley relay returned to the fixture in Round 3. The relay runs in the order of 200m, 200m, 400m and 800m saw a number of exciting races on the night. The DVAC was fortunate to put out three women's teams, nine men's teams and one mixed team. Club records were set by the Men 40+ team of Bernie Keirl, Lynley Cowell, Jeff Young and Mark Bevilacqua and the Men's Under 14 team of Jim Edney, Sam Geers, Nicholas Phillips and Dean Neofitou.

Catherine Brennan and Clint Youlden enjoyed significant tail-winds in the sprints in **Round 4**. Youlden was hand timed at 10.6 for the 100m and 21.9 for the 200m, both inside the previous club records, but alas with an illegal tail-wind. Catherine Brennan was jubilant to finally break through the 12 second barrier for the 100m, after being clocked close to the mark on many occasions. The hand held time of 11.6 given to Brennan was clearly her best ever effort over the short sprint and well inside her own club record. In the 200m, Catherine Brennan again lowered her best ever effort by crossing the line in 24.4 to set a new club record for Diamond Valley.

Also racing in the premier heats of the 100m and 200m was Monica Brennan, 14, who finished in third place in both races in times of 12.0 and 24.6. Both times are new club records for the Under 15 age group.

James Edney, (U14), claimed a club record in the Men's 14 3kg Shot Put with 11.35m to add two metres to the existing record.

Kurt D'Lasselle (U18) is a regular at pushing new boundaries for club achievements in the throws. In Round 4, D'Lasselle extended his own club record for the 1.5kg Discus by recording a distance of 52.94m. The previous record was established only a week earlier at the Victorian All Schools Track & Field Championships.

Matthew Haynes (U16) was another athlete to extend on his own club record set at the All Schools a week earlier. In the Long Jump, Haynes was recorded with a jump of 6.35m, 6 centimetres better than his leap at the All Schools.

In **Round 6** Aaron Smith (U20) claimed his first Valley club record in the 110m Hurdles. Smith won his event in 15.0 to slice 0.2 second off the existing record.

The Men's 40+ 4x200m Relay team were good enough to beat off the challenge thrown out by the Richmond team and set a DVAC club record in the process. Jeff Young, Brad Langford, Graham Ford and Darren Quix completed the two laps in 1:50.3.

Graham Ford set a club record in the Men's 55+ age group for the Triple Jump with a recorded distance of 8.36m. Alastair Hughes backed up his 1:58.2 for the 800m, set in Round 6, with an even better run of 1:57.6 in **Round 7**. Aaron Smith emerged as the team all-rounder by lowering his own club record for the 400m Hurdles to 56.7.

For the Diamond Valley Athletic Club, the highlight of the return to club athletics after the Christmas break in **Round 9** was the good form of the High Jumpers, Chris Armet and Nicholas Phillips. Armet broke his own club record when he cleared a 2.19m, while Nicholas Phillips (U14) improved his personal best height by 15cm.

Darren Quix established a new DVAC record for the Men's 40+ in the Pole Vault. In his first attempt at the event, Quix cleared a height of 1.80m.

The Club was out in force at **Round 10**. With the race on for places in the top four of each division, the Valley athletes showed a willingness to take on an extra event to help their teams. In the Men's Under 16 team, Joshua Clancy set an example to his team mates by completing no fewer than eight events in the course of the program. The Valley put out ten relay teams in the challenging 4x400m relay. By the end of Round 10, the Women's Under 18 team had climbed back into the top four, giving DVAC a chance to make the finals in ten of the fourteen divisions.

Robin Broberg celebrated his recent 60th birthday in style by rewriting the Valley's club records in the 60-69 age group. In a busy afternoon, Broberg set club records in the 100m (16.84) and 200m (34.85).

The distance running brigade made the most of the ideal conditions that prevailed by the end of the Twilight meet at **Round 11**. Leading the charge was Matthew Taylor who finished inside the 16 minutes mark for only the second time in his career. Taylor finished in a time of 15:53.

Paul Townsend (U16) showed the benefit of putting in recent training sessions with Matthew Taylor when he ran a steady but strong pace in the 5000m to finish in a time of 17:19. This time establishes a new record for the 5000m in his age group. Robin Broberg set a new club record for Men's 60+ division when he crossed the line in 20:36.

Matthew Haynes threw the 1kg Discus a distance of 46.94m to set a new club record for the Under 15 age group and Andrew Drossinis sent the 2kg Discus out a distance of 31.93m to extend his own best ever mark. Darren Quix improved on his own Men's 40+ Pole Vault record by 20cm, bringing the new club record to 2.00m.

There was a strong push towards the Finals by the Valley teams in **Round 12** of the Shield program. Close to eighty athletes turned out to advance the club's position and in the 4x200m relays, DVAC was able to field 13 teams.

Of the top four sprinters at the venue, three were from Diamond Valley. They were Catherine Brennan (12.41), Monica Brennan (12.50) and Morgan Deane (12.85). Jared Hammett's throw of 46.32m with the Javelin was a stand-out effort for the Division 1 Men's team as well as personal best effort.

Club records were set by Lachlan Cowell (U13) in the 1500m Walk, 11:00.9; Robin Broberg (M60+) in the 3000m, 11:42.6, and 800m, 2:52.4; and Martin Fruin (Men Open AWD) in the Triple Jump, 7.09m. James Vine (U18) set a club record in the 110m Hurdles at Meet 3 of the High Velocity Club when he was timed at 14.89.

The Club finished a highly successful season with wins in four separate divisions. With the Region finals meeting cancelled due to heat, the premier team in each division was decided by top of the ladder after Round 12. This decision saw DVAC win the Women's Under 16 and Under 20 divisions as well as the Men's Under 16 and Men's 40+ divisions. Three other Valley teams that finished in second place on the ladder won the right to compete in the state AV Shield finals. These teams were in the Men's Under 14, Under 18 and Under 20 divisions.

The **State Final** of the Athletics Victoria club competition was held at the Meadowglen Athletics Centre.

In the Women's Under 16 team, Maria Benke won her team a swag of valuable points by undertaking no less than seven events with PB's in 3 of them. Ashleigh Hamilton took on five events in the Women's U20 team. Matthew Smith did likewise for the Men's U18 team.

Highlights of the day were many, but none more engrossing than the great runs of Philip Champion and Chris Lynch in the distance events for the Men's 40+ team. Both runners put in season best performances to finish well up in the order in both the 1500m and the 5000m. In the same race, Robin Broberg set a club record for the Men's 60+ with a time of 20:10.0.

Graham Ford set a new DVAC record for the Triple Jump in the Men's 55+ age division with a distance of 8.77m.

The Valley Men's 40+ team went down in a close finish to the Waverley team, but the spirit of contest was inspiring to all that watched on.

By the end of competition, DVAC was a clear winner in the Men's Under 16 team and Women's U20, with the Women's Under 16, the Men's 40+ and the Men's U20 all placed in second position. The Men's U14 and the Men's U18 teams finished in third position. The results were clearly the best ever for Diamond Valley at the state finals of the club competition.

A highlight of the season for two club members was at the World Athletics Tour meet at Olympic Park. Ashleigh Hamilton and Chris Armet both participated in the biggest tour meet in the country.

At the State Relay Champs, there were gold medals for the M18 Long Jump, M18 Shot Put, M18 Discus, M16 4x100m, M50 4x100m and M50 4x1500m. Additionally, a number of minor podium finishes were recorded.

At the Victorian Championships, gold medals went to Monica Brennan (F14 100m & 200m), Ashleigh Hamilton (F20 Heptathlon & FOP 100mH), Matthew Haynes (M16 100m & 200m), James Vine (M18 110mH), Chris Armet (MOP High Jump). There were numerous silver and bronze medals as well.

And in the State Masters Champs, gold medals were won by Maryann Murray (F35 5000m), Andrew Stirling (M40 Hammer, Shot & Weight Throw), Bernie Keirl (M45 3000mW) and Greg Champion (M50 High Jump & 100mH).

Overall, a very successful season from a team and individual basis.

Club Records set during 2008/09 season

Name	Age group	Event	Performance	Date
Paul Townsend	M16-M18	10000m	35:49.2	26.03.2009
James Vine	M17-MOpen	110m Hurdles (91cm)	14.44e	21.03.2009
Chris Armet	MOpen	High Jump	2.20m	21.03.2009
Martin Fruin	M AWD T44	Triple Jump	7.67m	12.03.2009
Ashleigh Hamilton	W19-W20	100m Hurdles (84cm)	14.76	12.03.2009
Martin Fruin	M AWD T44	Triple Jump	7.26m	12.02.2009
Amy Stirling	W15	Hammer (4kg)	26.31m	28.02.2009
James Vine	M16-MOpen	110m Hurdles (91cm)	14.45e	27.02.2009
James Vine	M17-M20	100m	11.00e	27.02.2009
Ashleigh Hamilton	W19-W20	Long Jump	5.65m	21.02.2009
B.Ashton, B.Wigg, P.Townsend, J.Lewis	M17	4x800m	8:47.85	21.02.2009
Aaron Smith	M19-M20	400m Hurdles (91cm)	56.51	21.02.2009
Graham Ford	M55	Triple Jump	8.77m	14.02.2009
Robin Broberg	M60	5000m	20:10.0	14.02.2009
Andrew Stirling	M40	Hammer (6kg)	41.90m	14.02.2009
Mark Bevilacqua, Darren Quix, Spiro Neofitou, Bradley Langford	M40	4x200m	1:50.0	03.02.2009
Martin Fruin	M AWD T44	Triple Jump	7.09m	03.02.2009
Robin Broberg	M60	800m	2:52.4	03.02.2009
Robin Broberg	M60	3000m	11:42.6	03.02.2009
Lachlan Cowell	M13	1500m Walk	11:00.9	03.02.2009
James Vine	M16-MOpen	110m Hurdles (91cm)	14.89*	29.01.2009
Darern Quix	M40	Pole Vault	2.00m	22.01.2009
Matthew Haynes	M15	Discus (1kg)	46.94m	22.01.2009
Robin Broberg	M60	1500m	5:26.8	17.01.2009
B.Smith, J.Young, M.Fruin, B.Langford	M40	4x400m	4:26.8	17.01.2009

Robin Broberg	M60	200m	34.85	17.01.2009
Robin Broberg	M60	100m	16.8h	17.01.2009
Darern Quix	M40	Pole Vault	1.80m	10.01.2009
Chris Armet	MOpen	High Jump	2.19m	10.01.2009
Beau Romans van Schiak	M18-MOpen	110m Hurdles (106cm)	15.18e*	01.12.2008
Kurt D'Lasselle	M18-MOpen	Hammer (5kg)	56.68m	01.11.2008
James Vine	M17-18	100m Hurdles (91cm)	13.94	01.12.2008
Matthew Haynes	M15-17	Triple Jump	13.07m	01.12.2008
Matthew Haynes	M15-16	Long Jump	6.40m	01.12.2008
Matthew Haynes	M15-17	100m	11.37m	01.12.2008
Graham Ford	M55	Triple Jump	8.36m	29.11.2008
Jeff Young, Brad Langford, Graham Ford, Darren Quix	M40+	4x200m	1:50.3	29.11.2008
Aaron Smith	M18-MOpen	110m Hurdles (106cm)	15.0h	29.11.2008
Kurt D'Lasselle	M18-MOpen	Hammer (5kg)	54.00m	29.11.2008
Matthew Haynes	M15-16	Long Jump	6.35m	15.11.2008
Kurt D'Lasselle	M18-MOpen	Discus (1.5kg)	52.94m	15.11.2008
Jim Edney	M14	Shot Put (3kg)	11.35m	15.11.2008
Catherine Brennan	W17-WOpen	200m	24.4h	15.11.2008
Catherine Brennan	W17-WOpen	100m	11.6h	15.11.2008
Greg Champion	M50	Long Jump	4.26	15.11.2008
Monica Brennan	W15-W16*	200m	24.7h	15.11.2008
Monica Brennan	W15-W16	100m	12.0h	15.11.2008
Kurt D'Lasselle	M18-MOpen	Shot Put (5kg)	16.96m	08.11.2008
Kurt D'Lasselle	M18-MOpen	Hammer (5kg)	53.00m	08.11.2008
Kurt D'Lasselle	M18-MOpen	Discus (1.5kg)	52.47m	08.11.2008
Matthew Haynes	M15-16	Long Jump	6.28m	08.11.2008
Jim Edney, Same Geers Nick Phillips, Dean Neofitou	M14-15	Medley Relay	NT	30.10.2008
Bernie Keirl, Lynley Cowell, Jeff Young, Mark Bevilacqua	M40+	Medley Relay	4:47.4	30.10.2008
Matthew Haynes	M15-16	Long Jump	6.26m	30.10.2008
Clint Yuelton	MOpen	200m	22.37*	25.10.2008
Clint Yuelton	MOpen	100m	10.92	18.10.2008
Catherine Brennan	W17-Wopen	200m	24.5h	18.10.2008
Monica Brennan	W15	200m	25.0h	18.10.2008
G.Hilling, C.Lynch, R.Wendel, G.Hammett	M50	4x400m	4:43.0	18.10.2008